

LOCAL STUFF

Derby | MIND

Our wide range of services help individuals as they recover from a variety of mental health issues. Derbyshire Mind is a local mental health association, affiliated to National Mind.

We are committed to: ***working for improvements in local mental health services | making it possible for people with mental health problems to voice their opinions | offering quality local services | challenging the stigma attached to people labelled “mentally ill” and increasing public understanding of mental health issues.***

Enjoying Derbyshire | Wellbeing Programme

Enjoying Derbyshire is a project that offers a diverse menu of activities and workshops aimed at improving mental wellbeing. With many different ways to boost your mood and improve your mental and physical wellbeing it can be hard to know where to start or what to try. That's why we aim to have a mix of different activities across the county and city with no set a limit on how many you can attend.

Active Wellbeing

Getting active can improve your physical health, mental wellbeing and often makes you feel good. It aims to improve general health, raise mood, reduce feelings of stress and reduce the risk of isolation through social interaction opportunities. There are lots of different ways to get active, whatever your fitness level.

Improving Wellbeing

Positive wellbeing looks different for everyone, as there are so many different skills & attributes that contribute to wellness. By enabling smaller changes, longer term & more personal positive transformations can begin to take shape.

Improving Wellbeing aims to equip you with your own personal wellbeing 'toolkit'. A toolkit that contains the skills and tools that work for you.

Creative Wellbeing

Learning a new skill, getting focussed on a project, or being creatively free can help clear your mind and often be a rewarding process.

It aims to improve mood & promote different ways to express yourself creatively. Exploring creative outlets and experiences can also be therapeutic & relaxing for many people.

You're welcome to bring a friend or someone to support you & they're welcome to join in too.

www.derbyshiremind.org.uk



Derby City Life Links

We provide a wellness and mental health recovery service tailored to meet your needs.

Our information, advice and navigation services can help you find community and digital resources that will help you to achieve your recovery outcomes, make your independence more sustainable and support you in developing your own support networks. Our community recovery support is available to you as an individual or as part of a wider group and can be provided at a community venue local to you. The support we offer focuses on your strengths, needs and future aspirations.

We offer face-to-face support: ***information, advice & navigation services delivered in many community locations | one to one sessions delivered in our offices or at a nearby community venue | group support sessions delivered in a range of community venues local to you | tailored information to meet your needs & preferences***

***<https://derbycitylifelinks.org.uk> | derbycitylifelinks@richmondfellowship.org.uk
Freephone 0800 0322202***

Insight Health Care

A not-for-profit organisation providing free **NHS talking therapy services** across New Mills, Whaley Bridge, Buxton, Bakewell, Matlock, Heanor, Ilkeston, Derby.

We have therapists with a broad range of specialist skills, allowing us to provide the best support for your particular needs.

Everyone goes through difficult times; sometimes our problems affect our day-to-day lives and we feel that we can't cope. If you are in this situation, you are not alone. We can help you if you are experiencing common issues such as: ***low mood | depression | anxiety | stress | panic | anger | trauma | bereavement | loss | relationship difficulties | family problems | phobias***

Our services offer a range of talking therapies, advice, information and support. Talking therapies can help you to understand and work through your difficult feelings and develop strategies for coping better.

<https://www.insighthealthcare.org>

Mental Health Action Group (MHAG)

MHAG is run by individuals who are current or ex-users of mental health services in Derbyshire. We are dedicated to improving the lives of people who have mental health problems. We are independent of any other organisation. We work with groups and organisations to maintain and improve mental health services across Derbyshire. Join the Mental Health Action Group who are working to fight stigma and discrimination in Southern Derbyshire

We aim: ***to be a friendly, supportive & empowering group | to share our common experiences of the things which affect our mental health | to campaign for improvements in the services which affect our mental health | to draw together the skills and energy of service users in Southern Derbyshire to make a difference | to educate the public & help reduce the stigma attached to mental health | to make a difference***

Our meetings:

2nd Wednesday of every month at various venues in Southern Derbyshire

13:30 - 16:00

Meetings are friendly and relaxed to make everyone feel welcome

Transport or travel expenses are available for service users

You are welcome to bring someone with you for support if you need it
contact us for dates and venues of meetings

Advocates for ADHD and AS (Derby City)

Lunch time meetings held on the ***1st or 2nd Monday of the month @ Kiwi Room, CAMHS Town House***

Meeting Schedule: ***12:30 - 13:00: Parent chat time | 13:00 - 14:00: Facilitated topic
14:00 - 14:30 Parent chat time***

Meeting topics have covered: ***How to cope with anxiety and how we can help our children's |
How to listen to kids so that they will talk to us | How to talk to kids so that they will listen |
How to cope with excitement and disappointment (ours and theirs)***

Members Welcome from Derby, suburbs and surrounds.

David 01332 367958 | <https://www.facebook.com/pages/Advocates-for-ADHD-and-Autism-Derby/232324686400>

Derby Carers

We support carers who look after a friend or family member who, due to illness, disability, mental health problems or an addiction cannot cope without their help and support. Many people who are supporting someone do not see themselves as a 'carer' but as relatives or friends. Caring for others can be complex and demanding, physically taxing and mentally draining.

Carers often become so focused on the person they care for that they forget to look after themselves. To keep going it is essential that carers look after their own health and well-being and that's when Derbyshire Carers Association can help.

Help with Personal Budgets | 1-1 Support | Emergency planning | Information & advice | Local carer support groups | Respite opportunities | Carers News magazine | Training | Volunteering opportunities | Liaison with health professionals and partner organisations | Facebook Page | Events | Young Carers Service

info@derbyshirecarers.co.uk | 01773 8338333

Derbyshire LGBT+

Website is currently being updated/redesigned so please contact us for more info:

info@derbyshirelgbt.org.uk | 01332 207704

Karma Nirvana

Are you being pressured to get married against your will?

Do you fear to bring shame or dishonour on your family?

Have you been emotionally or physically abused?

Are you confused about what they say scripture demands of you?

Do you worry about being disowned?

If you are concerned about any of the above, please call us in confidence. Culture, Religion and Tradition are not an excuse; forced marriage is illegal in the UK.

0800 599 9247 | <https://karmanirvana.org.uk>

Derby Women's Centre

Our mission is to empower women to lead more independent lives. We aim to reduce economic inequality, improve mental well being and facilitate personal development. To do this, we offer support and guidance, signposting, counselling, legal advice and social activities and courses. We provide a safe and non-judgmental environment for all women regardless of situation or background. Our services are completely confidential.

Cafe Femme | Topical Coffee Mornings with guest speakers: **2nd & 4th Weds of every month**

Knit & Natter: 1st & 3rd Weds of every month 10:00 - 12:30 get creative & meet new people

Freedom Programme: every Thursday: 10:00 - 12:00 on 12-week rolling basis: a domestic violence programme for women, which was created by Pat Craven & evolved from her work with perpetrators of domestic violence. We provide information, not therapy.

Derby Women's Swans Walking Group: Fri 10:15 - 13:00: meet @ Primark Main Entrance on Corn Market. Accessible to all.

We also offer:

Low cost women's counselling [£5-10 per session]

Advice sessions:

Debt, Benefit and Housing Advice (for Domestic Abuse)

support to draw up early debt repayment plans, prevent property repossession, access crisis loans, and make benefit claims and claim appeals: 01332 341633

Free legal advice surgery: *is provided by Nelson's Solicitors for women seeking support on all family matters, including care proceedings, child protection, contact, divorce and financial matters, injunction and residence. Wednesdays by appointment: 01332 242654*

Low cost men's counselling: [£5-10 per session]

Men can work through a range of issues relating to low confidence, low self esteem, relationship difficulties, parenthood, depression, distress following abuse or trauma, stress, anxiety and bereavement.

Domestic Abuse Perpetrators Programme for Men

Delivery is led by an experienced male facilitator with a strong background in domestic violence intervention work, and a trained female co-facilitator.

Food Vouchers: *for the Hope Centre Food Bank [18 Curzon Street, Derby]*

A voucher entitles the recipient to 3 days worth of emergency food for those facing financial difficulties due to factors such as debt, unemployment, ill health, disability or domestic violence. A maximum of four vouchers can be issued in a 3-month time frame - intended for emergency situations not regular use.

**<http://www.derby-womenscentre.org.uk> | elainer@derbywomenscentre.co.uk
open 10.00 - 15:00 Tues to Thurs**

Tai Chi Centre | Derby

Improving Quality of Life. Qualified to accept GP Exercise Referrals.

Derby Tai Chi Centre is run by Carol Gascoyne, a Professional Tai Chi and Health Qigong Instructor. It is situated just outside the centre of Derby on London Road, Alvaston and has been designed to make the learning of these beautiful arts a calming and relaxing experience.

Classes cater for all ability levels (including seated learners) and beginners are always welcome. In fact, there are classes running specifically for beginners to ensure that everyone gets the attention they deserve. Private lessons for small groups or individuals are available on request as are referrals under the GP Exercise Referral Scheme - including Tai Chi for Arthritis & Tai Chi for Diabetes.

