

Derwent Diary

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

~ Please share this newsletter to help keep people connected and build community links

Issue 4
July 2020

In November we deliver the next issue to 6000 houses— get in touch to join a team!

Stay safe & sound

The 3 months since the last Derwent Diary have been a very unusual time, which has affected people in many different ways. On the back page, Beth from the Derwent Oak group writes about the amazing support she got when her family got Covid.

We all help to keep each other going even with a friendly hello or a phonecall. Covid hasn't gone away, but the situation keeps evolving. Many people may lose work and find themselves in difficult situations.

Never forget, if you need support or someone to talk to, there are people and organisations out there to help. See page 2 for details.



On 29 June 150 bags of creative and sports equipment were made up at Derwent Primary School to help keep kids active.

Community ideas

Over the last year, you might have seen a woman called Toni going around asking to talk to people about what they want to see more of in the area, and collecting ideas.

Her official title is Move More Mentor, and now she's organising meetings for people to come together and think about how to make these ideas into reality, from community hub venues, to noticeboards, community radio, maybe even a community festival on the racecourse next summer...

In early March about 20 people met at the cricket ground to discuss ideas, and in June people met again online. The next opportunities to chip in are

Tuesday 4th August 10am-12pm or 1.30-3.30pm. Contact Toni:

07812 302030 / 01332 641848

Toni.Jantschenko@derby.gov.uk

Join the DD teams

This is the 4th issue of Derwent Diary, meaning we're almost 1 year old. It's been great to make links with different groups and start to get some regular contributors— but now we want to build our core team.

So far we're a loose team, but it would be great to set up properly and make the most of this project.

We need help with fundraising and delivery, and could learn more about media production and running a community organisation.

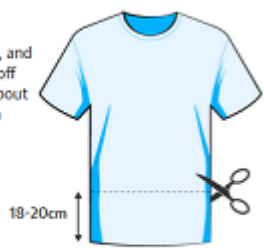
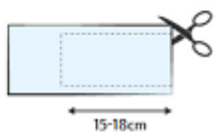


We could make podcasts, local maps, run outdoor or online events and workshops, pop up cafés, art or fitness classes, whatever we want...

Please do our survey!

[www.surveymonkey.co.uk/r/](http://www.surveymonkey.co.uk/r/JLNSK22)

[JLNSK22](http://www.surveymonkey.co.uk/r/JLNSK22) (click this link)

The quick-cut T-shirt face mask

- 1** Take a T-shirt, and cut a section off the bottom about 18-20cm high

- 2** Cut out a section 15-18cm long

- 3** Cut the loops to make tie strings

- 4** Tie around the neck and over the head to secure the mask


**Need support?
Helpline info >>**

If you have Covid-related problems, and don't have friends or family who can support you:

Contact **Derby Direct**, Call **01332 640000** or email covidsupport@communityactionderby.org.uk

Text service for the deaf community: 0777 4333412

Help available

If you are restricted for health reasons, you might be able to get help with daily tasks, and receive phone befriending from local volunteers. Also you might be referred for food support if you are affected by Covid19 financially or health wise, or having benefit or housing issues.

Food 4 Thought Alliance

The primary aim of the food distribution hubs, which have become more established during the Covid response, is to offer support that empowers individuals and families and gives them a viable chance of progressing away from the challenges they are currently facing, to feel a valued part of their local community. Helping to repair and restore dignity, self-worth and confidence must be at the forefront of this process going forward.

Want to Volunteer?

Many of the people who have been volunteering over the last few months are returning to work— if you can help, please contact volunteercentre@communityactionderby.org.uk or 01332 342272. Volunteering can include phone befriending, errands, deliveries etc. Or to donate food contact the hub number above.

Revive Job Club and Pantry

Job Club is free to sign up and you can expect to receive one-to-one support with developing IT skills, help with searching and applying for paid employment, Universal Credit and state benefits.

Revive also offer help with CV's, interview skills, work experience and money advice. No-one should worry if their skills are a bit rusty (perhaps they have been out of the work place for several years) as support is there to learn new skills.

Contact Mike, 01332 288703, michael.smith@revivecentre.com or drop in one weekday morning on Roe Farm Lane for more details.

