



# Derby City South Healthcare

## Derby City South Wellbeing Team

### Winter Newsletter



#### Derby City South Primary Care Network:

A Network of GP Practices providing care to patients through a shared Wellbeing Team.

- Village Surgery
- Hollybrook Medical Centre
- Parkfields Surgery
- Alvaston Medical Centre
- Melbourne & Chellaston Medical Centre
- Willington Surgery
- Wellbrook Medical Centre

Our Wellbeing Team consists of Social Prescribers, Health and Wellbeing Coaches, and Care Coordinators. Please read on if you would like to discover what is on offer, how this can help you, and how to access the service. You must be registered at one of the above GP Practices.

## HEALTH & WELLBEING

### DERBY CITY SOUTH PRIMARY CARE NETWORK

Are you are a patient at any of the surgeries below?

- Haven Medical Centre
- Hollybrook Medical Centre
- Alvaston Medical Centre
- Wellbrook Medical Centre
- Parkfield Surgery
- Chellaston Surgery
- Village Surgery
- Willington Surgery

## DO YOU WANT TO MANAGE YOUR HEALTH?

Join our Health and Wellbeing programme which aims to support people with long term health conditions through our 6-month free programme. We offer physical activity, healthy eating, yoga, holistic therapy sessions and much more to help you lead a healthy and active lifestyle.

FOR MORE INFORMATION SCAN OR VISIT

Website:  
[derbycountycommunitytrust.com](http://derbycountycommunitytrust.com)  
Phone:  
01332 416140



### What is Social Prescribing?

Social prescribing is a service that can help you access a range of local, non-clinical services.

Health can be determined by a range of social, economic, and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social Prescribers start by finding out about the person they are supporting. The aim is to empower individuals to access services and support they may not have known was available or felt confident enough to engage with alone. Once aims are met you will be discharged from the social prescribing service but are always able to request a referral back to the service if more support is needed. Examples of services available:

- Health, lifestyle, healthy eating and active living
- Arts, crafts and creativity
- Befriending, counselling, support groups and specialist services
- Housing, benefits and financial support/ advice
- Employment support, training and learning
- Volunteering opportunities
- Local groups and activities
- Stopping smoking and weight management
- Refugee and asylum seekers support
- Carer Support

**For any further information or support please speak to a your GP surgery (or visit their website), who will ask a Social Prescriber to contact you.**

### Health and Wellbeing Coach

Our Health and Wellbeing Coaches, Denise and Chris work with Derby County Community Trust. They run a programme that aims to help patients with long term health conditions to live more active lifestyles.

Chris and Denise work with patients to set personalised goals and create bespoke exercise plans and classes, all while also focusing on mental well-being. The end goal is to improve the long term health of patients, to increase quality of life, and where applicable to encourage self-management of health conditions.

**You can self refer to the program using the link below, or you can speak to your GP practice.**

**<https://www.derbycountycommunitytrust.com/programmes/health/health-and-wellbeing>**

Examples of long term conditions include but not limited to: anxiety, asthma, back pain, cardiac rehabilitation, chronic pain, COPD, depression, diabetes, hypercholesterolaemia, hypertension, joint replacement, osteoarthritis, osteoporosis, rheumatoid arthritis, stable angina, weight management and stress.

*Examples of classes and exercises:* Muscle Release Clinic; Rise and Shine Yoga; Chair-Based Exercise; Over 50's Circuits; Walking Football; Knit and Knatter; Team Talk—Mens Mental Health; Nutritional Natter; Aqua Aerobics; Box-fit; Stretch and Relax

A few of the social prescribing team attended the Southeast Derbyshire Provider Collaborative to celebrate 6 months of partnership in delivering wellbeing services to the people of Southeast Derbyshire. It is a group of grassroots providers working together and supporting each other to deliver high quality experiences, consisting of Blue Tonic, Elephant Rooms, Honey Hope Farm (formerly Helping Hooves), Long Eaton Community Garden and Whispering Trees. Their approach is holistic, person centred and relational rather than clinical, and aims to help people to get more control over their healthcare, to manage their needs and in a way that suits them. The social prescribers regularly connect patients into the collaborative to support them to improve their mental and physical health and wellbeing.



