



STRONGER TOGETHER CANCER SUPPORT GROUP

For people over 18 years with a cancer diagnosis and their carers

Tuesdays 12.30pm – 2pm

1st Tuesday of the month starting June 2025

July will be Wednesday 2 July 2025

Nottingham Rd Fire Station

Chaddesden, Derby DE21 6FP

Free to come along –

Drop in group – No need to book

For more information contact
toni.jantschenko@nhs.net



Cancer Support

Following the success of our cancer support focus group session, it became clear there was a demand for a regular group where individuals with a cancer diagnosis could meet, share experiences, and support one another in a relaxed and non-judgmental setting.

We are pleased to announce that a regular cancer support group will launch in June. It will be free to attend and open to anyone over the age of 18 who has received a cancer diagnosis within the last five years, as well as their carers.

Falls Prevention

Falls are not an inevitable part of ageing, yet they can significantly affect individuals' confidence and independence. A fall can lead to isolation, reduced activity, and increased reliance on family or friends.

We have provided a poster outlining practical steps to reduce the risk of falls, as well as a helpful video with additional guidance

What can we do to Help Prevent Falls?

Medication	Have a regular medication review, ask your pharmacy if any medication, or combination of medication you are taking will put you at risk of a fall. You can have a medication review at your local chemist.
Exercise	Regular exercise will help you maintain strength and balance. Every adult should aim for 150 minutes a week of aerobic exercise and 75 minutes of strength exercise. Activities like gardening, waking carrying shopping all count towards your total
Hearing and Eye tests	These are important to make sure you know what is happening in your immediate area. We rely on our senses to keep us safe; you can get your sight and hearing assessed at many opticians
Clothing and footwear	Loose and baggy clothing can be a falls risk. More important are correct fitting shoes and slippers. Shoes and Slippers that flop on your feet or are ill fitting are a falls risk
Housing, Clutter and well fitted aids	Check for cords that are easily accessible, they may be a trip hazard. Look at rugs, do they lay flat? Is there a clear walkway? If you have handrails fitted, are they secure? Do you need others fitting to help get in and out the bath or house
Being more social	People who join groups tend to be more active,

- **Livewell**
livewell@derby.gov.uk
- **Adult Social Care Support**
01332 640777
- **Handy Van**
01332 640163, home.repairs@derby.gov.uk
- **Housing Options**
01332 888777, housing.options@derby.gov.uk
- **Healthy Housing Hub**
01332 640337, healthyhousing@derby.gov.uk
- **Warmer Derby & Derbyshire**
0800 6771332, wdd@mea.org.uk
- **Healthy Chats;**
healthychats.co.uk/our-chatters/
- **Strength and balance exercise.**
Forever Active move more@derby.gov.uk
- **Care Link or Falls Response Service**
01332 642203, carelink@derby.gov.uk
- **Community Hub**
01332 346266, support@communityactionderby.org.uk
- **Joined up care self-referral**
joinedupcarederbyshire.co.uk/self-referral/
- **Safe and well check – Derbyshire Fire & Rescue Service**
01332 777850, SouthAreaAdmin@derbys-fire.gov.uk

The Markeaton Coffee Group



No booking just turn up!
Every Thursday 11am - 12:30pm
For more information, call Sean on
07376 476949

Spondon Coffee Group

Spondon Liberal Club



No booking just turn up!
Every Monday 12:30pm-2pm
(excluding bank holidays)
For more information call Rebecca on
07950279809

Mickleover Next Door Neighbours Coffee Group



No booking just turn up!
Every Wednesday 11am - 12:30pm
For more information, call Jane on
07950 275890

Social Prescribing Groups in The Community

Mickleover Men's Group

Men- aged 30-60

Meet @ Mickleover Memorial Hall,
Station Road, DE23 9GH.

For more information call Jane on
07950275890

Holly Court Coffee Morning

Meet every Friday 10 - 12pm
Holly Court Community
Centre

For more information,
call Jane on
07950 275890

Cancer Support Group

Men: aged 30-60

Meet @ Mickleover
Memorial Hall, Station
Road, DE23 9GH.

