

COMMUNITY INFORMATION & ADVICE EVENT

FREE EVENT

**FRIDAY 24th MAY 2024
10AM - 12 NOON
THE STRUTTS CENTRE
DERBY ROAD
BELPER DE56 1UU**



Engage with a variety of organisations offering free advice on lifestyle, family law, home energy, welfare benefits, citizens advice, adult education courses, health checks, leisure, social and volunteering opportunities.



Environment
Agency

Hosted by
Pauline Latham OBE MP

Contact: 01332 676679

martina.williamson@parliament.uk



yes to a healthier you

Visit: lifelifebetterderbyshire.org.uk

Live Life
BETTER
DERBYSHIRE

Live Life Better Derbyshire is a free lifestyles service that offers advice and help on a wide range of health and wellbeing topics.

This covers the following key areas:

- stop smoking
- weight management
- getting active

The team also offer support and signposting around issues including mental health, workplace health and more.

You can take part in the Live Life Better Derbyshire service if you are:

- A Derbyshire resident (excluding Derby City)
- Work in Derbyshire (excluding Derby City)
- Registered with a Derbyshire County GP practice.

How can people join?

Find out more about the Live Life Better Derbyshire service by calling 0800 085 2299 or 01629 538200.

Alternatively visit the website to take part in a short online assessment.

Visit: Lifelifebetterderbyshire.org.uk

Call: 0800 085 2299 or 01629 538200



Derbyshire Carers Association (DCA) support Carers who look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental ill health or an addiction. The care they give is unpaid and there are an estimated 96,000 Carers living in Derbyshire with over 26,000 aged over 65. Everyday

across the UK 6,000 people become Carers.

Derbyshire Carers Association deliver a comprehensive support service to Adult and Young Carers throughout Derbyshire. All services are created to support Carers with the practical, physical and emotional impact of care giving. We have formed partnerships with health, statutory and community services to complement our offer and connect Carers with professional and current support. The support DCA provides includes:

- Information, advice and guidance
- Carer Assessments
- Planning for the future – emergency planning
- Peer support
- Carer Learning and Wellbeing Workshops
- Legal Advice
- Telephoning Befriending

For more information please visit;
<https://derbyshirecarers.co.uk/>
or contact us on Tel: 01773 833833



UNIVERSITY OF
DERBY

The University of Derby's Student Legal Advice Centre offers free legal advice and assistance to the community. The Centre's mission is to help those who cannot afford to pay for legal advice to be able to access justice. At the same time, it provides an opportunity to students under the supervision of qualified solicitors to gain real world experience.

The Centre has a number of clinics:

- Family Law Clinic
- Support at Court for family matters
- Immigration Family Reunion Clinic
- SEND Law clinic
- Business Law Clinic for small business/entrepreneurs
- Legal Triage for University of Derby students
- Reach Out Clinic (for serving prisoners with family matters)
- Policy Clinic
- International Human Rights Clinic

Enquiries: studentlegaladvicecentre@derby.ac.uk



Stay Warm and Healthy in Derby

The **Stay Warm and Healthy in Derby** project aims to help local vulnerable people struggling to keep warm by offering advice and practical support to stay warm, safe and healthy in their homes.

If you are:

an older person

living with disabilities or long term health conditions

pregnant or a family with young children

and finding it hard to heat your home we may be able to help you through support services such as:

Home Energy Advice: helping you to keep warm this winter by giving free, independent and confidential advice and information on heating & insulation offers and schemes, and referring you to other help where needed

Welfare Benefits: advice on welfare benefits, including welfare reform

Home and Heating Maintenance: there may be help available to help you to keep warmer at home, such as boiler repairs, emergency heating

Handy Person Services: helping with small repairs around the home

Health Advice: information about the free NHS health check programme, flu jabs and cancer screening programmes

Stay Warm and Healthy: 01332 640337



**citizens
advice**

**Derbyshire
Districts**

Citizens Advice Derbyshire Districts is an independent registered charity. We offer free, independent, confidential and impartial advice on any issue. We value diversity, promote equality and challenge discrimination. For more information on our services, projects and outreaches please visit our website:

www.citizensadvisederbyshiredistricts.org.uk

For advice or to book an appointment please call our

Derbyshire Districts Adviceline:

0808 278 7954 (Monday to Friday, 9am to 4pm, freephone service)

For assistance with claiming Universal Credit call our national Help to Claim service:

0800 144 8 444 (Monday to Friday, 8am to 6pm, freephone service)

If you can't hear or speak on the phone, you can type what you want to say using Relay UK.

