

Derwent Diary

@derwentdiary on facebook, run by volunteers, derbypeoplesdiary@hotmail.com
Email us or use **Sign Up** button on facebook, to get this newsletter by email 4 times a year

Issue 2, early 2020
Next issue out end of April
(Contribute by end of March)
See pick up points below
View online derbypeoplesdiary.org/derwent-diary

Inside: What's on ! Our purpose

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

If you have events to promote, or want to contribute in any other way, including funding, please get in touch. 22 people helped to deliver the first issue to 6000 houses!

Do you want to get involved in this project to benefit the community?



Aspire Wrestling Academy show/funday, St Marks Community Centre
22nd February, 1-3pm, completely FREE!!! For info:
Scarlett, 07525271405 Missscarletpage@googlemail.com

Introduction

Who is behind it?

Derwent Diary has been started by a few residents, with support from Aspire at St Marks Community Centre. Aspire runs **wrestling, cardio and public speaking training** plus a **foodbank** (Mon/Wed 1-3pm) and **toiletries bank** (donations accepted), and are looking for **café volunteers**. Contact [aspirewrestlingalliance](https://www.facebook.com/aspirewrestlingalliance) on facebook, call 07711 901782 or email robert_shade@hotmail.com

Getting the newsletter out

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 leave a message on: **01332 346773**.

Thriving Communities?

Everyone is invited to bring their passions, questions and ideas to Thrive's participant-led events where we can explore solutions to the big problems we face.

Participate to whatever level you're comfortable. If you want to sit with a cuppa in peace whilst others are talking, read a book or mingle with a friend by the food or outside, that's totally great. Thrive aims to create a space for all, adults and children, to discuss, reflect, and help create the communities we want to live in. Open to anyone in Derby, monthly Sundays at Bramblebrook Community Centre, for dates see www.facebook.com/thrivederby/

Monthly Sunday Lunch & Sing-a-long

12.30-3.30pm. Age UK Chaddesden Park Centre. Please call to book: 01332 674562

PTO for map

To pick up newsletters in 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

Sight Loss Leisure Group are seeking volunteer drivers for Tuesday outings. Please call Roger 07972 218457.

• **Money Sorted**

Would you like support to help you feel more in control of your finances? Money Sorted helps people not in paid work with money management and supports them to improve their financial wellbeing.

• **Towards Work**

Supporting you back into work, training or education. Towards Work offers personalised one-to-one support for individuals not in work, who would like to progress into either employment, education or self-employment

Thursday mornings at Derwent Family & Youth Centre, call 01332 641010

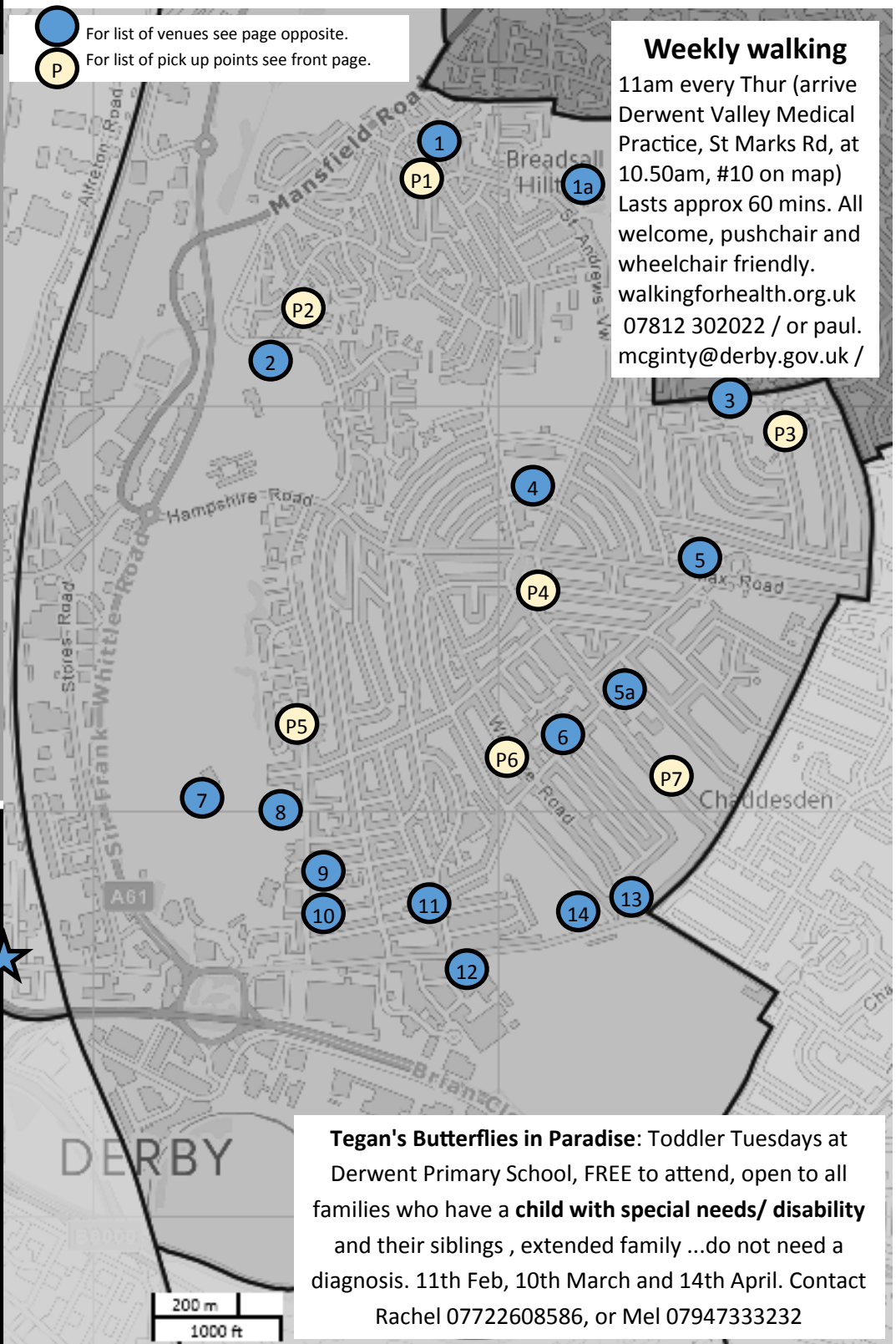
Adult Learning—Just along Fox St, off the map by the star, is Landau Forte College, where you can learn **silversmithing, bookkeeping, British Sign Language, counselling, Spanish or Italian.** Discounts available. www.adult-learning-derby.org.uk