For more information call
Jane on

Social Prescribing Working with Phoenix Futures Drug & Alcohol Recovery Services have a drop-in service:

Every Thursday 1pm-4pm

Max Road, Chaddesden, Derby



Derbyshire Healthcare NHS
NHS Foundation Trust



Mickleover Cares

New joint initiative with Derby City Council and the Social Prescriber (Jane) to deliver a pop-up session various health topic's, in the library once a month. Various organisations attend to show case their services and of course there is a cuppa and a biscuit and a chance to talk to your local Social Prescriber.

Some of the topics they have already covered include:

- Diabetes and Pre-Diabetes
- Living Well
- Preparing for Winter
- SEND Support



Christmas and Spring Charity Donations

Supporting local charity food bank the Social Prescribers left donation boxes in surgeries across Derby. The Christmas collection saw a total of 17 bags of food, 14 bags of clothes and £30 in cash collected in total.

This was received gratefully, however food 4 thought said that they receive lots of donations around Christmas time and really struggle afterwards in terms of donations.

Therefore, the Social Prescribers acted in doing a spring charity collection across surgeries and dropping off a total of three large trolleys of food and clothing donations to food 4 thought. This really means a lot to food 4 thought and will benefit a lot of local patients that need the support.



GREATER DERBY PCN WELCOME MACKLIN STREET SURGERY

There are now 11 GP practices in the PCN with a patient population of 107,000.

Macklin Street has access to social prescribing services, helping patients with health and wellbeing, signposting to services, and Coffee Group and peer support groups of the Greater Derby PCN.



Long Term Pain Support in the Community



DO YOU FEEL YOUR PAIN IS HOLDING YOU BACK?
WOULD YOU LIKE TO MAKE A CHANGE TO YOUR LIFESTYLE?
COULD YOU BENEFIT FROM OUR SUPPORT?

Derby County Community Trust's 8-week Pain Management Programme offers the following:

- Support for people to live well with pain
- Tailored workshops and group discussions on pain management
- Exit routes into our wider Health and Wellbeing offer

For more information about our Pain Management Programme, scan the QR code or contact us using the details below.

CONTACT US

ADAM WOOLLEY HEALTH TEAM LEADER
07791239185
ADAM.WOOLLEY@DCCT.CO.UK
WWW.DCCT.CO.UK



SCAN HERE

HEALTH QUARTERLY UPDATE

JAN - MAR 2025

GREATER DERBY PAIN MANAGEMENT OVERVIEW

63%

DECREASED PAIN
RATING SCALE

19%

MAINTAINED PAIN
RATING SCALE

18%

INCREASED PAIN
RATING SCALE

This quarter, we established two new sessions in the Greater Derby Area and completed four more cohorts. The first of the new sessions is located directly within the city. This location was chosen to make it easier for participants to access the sessions via bus routes. The city cohort aims to provide convenient access for those who rely on public transportation and has been well attended.

The second new session is situated in the heart of Normanton. This area is known for its ethnically diverse communities, and this session is designed to continue our support for these communities. By placing this session in Normanton, we aim to foster inclusivity and provide tailored support to meet the unique needs of the local population.



Chronic Pain Peer Support Group

Are you struggling with Chronic Pain? Caused by conditions such as Fibromyalgia, Arthritis or Neurogenetic pain. The support group is here to help share experiences and offer support when needed.

Rebecca House, Uttoxeter Old Road, DE1 1GF

Every other Tuesday 12 noon - 1:30pm

For more information, please contact:

Jane: 07950 275890

Sean: 07376 476949

Chronic Pain Peer Support Group

Are you struggling with Chronic Pain? Caused by conditions such as Fibromyalgia, Arthritis or Neurogenetic pain. The support group is here to help share experiences and offer support when needed.

Fairdene Court, Lowerdale Road, Derby, DE23 6XE

Every other Thursday 10:30am-12 noon

For more information, please contact:

Shabana on 07539775510

Working In Partnership with:

