

Locality 4 Mickleover Ward Community Guide

2026



Blood pressure Monitor Kits

Blood pressure monitor kits are available for loan from this library to help you manage your blood pressure. Monitoring your blood pressure regularly can help you find the positive changes in your day-to-day life to keep your heart healthier for the future.

The kits are free to borrow with your library card.
They are available to borrow for 1 week.
You can renew once.
Fines and charges will apply if it is returned late or lost / damaged.

The blood pressure monitor kit includes an information leaflet that explains how to check your blood pressure at home and what to do with the results – measuring blood pressure at home can be very useful to give a more accurate picture of what a person's blood pressure is like. The monitors can also detect an irregular heartbeat.

Please note – staff in libraries do not have medical training and can't show you how to use the kits – please use the information provided and if you are concerned consult your doctor.

Derby Libraries have books to help you find more information on how to manage health conditions.
You can search the catalogue at <https://www.inderby.org.uk/libraries/>



Coffee Mornings and Crafts

Monday –

- Internet Cafe, St John's Community Link. 10:00am
- Coffee and chat with a friendly volunteer, Mickleover Library – 13:00pm – 14:30pm

Tuesday –

- Coffee and chat with a friendly volunteer, Mickleover Library - 13:00pm–14:30pm.
- Stitches Group, All Saints Church, Mickleover. 10:30am-12:30pm.

Wednesday –

- Coffee Morning, All Saints Church 10:00am-12:00pm
- Coffee morning, Nags Head 10:00am-12:00pm (buy your own drinks)
- Coffee and chat, Methodist Church 10:00am
- Warm Space, Vicarage Road Pavilion, 12:00pm – 14:00pm
- Friendship group, St Johns Church Hall, 14:00pm – 16:00pm

Thursday –

- Sewing/Knitting Mickleover Library. 14:00pm-16:00pm.
- Warm Space, Vicarage Road Pavilion, 12:00pm – 14:00pm

Friday –

- Coffee Morning, Rest Stop Cafe, St John's Church 10:00am-12:00pm.
- Coffee Morning, Holly Court, Derby Homes Community Room 10:00am-12:00pm.

Sunday – Royal British Legion, Sunday dinner 12:00pm (Purchase

Physical Activity

Monday –

- Zumba at Mickleover Memorial Hall 9.30am-10.25am

Tuesday –

- Chair Exercise Group, Memorial Hall, 10:30am-12:00pm. £5 per person, Booking required.
- Ladies Only Kickboxing Class, Pavilion - 17:45pm-18:45pm
- Adult kickboxing session age 16+ 19:00pm-21:00pm
- 18:00pm-19:30pm Adults only Memorial Hall

Wednesday –

- Zumba Gold Memorial Hall, £5, 14:00pm-14:45pm
- Kids martial arts, Pavilion, 14:30-15:30pm
- Zumba Kids, Murray Park School, 17:45pm -18:30pm and 18:30pm-18:15pm
- Community yoga, memorial hall 7:15pm-8:15pm

Thursday –

- Fitsteps, Memorial Hall, Dance based fitness 10:00am-10:50am
- Zumba, Memorial Hall, 18:30pm-19:25pm
- POUND dance class, Memorial Hall, 19:40pm-20:30pm

Friday –

- Community yoga, memorial hall 9:30am-10.30am
- Move it or lose it, Community Centre, £5 per class 10:00am – 11:00am 11:15am – 12:15pm
- Over 50s exercise class, All Saints Church 9:30am
- Pilates, All Saints Church 11:30am
- Music and movement, All Saints Church Hall 17:30pm

Childrens Groups

Monday –

- Little Mickleover's Baby & Toddlers Group, Station Road, DE3 9GH 13:30pm
- Derwent Beavers, Station Road, DE3 9GH - 18:00pm

Tuesday –

- Red Fox Cub Scouts, Station Road, DE3 9GH - 18:30pm.
- Rhyme time – 11:00am –11:30am Mickleover Library

Wednesday –

- Dove Beavers - Station Road - 17:30pm
- Girls Brigade - Station Road, Mickleover, DE3 9GH. 18:00pm
- TinyTalk Baby sign class 11.30am-12.30pm £7.25 per family per class, Mickleover Memorial Hall

