

Derwent Diary

@derwentdiary on facebook, run by volunteers, derbypeoplesdiary@hotmail.com

Issue 1
Autumn 2019
Next issue: **January 2020**
(Contribute by end of November)
See pick up points below

Inside:

- ◆ Map of venues
- ◆ What's on
- ◆ Tips & True tales

Our purpose

We want this newsletter to be useful, interesting and inspiring - what else should be in here?

If you have any ideas, events to promote, or want to contribute in any other way, please get in touch.

Ps. We have funding for the first issue but need help to keep going...



Derwent Diary REPAIR CAFE - bring + share food + things that need fixing. We provide soup and tea! Tue 26th Nov (tbc) 6.30-8.30, kindly hosted by St Marks on Francis St. See our facebook for more details.

Introduction

Who is behind it?

Derwent Diary has been started by a few residents, with support from Aspire community centre. Read more about Aspire to the right...

How many times a year?

Spring, Summer, Autumn, Winter. Once a year we want to deliver to every door (help needed!). In between, see the list opposite for pick up points. If you can't get out and need it delivered direct, please get in touch: 01332 346773.

Repair Café and Xmas Day

We are also trialling a Repair Cafe (see image above), a Christmas Day dinner with games (see back page!), and want to do a big **Clothes Swap** event —get in touch to get involved!

Do pop in

Aspire, above St Marks Church, has an open door for anybody who feels isolated and wishes to pop in, with a free-to-use exercise bike and a cafe serving hot&cold drinks and snacks. Mon-Fri from 10-4.30pm and Sat 9-1.30pm. For more info or to volunteer, contact [aspirewrestlingalliance](https://www.facebook.com/aspirewrestlingalliance) on facebook, email robert_shade@hotmail.com or call 07711 901782.

Aspire also runs wrestling training (see p3), plus a **foodbank** (Mon/Wed 1-3pm) and **toiletries bank** (donations accepted); is available for hire, and new ideas!

Wrestler's Nativity!

The Aspire Wrestling Alliance will be doing their Wrestler's Nativity play again this year— look out for dates on facebook [@aspirewrestlingalliance](https://www.facebook.com/aspirewrestlingalliance) for this and other shows!

Pick up points

To pick up newsletters in Jan/ April/ July go to:

- ◆ any venue on page 3, or:
- ◆ 1. Scarborough Rise Coop
- ◆ 2. Food & Wine, Pickering Rise
- ◆ 3. Wollaton Rd Coop / Nisa
- ◆ 4. Sussex Circus chippy/Coop
- ◆ 5. Chets Stores, Berwick Av
- ◆ 6. Wiltshire Road: Lynne's Discounts, Michaels Nisa, Revive Charity Shop
- ◆ 7. Mayfield Road Surgery

If a venue runs out, or to add a venue to the list, please get in touch.

Live at Home Scheme

Support and friendship for older people. Please call 01332 662286 / 676103 and leave a message

Derby Sight Loss Leisure Group

We're a friendly & lively group of people who are sight impaired, who meet at 12:00 every 1st & 3rd Tuesday of the month at Derwent Primary School, for meals, hot drinks, interesting speakers, singers, quizzes, bingo & raffles.