Enter 18001 before our Adviceline or Help to Claim phone numbers. You can use Relay UK with an app or a textphone. There's no extra



The Ecclesbourne Valley Railway plays a significant role in supporting and enriching our local community, our railway is not just about preserving history it's also about fostering connections and contributing to the well-being of those around us.

Here are some key points highlighting how our heritage railway benefits the community...

Preservation of History: Our railway preserves a crucial part of our heritage, allowing both residents and visitors to experience the nostalgia of bygone eras. By maintaining vintage locomotives, carriages, and infrastructure, we offer a tangible link to the past, educating people about our cultural and industrial history.

Tourism and Local Economy: Our railway attracts tourists from near and far, boosting the local economy. Visitors patronize local businesses, including shops, restaurants, and accommodation providers, thus stimulating growth and creating employment opportunities within the community.

Community Events and Engagement: Throughout the year, we host a range of community events, from themed train rides to seasonal celebrations. These events bring people together, promoting social cohesion and a sense of belonging within our community.

Volunteer Opportunities: Our railway relies heavily on volunteers who generously donate their time and expertise. Volunteering with us offers individuals a chance to develop new skills, forge friendships, and make a meaningful contribution to preserving our heritage. Many of our volunteers live within the community, further strengthening our ties with local residents.

ticketoffice@e-v-r.com www.e-v-r.com

Derby Adult Learning Service

Learning Opportunities for Adults

Derby Adult Learning Service welcomes you to learn with us!

We provide training, courses and sessions for those ages 19+ to help you into employment, upskill, improve your confidence or support your health and wellbeing. Many are FREE (fully funded) or part funded by the Education and Skills Funding Agency (ESFA) Adult Education Budget. When you enrol on a class we'll check to see if you're eligible for funding and any fee remissions.

Why not sign up to one of our many courses that will provide you with a qualification?

We offer Maths, English, Digital Skills (IT), Teaching Assistant, Counselling, ESOL (English for Speakers of Other Languages), Bookkeeping, Health & Social Care to name a few.

We also offer sessions in Family Learning, Arts & Crafts, British Sign Language, Italian, Spanish and well-being plus more!

Our expert and friendly tutors will work *with* you, so if you want to get back to work, a career change, meet new people or improve your confidence and personal skills, we have a range of sessions and courses to help you achieve your goals.

For more information contact us today!

Phone – 01332 956565

Email – DALSenquiries@derby.gov.uk

Relay UK – 18001 01332 956565

Sign Language: www.derby.gov.uk/signing-service



DERBYSHIRE COMMUNITY TRANSPORT

Derbyshire Community Transport offer several services within the area, including the Belper Car Club.

We run the Derbyshire Connect (a door-to-door shopping bus service), transport to local community groups including schools, and day trips to local garden centres, shopping centres and visits to places of interest within the area.

Vehicles are accessible and open to use for everyone.

01773 746652 | www.derbyshirect.org

Community Action

Community Action Derby is a registered charity providing support and guidance for voluntary and community groups. We encourage, support and develop individuals, groups and organisations involved in voluntary action. We also promote new initiatives which tackle social exclusion and economic disadvantage and work to establish partnerships between the public, private and voluntary sectors.

We can help with all aspects of running a voluntary or community organisation, including providing funding advice, advice on managing and recruiting volunteers, and a range of training and development opportunities. We also represent the sector on local and national partnership bodies, advocating for a stronger voluntary sector. Our Volunteer Centre also offer a brokerage service for potential volunteers and organisations, and support volunteer-led organisations to develop opportunities.

www.communityactionderby.org.uk



Derwent Valley Wind Band is a community wind band consisting of players of all ages and abilities from teens to some older members in their 80s! The band originated in Duffield over 30 years ago and draws players from all over the County.