Thursday –

- Brown Bear Cub Scouts - Station Road, DE3 9GH - 18:30pm.
- Rhyme time – Mickleover library 11:00am-11:30am
- Children's French class, Mickleover library, 10:00am-11:00am. (Contact provider for cost)

Friday -

- Rhyme time – Mickleover library 11:00am-11:30am.
- Kinder Scouts - Station Road, DE3 9GH -19:00pm.
- Derby Karate Academy, Mickleover memorial hall 18:30-20:00pm Age 7-14 years

Neighbourhood Cares Events

Community health-based events happening monthly in your local area. These events are subject specific and host partners from multiple different health and wellbeing organisations.

Mickleover Cares is the last Monday on every month at Mickleover Library 1pm – 3pm

Blagreaves Cares is the first Tuesday of every month at Newmount church, Blagreaves lane, 10am – 12pm

Look out for posters and social media posts to follow what events are upcoming.

Partnership Networks

If you are a group or organisation operating in Mickleover then consider joining your local Partnership Network. The network is filled with a variety of voluntary and statutory partners who work together alongside the ward councillors for the betterment of the area and the residents within it.

For more information or to ask to join, please contact the Neighbourhood Manager Daniel Giles on – Daniel.giles@derby.gov.uk

Local Area Coordination

I'm Nadine, the DCC Local Area Coordinator for the Mickleover ward. I work with local people who want to work out what a good life might look like for them and start to make changes. Looking for Support?

Email: Nadine.thomas@derby.gov.uk

Tel: **07385401068**

Social Prescriber

Social prescribing can help with whatever has impact on your health and wellbeing, focusing on what matters to you. It all starts with a chat.

Community Nursing Team

Equipment to support activities of daily living please contact Derby City Council on **01332 640777**.

Any queries please contact your care coordinator based at your GP surgery and they will be able to refer to the most appropriate service.

Derby Carers

"A free service that supports adults in Derby City who look after or support someone aged 18+ who couldn't manage without their help. Support includes groups and activities, referral and signposting."

derbycarers@derbyshirecares.co.uk

01332 315777

Money/Debt Advice/Financial Support

Better off Calculator - Through just a few simple steps you can see how much benefit you are eligible for and how much better off you might be in work. You can also see how changes in your household budget can affect your income. You can use the calculator for free, but if you want to save and compare calculations, you need to set up an account with us.

Jubilee Project St Peter Street, Derby, DE1 1SN

Tel: **01332 360790** Email - office@stpetersderby.org.uk

Stop Loan Sharks - **0300 555 2222** - Stoploansharks.co.uk

Action Fraud – **0300 123 2040** – www.actionfraud.police.uk

Food Provision

Derby Food 4 Thought

For people in need of food support the current process to request food is:

- People make their request for support by calling **01332 346 266** or email info@DF4T.com

Mickleover Community Pantry –

Based in Mickleover at Vicarage Road Pavilion, Derby, DE3 0ED

Wednesday 12:00pm – 14:00pm Thursday - 12:00pm – 14:00pm

Livewell

Helping you to be healthy and well Livewell is a free service run by Derby City Council that supports people in Derby to lose weight, stop smoking, get fitter and feel the benefits of switching to a healthier lifestyle. Free 40-minute NHS Health Checks for eligible 40 to 74-year-olds can help you stay healthier for longer.

To find out more and to register- Visit

www.livewellderby.co.uk

Call **01332 641254** or Email livewell@derby.gov.uk

Mental Health and Substance Support

Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone)

Derby Drug and Alcohol Recovery Service

St Andrew House, 201 London Road, Derby, DE1 2TZ

Derby drug and alcohol recovery service is an adult drug and alcohol treatment service.

Call **0300 790 0265**

Derby Parkinson's Support Group

Our group offers friendship and support locally to people with Parkinson's, their families and carers, contact us to find out more.

For information and advice on Parkinson's, or for emotional support, the Parkinson's UK helpline call on **0808 800 0303**

Derby City Dementia Support Service

If you live in Derby and you or a person you care for has dementia, the Derby City Dementia Support Service can help you.