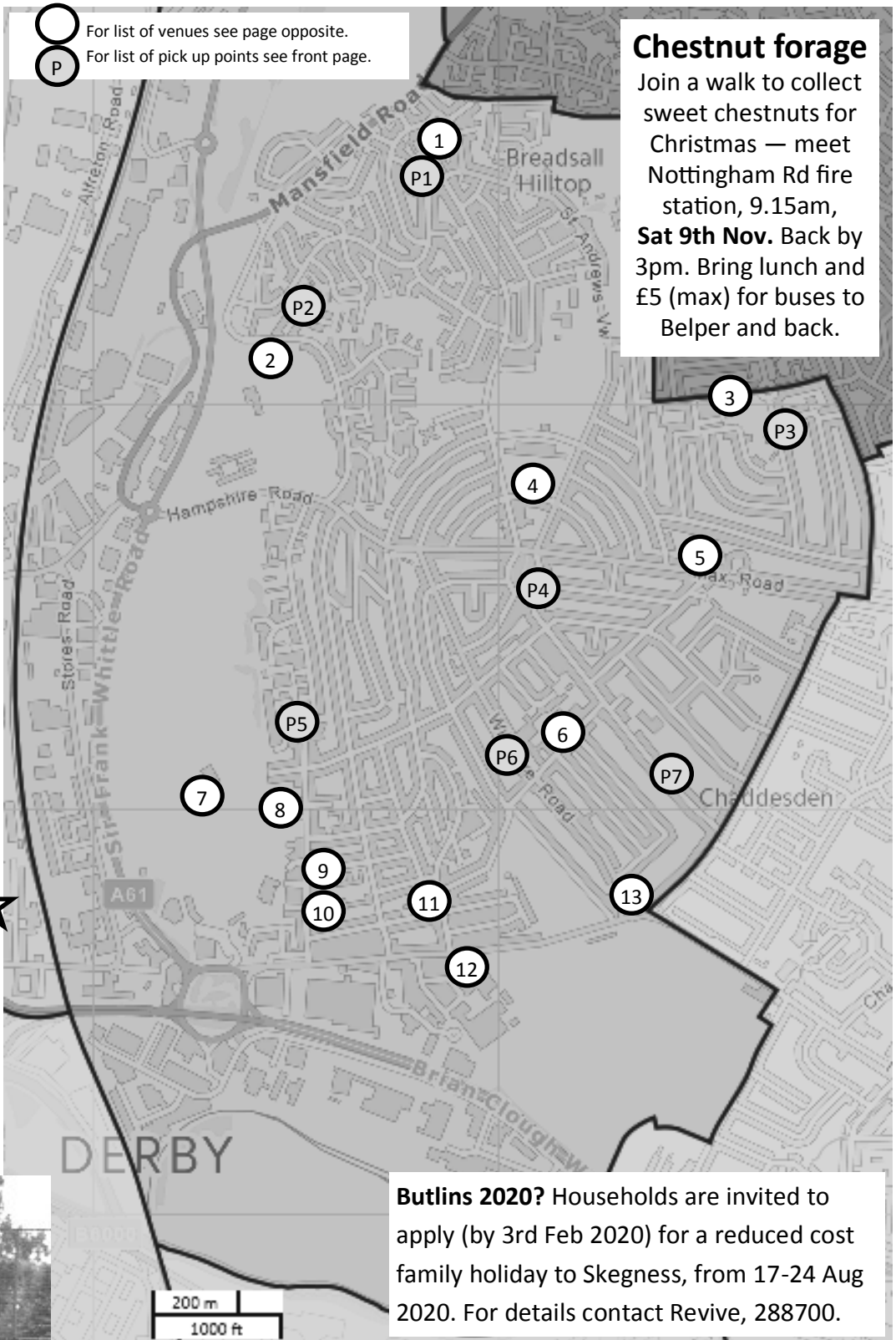
Every 4th Tuesday we have stimulating outings & meals. Transport is available for home pick-ups/returns.

Visitors & new volunteers are always welcome. For more info, please contact Roger on 07972 218457.

Adult Learning Classes

Just along Fox St, off the map, is Landau Forte College, where you can learn silversmithing, bookkeeping, British Sign Language, counselling, Spanish or Italian. Discounts available. www.adult-learning-derby.org.uk

Some venues of Derwent activity...



○ For list of venues see page opposite.
 ○ P For list of pick up points see front page.

Chestnut forage
 Join a walk to collect sweet chestnuts for Christmas — meet Nottingham Rd fire station, 9.15am, **Sat 9th Nov.** Back by 3pm. Bring lunch and £5 (max) for buses to Belper and back.

Butlins 2020? Households are invited to apply (by 3rd Feb 2020) for a reduced cost family holiday to Skegness, from 17-24 Aug 2020. For details contact Revive, 288700.

Charlotte from Cricket Derbyshire Foundation wrote in to say “With the help of other community partners, we ran a holiday club at Derwent Primary School, 2 days a week from 8-23rd August, with FREE access to sports facilities, crafts, breakfast and lunch. We had a fantastic time experiencing a wide range of activities such as Drummercise, a visit to the County Cricket Club, and making slime! Plans are well underway for Holiday Club 2020. Watch this space.....”

Do you want help getting a new activity started?
 Contact Toni, ‘Move More’ mentor for Derwent, on 07812 302030 or toni.jantschenko@derby.gov.uk



CDF Holiday Club

What's on weekly?

Correct to the best of our knowledge. Please check with venues.