We enable people to play together in a friendly and relaxed environment. We also organise various social activities and offer a cuppa and biscuits at our rehearsals!

We meet from 6.45 - 8.45pm on Monday evenings during term time in the Theatre at Woodlands School, Allestree, Derby.

We perform at various venues and bandstands throughout the County during the summer months and carols at Christmas. We play a variety of music, such as film scores, musical theatre, pop and light classical.

If you are a brass, woodwind or percussion player and it's been a while since you played, why not come along to a rehearsal or two and blow away those cobwebs!

Find us online at www.dvwb.org.uk

Contact us on info@dvwb.org.uk



Gymphobics was established 20 years ago to offer an effective exercise routine to women in a fun, friendly and supportive environment.

Our 30 minute circuit has equipment that uses air pressure as resistance so it's quiet and gentle to use putting less pressure on the joints.

It suitable for all ages, all fitness levels.

We opened in Belper on 29th April 2019 and have helped over 1000 Belper ladies since opening. As well as the circuit we offer a mini health check on inductions, fully personalised programs, regular reviews to ensure the programs continue to work. We offer lifestyle and nutrition support through our No Diet Club and optional higher intensity Boot Camp.

Today we have been joined by Bone Matters who offer Bone Density Checks - we do this at least once a year. I am also looking into getting an expert diabetic and women's health practitioner in to help members who have various health issues from the menopause to diabetes and hypertension.

Gymphobics Belper, 54 Bridge Street, Belper, DE56 1AZ

01773 689300

What's app / text 07561 426223

Email : belper@gymphobics.co.uk



hearinghelpuk



Derby and Derbyshire
Integrated Care Board

WE DO UNDERSTAND, WE DO CARE, WE CAN HELP

Derbyshire Hard of Hearing Service

in Amber Valley, Bolsover, Chesterfield, Derbyshire Dales, Erewash,
High Peak, North East Derbyshire and South Derbyshire

Derbyshire Hard of Hearing Service provides Support, Information,
Advice and Guidance on all aspects of hearing impairment for individuals,
families and friends across Derbyshire

We carry out assessments for assistive hearing equipment such as
TV Listeners, Doorbells and Induction loops

WAX REMOVAL FOR CLEARER HEARING

We specialise in ear wax removal, offering a friendly, professional
service by our qualified Registered Nurse Diane Smith,
with optional blood pressure and sugar glucose test,
at our premises in Marehay, Ripley

Both ears £65

Single ear £45

Call now to book your appointment

Hearing Help UK,
156 Derby Road, Marehay,
Ripley, Derbyshire DE5 8HU

01773 570976
info@hearinghelpuk.uk



THE RITZ CINEMA

• B E L P E R •

The Ritz Cinema opened in 2006 to provide a wide variety of films for Belper and the Amber Valley region. We show blockbusters, British made films, award winners, world cinema and documentaries, along with shows from the National Theatre and the Royal Opera House, we bring these world class productions to the heart of Derbyshire.

As well as the evening programme of films, we offer private hire to schools, businesses and individuals for parties and events.

To make an enquiry for your event contact
Amanda: info@ritz-belper.co.uk

Every Thursday morning there is always a warm welcome at the Silver Screen. The films are programmed with the over 60s in mind and introduced by ex BBC Radio Derby Presenter, Ashley Franklin. The perfect place to meet new friends and enjoy the latest film!

To book seats, please go to our website:

www.ritz-belper.co.uk

Or call the box office 01773 822224 and our staff will be happy to help.

The Ritz Cinema - bringing the big screen to Belper!



We're a group of Belper-based volunteers who are passionate about the climate crisis and are actively promoting the implementation of solar panel energy solutions on local rooftops.

We identify potential medium to large solar sites at public, community and business-based buildings in Belper and the surrounding area. From there we introduce you to our partner - Big Solar Co-op - who can offer you solar power at competitive rates with the added bonus of NO capital nor installation costs.