Classes are £5. No joining fees.

<http://taichiderby.com> | 07920 080443

Walking Football

Walking football has over 400 teams now in the UK and there is a real buzz about the sport.

The sport is targeted at men who are over 50 and would like to get back into exercise but are unable to play its speedier cousin.

The rules are much the same as football and it is a great way to meet people who all have a passion for the sport.

Come and join the game on Derby Arena infield: **Fridays 10:00 - 11:00 | £3.35 a session.**

01332 640011 or just turn up on the day.

The Quad | Derby

Transforming lives through active participation in arts and film including exhibitions, films and wide-ranging education and creative activities.

Make it Sew

Like to sew? Want to work on your sewing projects, share your skills, or have a go at something new, all in the company of other wonderful people? A relaxed informal group for all things stitchy.

Mondays: Nov 19th | Dec 3rd | Dec 17th: £2 book on website

GoldsQUAD

GoldsQUAD is a relaxed, friendly group for anyone 50+ who is interested in creativity, learning new skills, trying new challenges

Wednesdays: 11:15 - 13:15 | £4 per session

Q Club

Q Club is targeted at children on the autistic spectrum, children with additional support needs or communication difficulties, who are socially excluded, have disabilities, are young carers or bereaved children.

Q Club provides structured and developmental participatory arts workshops with a focus on the collaboration of digital and traditional creative exploration. In addition to this we also host monthly family sessions that invite parents / carers and siblings to participate and create art together and Q Club also host half termly family film screenings.

Winter 2018 Project

This Winter - Q Club will be producing their own Q Club Arcade Machine.

Working with artist Darius Powell, Q Club participants will be using industry standard software to create their own computer platform games. This project will be exhibited in an Arcade Machine located in QUAD Foyer during the Christmas Holidays.

Younger Group (Age 5-12 years)

Starts on Thursday 8th November for three weeks

Older Group (Age 12-18 years)

Starts on Thursday 29th November for three weeks

Places are limited and must be booked in advance.

01332 285427 | abbiec@derbyquad.co.uk

Free Art Friday

Local movement where artists gift an original piece of art-for free-to-the public. Make, leave, take. This session is for creative minds to try things for the first time or explore new possibilities. We will provide the materials for each session for you to experiment with. No theme, no outcomes, just creation.

16:00 - 19:00 | FREE | 16+ | Every 3rd Friday of the month [Please note last November session will be on 30th November]

Nottingham Mindfulness Meetup Group

We're a friendly, local group for anyone interested in Mindfulness, either as a form of personal spiritual practice or as a practical technique for living a better, calmer, more focussed and more productive life.

We hold regular meetups every week which offer (in a friendly, relaxed and informal atmosphere) the opportunity to: learn more about Mindfulness | try-out some Mindfulness techniques and methods of Mindfulness meditation | meet and get to know other people who are interested in Mindfulness, or in meditation in general

Our weekly meetings include occasional talks by guest speakers, periods of guided Mindfulness meditation, regular film and video presentations about Mindfulness, information about any Mindfulness-related events, classes and courses that are happening locally, plus the opportunity to chat and get to know the other group members socially over refreshments.

All are welcome and membership is free.

Our main Regular Weekly Meeting takes place in the Nottingham city centre (just off the Old Market Square, so close to easy parking and full public transport links, including rail), and it's usually held on a **Thursday evening 19:00 - 21:00 (we usually finish somewhere between 8:50 & 21:10 - you're welcome to slip away early if you need to in order to make transport connections).**

Saturday Morning Drop-In Meditation with Following Social over Coffee

These new Saturday meetings are a simple, informal opportunity for some of us to meet up in a very casual and relaxed way at the weekend - to share in a short period of guided group meditation (approximately 20 minutes long) and to then just mix with each other and chat over coffee (or tea, or juice, or cake... whatever takes your fancy!). These meetings will be a great way to get to know other members of the Group, and they'll provide a good opportunity to simply hang-out and unwind in the company of a bunch of likeminded people.

These meetings are expected to be fairly small (probably just 5 to 10 people or so), and so they will be a really good way of getting to know other members of the group in an easy and comfortable way.

www.NottinghamMindfulnessGroup.co.uk | <https://www.meetup.com/Nottingham-Mindfulness-Group-Meditation-Mindful-Living/>

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Become a Volunteer at the Walled Community Garden | Markeaton Park

Volunteering is a great way to meet new friends, learn new skills, have fun, get work experience, do something you find rewarding, give something back to the community, be part of an on-going project, keep yourself busy. Volunteering particularly volunteering in the outdoors has proven health and therapeutic benefits.