To find (or publicise) one-off or monthly events please visit www.derbypeoplesdiary.org/derwent-diary

Venues 1,3,4,5,11 available to hire—1 and 5 are Derby Homes , 01332 888499 (option 7) or hub@derbyhomes.org

1. Coniston Crescent Rm

- Women's Institute, Mon 10-12
- Coding Club, Mon 4.30-7pm. 07947 599900. @derbycoding
- Bingo, Tues 2-4pm/Fri 2-3.30pm
- Fitness for over 60's, Thu 1-2.30
- Church group, Thu 6.30-9pm, Sun 10.30-2pm

2. Little Chester Allotment

- Derwent Green Gym, gardening for mental wellbeing, all welcome Tuesdays/Fridays 10am-2pm. Contact Shauna 01332 363085.

3. St Philips Church

Some clubs only termtime. Contact for children's parties Pat 609569.

- Card-making and Craft Club, Mondays 1.30-3.30
- Shotokan Karate, Monday 6pm
- Parents+Toddlers, Tue 9.30-11.30
- Tuesdays: Rainbows 5pm, Brownies 6.15pm, Guides 7.30pm
- Weightwatchers Thurs 9.45am
- Hannah's Keep Fit Class, Thurs 6.30pm, Friday 6pm
- Baby Ballet, Saturdays 9am

4. Roe Farm Community Ctr

- Boxing: Sat for 6-12yr olds, £1, 10-11.30am, Any age £2: Sun 5-6.30pm, Tue 8.30-10pm, Thu 8-10pm. Booking required: 07836 782589
- Muay Thai boxing, Mon (any age) 6-7pm, Wed 4.45-5.45pm (under 16's) 6-7pm (over 16's), Fri 5-7pm (adults)
- Hannah Henderson Bootcamp, for over 16's, Monday 7.30-8.30pm, Tuesday 6-8pm, Thu 11am-12pm.
- Spondon Rovers under 9's football, Mon 5-6pm. Gail 07377 038009.
- Jelly Tots playgroup, Wed 12.15-3.15
- POUND - exercise with glow in the

dark drum sticks! Wed 7.30-8.30pm

- Slimming World, Thu 8.30-11am
 - Chesapeake road runners, Thu 6.45-8
- ## 5. Max Road Community Rm
- Bingo, Mon 1-4, Sat 5.30-8.30pm.
 - Livewell Health, Mon 7.30-8.30.
 - Women's drop in, for support and advice, Tue 10-12.
 - Invisible Friends youth group, for invisible illness, Tue evenings
 - Ladies tea, Tues in Nov 1-2.30pm
 - Coffee Morning, Wednesdays
 - Dominoes/games, Wed 12-3pm
 - Crafty Chat, Wed/Fri evenings
 - Young adults Thu afternoons
 - Knitting, Friday afternoons

6. Revive Centre 288700

- Seniors IT club, computers and internet, Mondays 9-12.
- Job Club, help with applications etc, Mon 1-5, Tue/Wed 9-1pm.
- New Charity Shop, 97 Wiltshire Rd, Wed-Fri 10am-2pm.

7. On the Racecourse

- Derwent Football Club, football for boys and girls under 18, Wed 4.30-8pm, Thu 4-6pm. Contact derwent footballclub@yahoo.co.uk
- Kicks, Derby County Community Trust, football for 8-19 yr olds, Mon/Fri 6-8pm.

8. At Derwent Primary

- Tegan's Butterflies in Paradise, for children with special needs, 2nd Tuesday of the month, ring Mel/Rachel for details 07947 333232

9. Derwent Youth Centre

- Wed (basketball) /Thu (activities/recording studio) /Fri (sports), eves, 10-16yr olds. ruth.hardy@derby.gov.uk

9. Derwent Family Centre— for under 5's Book on 01332 641010

- Baby Grow, if expecting, or with under 2's (**Mon** 10-11.30am)
- Maths for parents (**Mon** 1-3pm)
- First Aid, Nov 11th and 18th only (**Mon** 9.30-11.30am)
- Stay and Play (**Wed** 9.30-11am)
- English for parents (**Wed** 1-3pm)
- Child Health Clinic, 1st/3rd **Thu** 9.30-11am. Health visitor 288760.
- Active Tots, gym play (**Thu** 10-11am)
- Safe space, emotional support for parents - can attend with or without child under 5. (**Thu** 1.30-3pm)
- Groovy Movers, dancing, singing rhymes and music (**Fri** 10-11am)

10. Derwent Valley Medical

- Walking group, Thu 11am, from 9th Jan, 1hr, push/wheelchair friendly.

