





### 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



Greater Derby  
Primary Care Network

## Cancer Support

After the success of the cancer support focus group session, it was found that people wanted a group where they can meet with others that are going through a cancer diagnosis. A space where they can come together, support each other and have a chat in a relaxed nonjudgmental setting.

Greater Derby PCN can now announce that a regular group will be starting in June, this will be free to attend and open to anyone over the age of 18, with a cancer diagnosis in the last 5 years and their carers.

## Falls Prevention

Falls are not an inevitable part of aging. If a person has a fall, it can have a devastating impact on their lives. They may be nervous of going out and become isolated and not take part in groups or other activities they would normally do. The impact on family can also be hard as they become more reliant on family and friends for tasks, such as shopping or being taken out to places. However, there are things that can be done to help prevent the risk of falling.

The poster explains some steps which can be taken.

There is also a video which can help with actions a person can take to help to reduce the risk

<https://www.youtube.com/watch?v=XnLXiJzYmEQ>

### 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, walking 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,
Reduce laying or sitting.	The adage Use it or lose it, is true if we don't move and use our muscles, we will lose our strength and balance

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

**The Markeaton Coffee Group**



No booking just turn up!  
Every Thursday 11am - 12:30pm  
For more information, call Ellie on  
07931 830398

**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



**Social Prescribing working with Phoenix Futures Drug & Alcohol Recovery Services have a drop in every Thursday 1pm-4pm, Max Road, Chaddesden, Derby.**



Derbyshire Healthcare NHS Foundation Trust



**Mickleover Cares**

New joint initiative with Derby City Council and 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



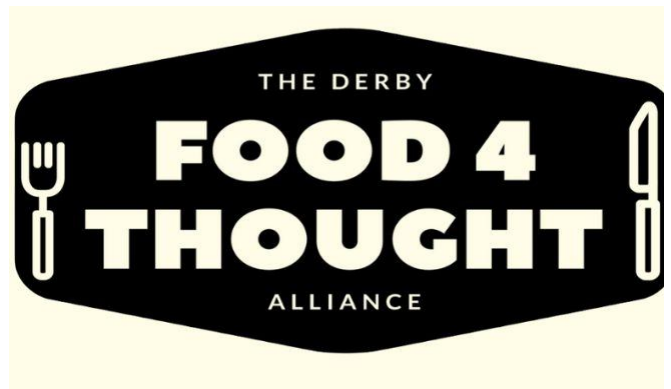


### **Christmas and Spring Charity Donations**

The Social Prescribing team had another successful Christmas collection in December 2024, with a total of 17 bags of food, 14 bags of clothes and £30 cash donation. This was gratefully received by Food4Thought, a Derby based charity that supports patients with food parcels, employment and financial support.

Whilst they are inundated with donations at Christmas time, they particularly struggle for donations in the summer months. As team, we decided to have another Spring collection, and dropped off 3 trolleys full of food and clothing donations.

It really means a lot to Food4thought and will benefit a lot of local patients who need the support.



The Social Prescribing team are collecting donations for Food4thought.

**Examples of collection items:**

- Clothing
- Tea, coffee & UHT milk
- Cereal, spreads & confectionary
- Dried foods (Pasta, rice, crackers)
- Tinned foods & cooking sauces
- Toiletries (Including baby products & sanitary products)
- Household items (washing up liquid, cloths & wash powder)



Please drop off donations by Wednesday 30th April  
For more information please speak to your surgery



**Long Term Pain Support in the Community**

**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

**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



**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**

***Working In Partnership with:***