Free classes at Derwent Stepping Stones, St Marks Rd:

Computer skills, Tuesdays 12.15-2.45pm—internet safety, using search engines, email, internet and more.

Maths skills, Mondays 9.15-11.45am—skills for problem solving, confidence using maths in everyday life, and more. Refreshments available. Very limited creche spaces. Please call 01332 372245.

Some venues of Derwent activity...



Weekly walking

11am every Thur (arrive Derwent Valley Medical Practice, St Marks Rd, at 10.50am, #10 on map) Lasts approx 60 mins. All welcome, pushchair and wheelchair friendly. walkingforhealth.org.uk 07812 302022 / or paul.mcginty@derby.gov.uk /

Tegan's Butterflies in Paradise: Toddler Tuesdays at Derwent Primary School, FREE to attend, open to all families who have a **child with special needs/ disability** and their siblings , extended family ...do not need a diagnosis. 11th Feb, 10th March and 14th April. Contact Rachel 07722608586, or Mel 07947333232

Move More planning workshop

Move More Derby would like to invite you to attend an important **planning workshop**. The session will focus on bringing together anyone who lives in Derwent, gaining a shared understanding of just **how physical activity impacts on us** locally and which are the actions most likely to have the greatest impact. Wednesday 11th March 1pm-3pm, at Derby County Cricket Club, The Pattonair County Ground, Nottingham Road, Derby, DE21 6DA. (the white doors next to reception). Please send confirmation of your attendance to toni.jantschenko@derby.gov.uk or 07812 302030.

What's on weekly?

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



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

Community venues

(1,3,4,5,8,11,14 have room hire—for 1&5 call Derby Homes 01332 888777)

1. **Coniston Crescent Community Room**, Stratford Rd. Lots of groups, see above.
 - 1a. **Breadsall Youth Club**, Fieldsway Drive.
 2. **Little Chester Allotment**, Old Mansfield Rd. Green Gym, Call Shauna 01332 363085
 3. **St Philips**, Taddington Rd 609569.
 4. **Roe Farm Community Centre**, Worcester Crescent. Boxing 07836 782589. Bootcamp, football, playgroup, POUND, Slimming, roadrunning.
 5. **Max Rd Community Room**, see above.
 - 5a. **Mayfield Road Methodist Church**, see next column.
 6. **Revive Centre**, Roe Farm Lane. 288700.
 7. Racecourse derwentfootballclub@yahoo.co.uk
 8. **Derwent Primary school**, St Mark's Rd. Tegans special needs 07947 333232. Sight Loss Leisure, 07972 218457.
 9. **Derwent Family & Youth Centre**, Monmouth St. See next column.
 11. **Aspire**, Cornwall Road. See front page.
 12. **The Lace Club**, Nottingham Road.
 13. **Chad Park Social Club**, Nottm Rd.
 14. **Nottm Rd fire station community rm.**

Updates:

(see more in Autumn 2019 issue: www.derbypeoplesdiary.org/derwent-diary)

1. Coniston Crescent rm

Derby Micro Computers & Computer Coding Club, for 8-15 yr olds. Learn computer coding skills, scratch, python, html, logical thinking, safe use of computers. Free, donations accepted. Fresh fruit, squash & water free, other drinks have a small charge. Mons 5 –6.30pm, 6.30-8pm. admin@derbycoding.club 07983-885668 [fb.com/derbycoding](https://www.facebook.com/derbycoding)

1a. Breadsall Youth Club

Outreach Mons 5.30-7pm, 11-16 years. Contact Ruth Hardy 07812 300929 ruth.hardy@derby.gov.uk

5. Max Rd community room

Ukelele club, Wednesdays, adults 3.15-4.45pm, children age 7+, 5-

6pm. If you are new, text Paul in case of cancellation 07897 830005.

Crafty Chat stay & play, ages 7-15, adv booking required, and for info 07897 830005. Fri's 5.15-8.45pm.

5a. Mayfield Rd Methodist

- **Making Space for dementia**. (2nd Mon of month, 10-12) Call 497640
- **Girls Brigade** (Mon 6-7.30pm) Call Deborah 669553
- **Derwent Art Group**—a group of friendly amateur artists, welcome new members (Weds 9.30am-12)
- **Mothers and Toddlers** with church coffee morning. (Thurs mornings)
- **Keep Fit** (Thu 1-2pm) **Freda 678324**
- **Slimming World** (Thu 4-7.30pm) Karen 07376382578
- **Ukelele Group** (adults Thu 7-9.15pm, beginners from 7-7.30pm) If you are new, text Paul in case of cancellation 07897 830005.
- **Camted hearing aids drop in clinic** (2nd Fri of month, 10am-12) Call 01332 258143.

9. Derwent Family & Youth Centre

For info: 01332 641010

For under 5's:

- New: **Story Explorers** (Tue 1.30-3)
- New: **Dads Count** for dads and male carers to learn more about their role in their child's development. To attend without children. Ring to register interest. *3 March and 28 April only* Tue 3.45 -5.45pm
- New: **Careers Club**, Come along to talk with a Careers Advisor for guidance on creating CVs, completing application forms, support and advice for starting work. No appointment needed. Please contact for info. *26 Feb and 11 March only.* 9.30 -11am
- New: **Toilet Training Workshop** Informative session for tips on toilet training your child. A chance to ask advice and gain strategies. *5 Feb only.* 1.30 -3pm Please ring to book

- New: **Let's Talk at Home**, 6 week programme to learn more about communication and the importance of interaction, play and language. Practical ideas to help develop your child's ability to listen, understand and speak. Referral criteria (1.30 -3pm Fri's)
 - New course coming soon: **Incredible Years**—a 14 week parenting programme which provides support, information and techniques to enable parents/carers to manage their child's behaviour. Referral criteria in place. Please ring for details.
 - New course coming soon -**Peep**- Recognising parents as their child's first educator, Peep supports parents to feel more confident and make the most of learning opportunities. You'll keep a memory folder with photos, hand-outs and can work towards a nationally recognised qualification. Referral criteria in place, contact for details.
 - **Team Talk**—a safe space for **males aged 18+** who are experiencing feelings of anxiety and depression. Refreshments and activities, Thursdays 1.30-3pm. Call 01332 416140 or email luke.wilkinson@dcct.co.uk
 - **Youth clubs** including recording sessions, basketball, internet safety, pool, Healthy Relationships, Peer Pressure, board games, sports, creativity, group work, communication. Plus **half term activities**. Call Ruth Hardy 07812300929 ruth.hardy@derby.gov.uk
 - Drop in **cricket** sessions from 10th Feb, for 5 Mondays 5:30-6:30pm.
- ### 14. Nottm Rd Fire Station,
- Derwent Support Group, alternate Fridays, 2-4pm. Meet people, share info, support, discuss.

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

Ideas.....

Have you heard of park runs?

Park runs are free, weekly, 5km runs in parks, open to everyone, free, and easy to take part in. They happen all over the country.

They encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience.

In Derby at the moment there are two parkruns for adults, every Saturday at 9am in Markeaton Park and Alvaston Park, and one Junior parkrun for 4-14 year olds, every Sunday at 9am. All you have to do is register and turn up.