If you have a roof the size of a tennis court or bigger or are just interested in joining BCE, then please contact us!

<https://www.belpercommunityenergy.org.uk/contact/>

job centre plus

Whatever your individual circumstances, Jobcentre Plus offers a wide range of services that include:

- Help to prepare for work, including training, guidance, work placement programmes, work experience and job trialling schemes.
- Job search help, including advice on building your CV, help with interviews and support from the jobcentre use to apply for jobs
- Help with starting your own business.
- Help to stay in work and progress in your job responsibilities, keeping some benefits once you start working and guidance on how to earn more money.
- You will be able to get support from a dedicated work coach who you meet regularly to discuss your career goals, and what support you might need to achieve your goals.
- Support with Child Care costs.
- Support for disabled people including Access to Work and Disability Confident Employers.



At Derbyshire Integrated Sexual Health Services, we work to address sexual health inequalities, reduce stigma and promote positive sexual health for all.

We work in collaboration with partners across Derby city and Derbyshire to offer accessible and high-quality education, support and services to those who need it most. Our Sexual Health Promotion team is made up of Promotion Practitioners and Outreach Workers who are based across the city and county offering a full range of sexual health education, support and services to meet the needs of our communities.

What the outreach team can offer:

Raise awareness of sexual health services, reduce the stigma and provide signposting and referrals

RSE workshops for Year 9s and above in school, college and university settings

Sexual Health market stalls and drop ins in universal settings

Distribute free condoms and lube

Free community STI screening for people who don't have symptoms

What the practitioner team can offer:

Raise awareness of sexual health services, reduce the stigma and provide signposting and referrals

Rapid testing for HIV and Syphilis who are at higher risk

1-1 Virtual promotion practitioner support – [here](#)

Targeted sexual health education sessions to vulnerable and hard to reach groups (young people and adults)

Training and Networking opportunities for professionals.



Our Priorities



Vulnerability



Fighting
Crime



Our
People



Prevention and
Partnerships



Responsive and
Visible Policing



Service to
the Public



Trust and
Legitimacy



Derbyshire Libraries

All our libraries across the county offer warm and welcoming spaces for everybody. You don't need to be a library member to visit our libraries but while you're there it's quick and easy to join if you want to. In our libraries, besides borrowing books, our services include access to free WiFi, computers, and printing and copying facilities. If you are unable to visit the library yourself we can bring it to you through our Home Library Service. We have a variety of free digital resources available to all customers including e-books, e-magazines, e-audiobooks and e-newspapers. Many of our libraries also offer free, friendly community events for people of all ages, including book clubs, rhyme-times, and much more.

For more information please visit our website www.derbyshire.gov.uk/leisure/libraries, Derbyshire Libraries on Facebook and/or Derbyshire Libraries on X (Twitter).

If you have any enquiries please email ask.library@derbyshire.gov.uk or telephone 01629-533444.

Belper Library is located on Derwent Street (next to the Ada Belfield Centre near Aldi) and is open:

- Monday: 9.30am - 5pm
- Tuesday: 9.30am - 7pm
- Wednesday: 9.30am - 5pm
- Thursday: 9.30am - 5pm
- Friday: 9.30am - 5pm
- Saturday: 9.30am - 4pm

Current activities at the library include:

- **Board Game Club.** Drop in to play a selection of modern board games. Fourth Tuesday of the month, 4pm to 7pm. This is a free event suitable for families, teens, and adults.
- **Open Mic Poetry Nights.** Poetry, spoken word and flash fiction. Third Tuesday of the month, 6pm to 7pm. This is a free event. Please contact the library to book your open mic slot. You must be 13 or over.
- **Saturday family craft sessions.** Drop-in sessions suitable for children 5 years and over. First Saturday of the month, 10am to 3pm. Children must be accompanied by a responsible adult.

Rhyme-times. Every Wednesday and Friday morning, 11am to 11.30am. Free event for families with pre-school children.

healthwatch

Derbyshire

Healthwatch Derbyshire is your local champion for health and social care services. If you have used NHS or social care services in Derbyshire, they want to hear from you!