We hold regular volunteer sessions throughout the year in the walled garden, where you can help maintain and improve the garden, (planting, weeding, pruning etc). No experience necessary, just pop along and you are sure to receive a warm welcome:

Wednesdays: 13:00 - 15:00

Thursdays: 10:00 - 12:00

Saturdays: 09:00 - 13:00 [April-September] & 10:00 - 14:00 [October to March]

Sundays: 10:00 - 15:00 [April-September] & 10:00 - 14:00 [October to March]

Evenings in the summer - perhaps you can spare an hour to help with watering?

<http://www.fomp.org.uk/volunteering.html>

Enjoying Derbyshire Walks

A project delivering a programme of guided walks around the Derby area encouraging people to enjoy the mental and physical health benefits of walking. New walkers will be asked to complete a health questionnaire. Walks are between one and three miles long and all start and end at the Market Place. We sometimes use public transport to travel out of the city. All walks are risk assessed and led by a team of trained and experienced walk leaders. Walks are open to everyone. Enjoying Derbyshire is a walking programme which aims to improve the mental health of its participants. Walking is very good for physical health but the benefits on your mental health are just as good. Walking can improve mood, self-esteem, social contact, confidence and a sense of well-being for those who participate, as well as helping to lose or maintain weight. Walking with others can increase social interaction and understanding between people with mental health problems and the wider community. It can also help you cope better with stress.

Walking is good for the mind:

<http://www.derbyshiresport.co.uk/walking-is-good-for-the-mind>

01332 345966 | sinead.dalton@derbyshiremind.org.uk | nicola.ward@derbyshiremind.org.uk

Cycle Derby

Offers FREE 1-2-1 cycle training:

Learn at your own pace

In this 1-2-1 session you can learn to cycle in a safe environment with one of a friendly and qualified instructors. Learning to cycle again is great fun, whatever your ability, we're here to help.

Build Your Biking Confidence

Our 1-2-1 instructors are welcoming and trained to help you build confidence, whatever your ability. The 1-2-1 Training takes place in Derby City, so you should be willing to travel to us.

Bike Maintenance Basics

You'll learn the basics of keeping your bike in good working order such as how to fix a puncture and adjust your brakes giving you the confidence to cycle anywhere.

<https://www.cyclederby.co.uk>

Volunteer to look after Derby's Parks & Green Spaces:

The Friends groups help to keep Derby parks in great condition.

They are groups of local people who are interested in helping to look after their nearby green space. In Derby, there are currently 18 'Friends of' groups and they all help us to manage the Local Nature Reserves which we are responsible for.

If you have some spare time, want to meet new people, share your skills or learn new ones you could become one of the many volunteers that help out on our parks.

[**https://www.inderby.org.uk/parks/derbys-parks-and-open-spaces/darley-park/volunteer-groups**](https://www.inderby.org.uk/parks/derbys-parks-and-open-spaces/darley-park/volunteer-groups)
[**parks@derby.gov.uk**](mailto:parks@derby.gov.uk)

Green Spaces near you...

Markeaton Park | Free Admission

Derby's most visited park and is one of the most popular attractions in the East Midlands. It offers a place to escape from day to day living and city life and experience a little bit of countryside on Derby's doorstep. But behind the modern day park lays a fascinating history that is waiting to be discovered.

The park has many features that mark its history: ancient veteran trees, historic lost roads, old arable field patterns, the 18th century park and buildings and the remains of a Second World War army camp.

It also comprises a craft village, gardens, boating lake, kids' play area, plus sporting facilities.

Markeaton Lane, Derby, Derbyshire, DE22 4AA, England

<https://www.inderby.org.uk/parks/derbys-parks-and-open-spaces/markeaton-park/>

Alvaston Park

A picturesque, riverside park covering 85 acres. It's situated in the south of Derby, about two miles from the city centre. The Park has successfully secured Green Flag Award status for the last 5 years.

It offers a wealth of activities from fishing, exploring the science garden, riding your BMX, playing football to enjoying a leisurely walk around the historic lake. So whether you want to learn, be active or relax, there's something for everyone - including a BMX track, a lake with model boating, football pitches, a cafe & a playground.

<https://www.inderby.org.uk/parks/derbys-parks-and-open-spaces/alvaston-park>

Darley Park

Natural area with woods, grasslands & gardens, wildlife, sports facilities, events & a cafe. A large, picturesque and popular park situated within walking distance of the city centre. It is located on the River Derwent at the gateway to the World Heritage Site.

Darley Park, Darley Park Road, Derby, DE22 1DA