Sammi and Lydia attended the wellbeing drop-in session at Alvaston Library in August. In attendance were teams from Live-well, the NHS diabetes prevention programme team, Local Area Coordinators and Derby County Community Trust. As well as offering hundreds of books, regular activities such as job clubs, coffee mornings and IT taster sessions, the library has started a club for people to share their knowledge and encourage a love of gardening! Did you know that the library also has a selection of books focusing on improving a person's emotional and physical health?



The social prescribing team also visited the open day at Derby Safe Haven. If you feel like things are too much or that you may need to go to A&E for mental health support, Derby Safe Haven can provide you with support. They are located at 309 Burton Road, Derby DE23 6AG and are open from 4:30pm – midnight every day of the year. You can access them through referrals from clinical services such as GPs or the help line **0800280077** or you can self-refer by calling them on **03300083722** or by going to 309 burton road and one of their staff will see you.

There is also the option for telephone support. If you are struggling to get to them, they will make sure this is possible as they believe you should be able to access mental health support no matter what. People typically stay at the service for around 3-5 hours and will then be signposted onwards.

When you arrive you will be shown into a lounge where you have access to refreshments such as tea and coffee then a member of staff will have a sit down with you and you can talk about what your problems are. The staff member will help you make a safety plan and will run a session with you based on what's in your safety plan. You will receive resources and information on where you can seek help and advice outside of the Safe Haven.

The social prescribing team, in partnership with Derby County Community Trust, are hosting a brand new coffee morning at Sinfin Moor Allotments starting from 4<sup>th</sup> October. We welcome people who might be seeking a refreshing outdoor experience, tailored to their own comfort level, whether that involves digging into the earth or enjoying nature's beauty from the peacefulness of the summer house. It will be held on the first Wednesday of the month from 10am – 11:30am and the meeting point is at the Redwood Road gates, Sinfin DE24 9LA.



# SOCIAL PRESCRIBING COFFEE MORNING & ALLOTMENT



For those seeking a refreshing outdoor experience, tailored to their own comfort level, whether that involves digging into the earth or enjoying nature's beauty from the peacefulness of the summer house

W E E : Sinfin Moor Allotments (meet at Redwood Road gates, Sinfin DE24 9LA)  
W E E : First Wednesday of every month, 10:00am till 11:30am

Social prescribing is a person centred approach focusing on what matters to you. We can support with signposting and accessing organisations and services that could benefit your current situation...

This could include but not limited to:

- Loneliness and Isolation
- Mental health
- Community services
- Benefits
- Debt management
- Volunteering
- Housing

For more information contact Nitanshi Yadav:  
07901 378418 or [nitanshi.yadav@communityactionderby.org.uk](mailto:nitanshi.yadav@communityactionderby.org.uk)



The Sinfin & Hollybrook Carers Group has started back after a summer break. Not only do they have a packed programme of events, they have also secured funding for three trips in 2023/24. Anyone can go along to the carers group which is every Wednesday at Sinfin Community Centre 1:30pm – 3:30pm.. Please see right for programme.

<p><b>All sessions from 1.30 to 3.30 p.m. at</b></p> <p><b>Sinfin Community Centre</b> 50 Swallowdale Road Sinfin DE24 9NT</p> <p><b>CONTACT</b> Sushma <b>Volunteer Group Facilitator</b> sinfinandhollybrookcarers@gmail.com 07932 656 835</p> <p>Supported by: <b>Luke Wilkinson</b> <b>Health Team Leader</b> Derby County Community Trust</p>	<b>NOVEMBER</b>	
	1 <sup>st</sup>	Tea and chat
	8 <sup>th</sup>	Green activity
	15 <sup>th</sup>	Chair-based yoga
	22 <sup>nd</sup>	My two big feet
	29 <sup>th</sup>	Games afternoon – old school games
	<b>DECEMBER</b>	
	6 <sup>th</sup>	Tea and chat – Christmas themed
	13 <sup>th</sup>	Christmas Well-being Pack Hand out
	20 <sup>th</sup>	Christmas lunch
	<b>JANUARY 2024</b>	
	17 <sup>th</sup>	Tea and chat

We also have a coffee morning run by Gary, one of the Social Prescribers. This is on the last Tuesday of every month, 0930-1030 and Mrs C's Tea Cost on Normanton Lane,

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**Where** - Mrs C's Tea Cosy,  
4 Normanton Lane, Littleover  
DE23 6GP

**When**- The last Tuesday of every month

**Time**- 9:30 - 10:30

For more information contact Gary Stoppard on  
07838 248 795 or email  
gary.stoppard@communityactionderby.org.uk