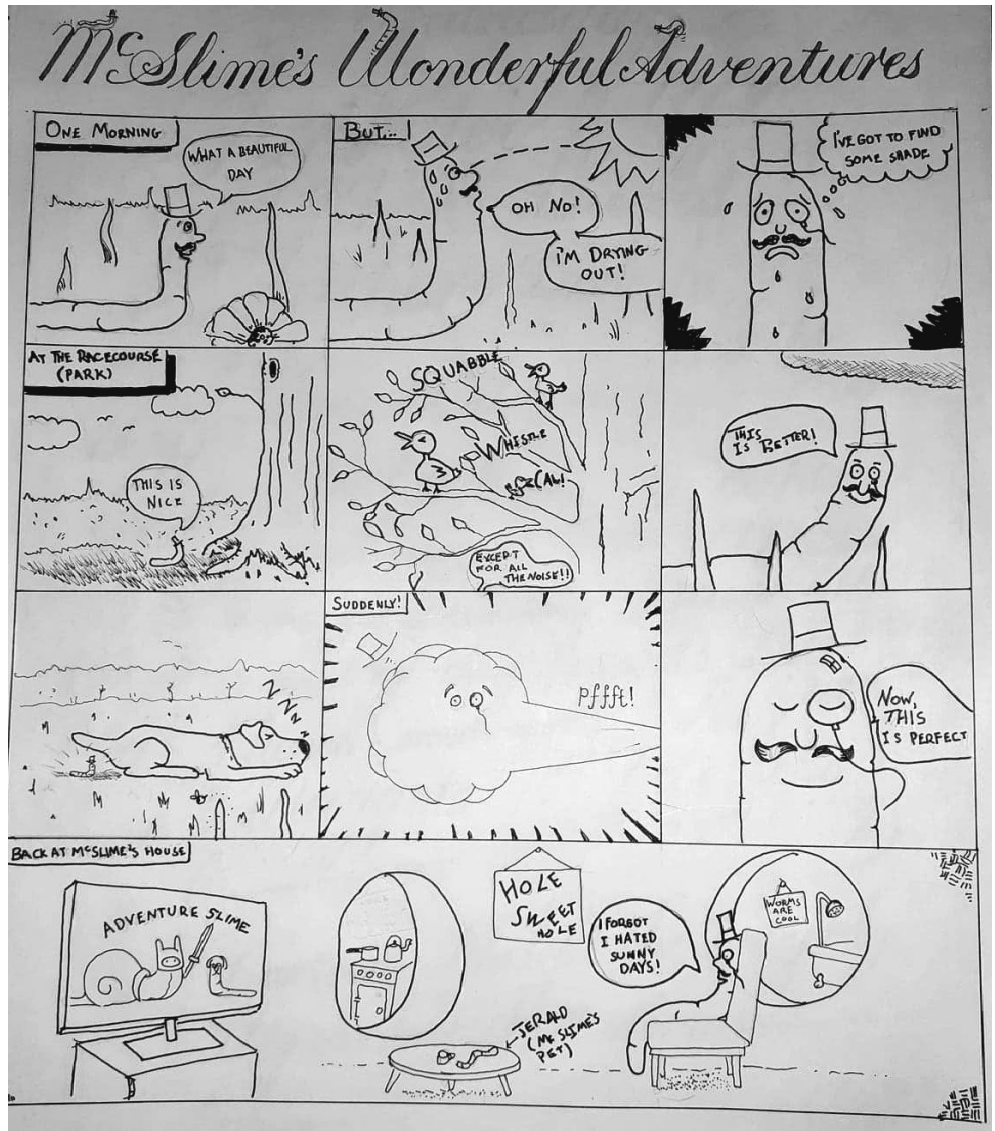
www.parkrun.org.uk

The Parkrun organisation aims to have an event in every community that wants one.

They can work with you to set up and manage a parkrun event in a park near you. All that you need to is some determination and drive. They will help you with the rest of the process offering a step by step guide, assistance and support. Let us know if you want to do this in Derwent!

Parents and staff get organised!

In September 2019 a group of parents and staff from **Derwent Primary School** got together to form a **Parent Teachers Association**, with the aim of raising funds to support learning, and arrange trips to the theatre, seaside or other destinations



Comic strip by Victor. Who knew what went on under the racecourse?!

Tips?

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

All day bus tickets

•Update: A 'family day ticket' on the Arriva buses (that run through Derwent to town) is £6 for 2 adults (+up to 3 children), Monday to Friday after 10am or any time at weekends and bank holidays.

First Aid Course

This course will give you a basic awareness of how to keep your family safe. Learn first aid skills to care for your family. Limited free crèche places available.

Fridays 1-3pm 14 and 28 February. Audrey Drive Children's Centre, Chaddesden, Derby, DE21 4NP. Please ring for further information or to book a place. 01332 642200.

children would not otherwise get to. We have held a successful Halloween disco and helped raise funds at the Christmas Fair. We would like to thank all of the local businesses who supported these events, and ask if any local business or resident would like to help in the future,

by **donating a prize** for a raffle/tombola **or decorations**—all donations would be gratefully received. Our next event for the children is a Valentines Disco and we are looking for valentine themed decorations, tablecloths etc. For further info please contact andiemoore1977@icloud.com