The service is run by the Alzheimer's Society and can provide information, advice and support for those experiencing the symptoms of or diagnosed with dementia and their carers. The service also puts on wellbeing, peer support and dementia education events across the city.

You can contact the service by phone **01332 497640**, email derbycitydementiasupport@alzheimers.org.uk or visit the Alzheimer's Society website.

Mickleover Library

The Home Library Service brings the library to your door. If you or someone you know, is interested please phone **01332 640617** minicom **01332 640666** for more information. Email:

Homelibraryservice@derby.gov.uk

Derby City Council Family Hubs

Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

Scan the QR Code to go to
derby.gov.uk/family-hub



Useful Contacts

The Derbyshire Fire & Rescue Service offer a Safe and Well visit to provide you with actions and advice to protect you and your family from the risks of fire, including a falls assessment and identifying any health and care needs. **01332 777850**

SouthAreaAdmin@derbys-fire.gov.uk

Direct Help & Advice (Derby Law Centre)

Support people into work and education or training as well providing information and advice around debt, housing issues & homelessness. **01332 287 850**

Warmer Derby and Derbyshire

Bill Advice, Bill Support- **0800 677 1332**

wdd@mea.org.uk

Citizens Advice Mid Mercia - 0808 278 7972

Useful Derby City Council Contacts

General parking problems- Telephone - 07917 233 812

Email: generalparkingproblems@derby.gov.uk

schoolparkingproblems@derby.gov.uk

Traffic concerns- Email: traffic.management@derby.gov.uk

Telephone - 01332 640815

Highways - Email: maintenance.highways@derby.gov.uk

Public Protection Team - Email: PPOTeam@derby.gov.uk

Environmental Protection Team Email:

environmental.services@derby.gov.uk

Telephone - 01332 642020

Derby City Council Trees - trees@derby.gov.uk

Household Bulky Waste - Collection of large items- furniture and large electrical items (charged service). Telephone: **0333 200 6981**. Or book online at: **www.derby.gov.uk/bulky-waste/make-booking**

Neighbourhood Manager- Daniel.Giles@derby.gov.uk

Neighbourhood Officer- Kelsey.Mumford@derby.gov.uk

Wards Councillors

Alison Holmes – Alison.holmes@derby.gov.uk

Matthew Holmes – Matthew.holmes@derby.gov.uk

Miles Pattison – Miles.pattison@derby.gov.uk

Social Care

Adults- 01332 640777

Children & young people (under 18)- 01332 641172

Out of Hours (Derby City Care Line)- 01332 956606

For those who are hard of hearing or deaf – email:

DCCcareline@derby.gov.uk

Text 07812 300177

Home Energy Advice Service

The Home Energy Advice Service can also provide energy saving freebies to reduce draughts to make homes feel more comfortable in winter, low-energy LED lightbulbs, radiator panels to keep more heat in and hot water tank jackets. The service can also be contacted via email at **home.energy@derby.gov.uk**

The Handy Person Service can help with small jobs around the home including grab rails, smoke detectors and key safe fitting. Handy Van **01332 640163** **home.repairs@derby.gov.uk**

Neighbourhood Board Funding

The new financial year brings the new allocation of neighbourhood board funding. If you are a group, voluntary organisation and are interested in applying to your neighbourhood board. Application forms can be requested from **Neighbourhoods@derby.gov.uk**

Useful Medical & Emergency Contacts

Carelink

Telephone referral: 01332 642203

Email: carelink@derby.gov.uk

Carers advice and support -

carers@citizensadvicemidmercia.org.uk 01332 228 777

Universal Services for Carers in Derby

Email: carers@citizensadvicemidmercia.org.uk

Telephone: 01332 228777

Mediquip - 01773 604426

EMAS Hospital transport -03003003434

NHS- Non-Emergency: 111, Emergency: 999

Police- Non-Emergency: 101, Emergency: 999

Sporting Communities

Sporting Communities are running a **FREE** youth activity session funded by the Mickleover Neighbourhood Board at the Mickleover Community Pavilion. Come along and engage in a range of fun activities, including arts and crafts, sports activities, team building, and play!

Mickleover Community Pavilion, Vicarage Rd, Mickleover, Derby DE3 0ED every Thursday from 7:00-8:00 PM