11. Aspire 07711 901782

- Wrestling for beginners (first session FREE!). Children 6-13yrs, £5, Mon/Wed 4.30 - 5.45pm, Saturday 9-10am. Over 14's £10, Tue/Wed/Thu 6-8.30pm, Saturday 10-12.30.
- Funded wrestling: Under 18's Tue 4.30-5.30, Thu 4.45-5.45 (free subject to criteria),
- Cardio group, Tues 6-7pm. £5.
- Public Talking skills, Tue 7-8.30 £5
- Fybromyalgia Support Group, Tuesdays 12.30-2.30pm.
- Arts and Crafts, Wed 10am-12.

11. Derwent Oak 07883470158

- 2nd and 4th Thu, 5-7pm, food, bible theme, pray, and plan events.

12. The Lace Club

- New Year's Eve, non-members welcome, rock'n'roll singer. £5 tbc

13. Chad Park Social Club

- Fitness session for over 60's, £4, Tues 11-12. 07585 009270
- Slimming World, Mon 5-7pm, Wed 9.15am, 3/5/7pm. Call Judy 07793 609078.

To contribute to the next issue, or place an ad, contact us by end Nov.

Ideas...

Do you have other inspiring ideas?

Let Our Kids Play

Did you know you can hold a Playing Out event in your street once a month by applying to the council for a Road Closure Order. Playing Out gives children the ability to play free in a traffic-free environment, and brings neighbours of all ages together.



Playing Out sessions are popping up all over the country. A group of Bristol mums have been running one for a while. 'Over the years, many cups of tea were drunk, ice pops enjoyed, water pistol fights fought, bikes ridden, skateboards fallen off and conversations had.'

A group of neighbours in the Six Streets area of Derby have regular Playing Out sessions and everyone on the street has got to know each other better. Parents in Sinfin have also done it. They'd both be happy to help others who want to organise a Playing Out event.

Check www.sixstreetsderby.org or 'Elmtree Playing Out' on facebook, and www.playingout.net to find out how you could do this.

True tales of Derwent life...

Have you got a story to tell?

Send in your heart-warming, unusual, surprising or funny tales...

Hedge Cutting by Clare, from Dorset Street

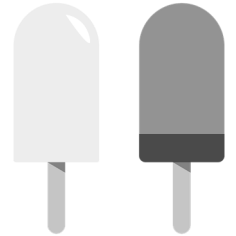
I had no intention of cutting my hedge that day but it was looking a bit untidy compared with all the neighbour's immaculate rows, so I decided to give it a little trim.

Whilst I was doing it, one of my neighbours a couple of doors down came out and spotted me. We had a bit of a chat, then she offered to lend a hand.

So there we were, amiably hacking away, swapping tools, tips and stories. It wasn't long before

another neighbour came out and joined us and what started out as a trim ended up as a full afternoon's operation that a tree surgeon would have been proud of.

More neighbours stopped by to chat and give advice while my other half brought us cold drinks and ice pops.



I feel so fortunate to live in such a wonderful community where people help each other out, look out for each other or even just greet each other with a smile. It's how a neighbourhood should be.

Christmas...

- Revive Christmas Pantry are looking for helpers to buy gifts for Derwent children in need. To apply for help from the **Toy Pantry**, contact 288700 / Jackie.szrejder @revivecentre.com by 1st Nov. (Regular household items too)
- **Derwent Diary are planning a Xmas Day dinner with games! Call 01332 346773 by end November.**

At St Philip's, Taddington Road:

- Christmas Fair - 23rd Nov 12-3pm.
- 'Come and make a Christingle' evening service, early Dec (tbc)
- Christmas Tree Festival - 21-22 Dec, from 10-4pm, refreshments.
- Carol Service - Sun 22 Dec 6.30pm followed by hot mince pies, mulled wine and hot chocolate.
- Midnight Mass 11.30pm on Christmas Eve.
- Christmas Day service 10am – not the usual 10.45am.

Tips/Recipes?

Do you have any top tips for saving money? Let us know.

All day bus tickets

- On weekends and bank holidays a 'family day ticket' on Arriva buses (eg 22 or 24 to town etc) is £5 for 2 adults (+up to 3 children).
- Group tickets for up to 5 adults on Trent Barton buses (eg H1, i4 or Indigo to town etc) are £14 anyday.

Too many apples?

We're looking for people who have fruit trees with more on than they can use. We can pick it for you, and use it in community meals, distribute it, or borrow a juice press and bring you your own juice! Have you got any good recipes that use apples?