

DRPSS Group Update: July 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.



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.

South Derbyshire

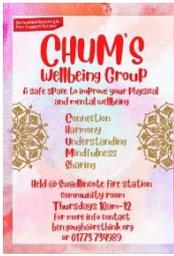


Swadlincote Social Support – A social support group meeting every other Monday at 1:30pm. They meet at various locations around Swadlincote. The best way is to contact Ben to find out where they will next be meeting and discuss the activities planned.

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.



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.

This group is on hold. Due to new venue needing to be found

WELLBEING SESSIONS

Mental Health Wellbeing Sessions

Derbyshire Recovery & Peer Support Service

Join us on the 1st & 3rd Thursday of the Month at Kirk Hallam Community Centre, Come any time between 1pm and 3pm

Will be joining us on the 3rd Thursday of the month, To help with Stopping Smoking, Weight Loss and Getting Active

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.

Signposting, Loss, Isolation, Education, Relationships, Managing your home, Volunteering, Alcohol or drug misuse, Finances

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.

Mental Health Wellbeing Sessions

Derbyshire Recovery & Peer Support Service

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.

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.