Sharing your experiences helps to inform NHS and social care decision-makers about what is working, and what needs to be improved. By giving feedback you'll be playing a crucial role in shaping and improving the services that matter most to you and your community.

Confused about your options, or not sure where to turn? Healthwatch Derbyshire also provides health and care advice, and information you can trust. Their health and social care signposting service is free, friendly, and confidential, and they are independent of the NHS and social care services.

Share your thoughts today, it only takes five minutes: healthwatchderbyshire.co.uk/have-your-say

www.healthwatchderbyshire.co.uk

LIVE STRONGER FOR LONGER

Live Stronger for Longer is a falls prevention service that is carried out by a team from Age UK Derby and Derbyshire, funded by Derbyshire County Council Public Health.

We have lots of strength and balance classes all across the county, that we regularly monitor to ensure a safe delivery is carried out.

We deliver falls prevention talks to different groups, which includes discussing the importance of regular exercise.

For more information please visit:

www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/live-stronger-for-longer/lslf-classes





Belper Town Football Club is the town's semi-professional football club.

The club currently competes in the **Northern Premier League** and plays their home matches at **Christchurch Meadow**.

The club is affectionately known as the "**Nailers**", a nod to the town's historical nail-making industry.

Additionally, **Belper Town Juniors**, an affiliated junior club, provides coaching and competitive football for young players whilst a thriving ladies section is also affiliated to the main club.

With mixed and girls-only teams across various age groups, **Belper Town Juniors** have around **400 registered players** from U7's to U18's, as well as a development club for children aged five and above.

Belper Town FC's Raygar Stadium hosts competitive football matches on its main pitch but also boasts a smaller artificial grass pitch which is used by all sections of the club, particularly the Juniors, but is available for use by other local football teams.

The stadium also incorporates a busy Conference Centre (also known as **Nailers**) which hosts commercial events and private parties and is



u3as are self help and self run learning cooperatives for people who are no longer in full time work or caring for a family.

We come together to share our interests in common not for qualifications but for fun. We learn new skills and develop new interests while meeting old friends and making new ones.

We have over 90 interest groups, ranging from card games to badminton, regular walking groups to photography and many more each with their own leader.

We have a meeting on the first Friday of each month, open to all members, to have a coffee or tea as you chat to other members and then listen to a speaker on a variety of interesting topics.

For further information see our website
u3asites.org.uk/belper/home.



Amber Valley CVS is based in Ripley, Derbyshire. We are the local organisation for the district's voluntary sector and the main provider of support for local voluntary and community groups. We are a member of NAVCA (the National Association for Voluntary and Community Action). We have over 300 member organisations and support up to 500 voluntary groups in the Amber Valley area. Our aims are to support groups, individuals and communities to be involved in a wide range of voluntary activities and initiatives, which will help improve the quality of life for people in our area.

What can Amber Valley CVS offer you?

Amber Valley CVS offers a range of support and services to respond to the needs of volunteers, voluntary organisations and community groups. Services we currently provide include setting up new groups, assisting with the development of existing groups and recruiting volunteers, for a wide and diverse range of activities such as:

- Volunteering with younger people
- Befriending
- Conservation work
- Supporting older people
- Supporting people with learning difficulties
- Supporting people with Mental Ill Health

We offer ongoing support and training to your request. We can provide DBS checks. We run a varied programme of short courses and training events in areas such as health and safety, fundraising, First Aid, running a group and for volunteer management. We signpost to other training in partnership with Derbyshire Infrastructure organisations and Derbyshire County Council. We provide information, advice and support on funding and governance issues, development plans and policies by individual visits or group events. We work with families and the elderly to improve their quality of life and help them with day to day issues. We work with young people to ensure that they understand the benefits of volunteering. We work in partnership with other voluntary and statutory agencies to ensure the development of the sector. We liaise with various statutory bodies such as the local authority and health agencies and influence policy development at a local, regional and national level. We provide paid work in the community through our [Help at Home](#) service.

Further information about organisations and groups attending will follow ...