Revive's Household Pantry helps supply wash powder, nappies, cleaning products and toiletries to residents whose budgets are stretched due to the increases in the cost of living and the impact of universal credit. Christmas Pantry applications open in September.

www.revivehealthylivingcentre.co.uk

Helplines

- For anxiety & mental health related to Covid or isolation: [Derbyshire Healthcare NHS Foundation Trust](#), Call **freephone 0800 028 0077**, 9am – midnight.
- If you have had Covid, and are now experiencing long-term symptoms see the [Long Covid Support Group](#) on facebook.
- Get help from the National Domestic Abuse helpline: 0800 970 2070 Text: NCDV to 60777 www.ncdv.org.uk
- [Relate Derby and Southern Derbyshire](#) offers phone/webcam counselling and more online: www.relatederby.org.uk/
- If you're aged 13– 25 and need to talk you can contact Sporting Communities during isolation. Message [SC Sup on facebook](#).
- Other useful helplines:
Childline: 0800 1111
Samaritans: 116 123
Age UK: 0800 169 6565
Derbyshire Carers Association 01773 833833.
La Leche League: 0345 1202918 (help to get formula milk)

Worried about a scam?

See victimsupport.org.uk or call their free confidential Supportline on 08 08 16 89 111

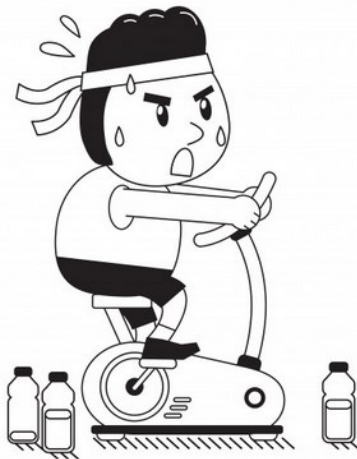
If you have a charity or business you might be able to get support here <https://businessresponsecovid.org.uk/>

Community Radio

Need something else to feed your ears, mind and soul? Tune in to Derby's volunteer-run online radio, keeping you company in these trying times www.derbysound.org.uk

Local news

To find out what's been going on at Aspire under lockdown, find the 'Not So Secret Diaries of a Covid 19 Support Worker', on facebook...



Want to use the exercise bike at Aspire when it reopens?

Contact [aspirewrestlingalliance](#) on facebook



We put a callout to local groups for news. Do you have news to share?

Derwent Primary Parent Teachers Association says:

The headteacher of Derwent Primary School, Mrs Julie Housden is retiring at the end of the school year. Mrs Housden has been head teacher at the school for 9 years, during which time she has ensured the smooth transition of the school into an academy (part of the Believe Academy Trust), a change of name from Derwent Community School to Derwent Primary School and the building of two new classrooms.

The PTA would like to thank Mrs Housden for her years of service to the school and wish her a happy retirement. We would also like to extend a warm welcome to the new head teacher, and look forward to working with them.

Supportive tips from the Sight Loss Leisure Group:

While they're not meeting physically, coordinator Roger is happy for people with sight issues to call to discuss their sight and he can signpost them to the appropriate help. 07972 218457. Roger pointed out that music is a great healer, and you can get downloadable digital books, audio books, and e-magazines from www.inderby.org.uk/libraries

New Community Garden!

Find out more on the back page...

Ukelele lessons!

Chaddesden classes still running online! Adults Wed 3.30–5, Thu 7–9, children Wed 11am. For details call Paul on 07897 830005.

'Crafty Chat Online'

This group have some great little videos for craft projects at home, including making your own clay from flour, or a beautiful night light. www.youtube.com/channel/UCLWGegI05zJL42953NQg6_A

Mayfield Road Methodists

The church is running weekly services and a daily thought for the day, www.derbymethodists.org.uk/churches/mayfield-road/

Freegle and OLIO

Have you heard of Freegle? It's a website that helps people give and get things for free in their local community. And it keeps things out of landfill, things that could be useful to someone!

OLIO is similar, and has a mobile phone app to give and receive food and non-food items. You can practise safe sharing by social distancing when collecting, washing fabrics and soaping hard surfaces, and washing your hands.

www.ilovefreegle.org
<https://olioex.com/>



Libraries survey on community activities, tackling isolation and debt

Due to cuts to funding, libraries are having to reinvent themselves. The Derby Help & Advice and Derby Law Centre charity will be managing the Derwent library in the Revive Centre, although its not open at the moment.

Meanwhile they have a survey to find out if people want help overcoming isolation or debt, accessing the internet, or are interested in a variety of possible activities:

Fix it café, Cafes, Knit and natter, Art, Mental health and confidence building, Book groups, Counselling sessions.

You can let them know at <https://www.surveymonkey.com/r/H5GKDHD>

Superhero Picnic at Home

On **Tuesday 28 July** from **11am to 3pm**, Derby Parks will be sharing lots of activities, crafts and videos on their facebook event for you to get involved with in your own home, including the Superhero Picnic Lunch.

So put on your best Superhero outfit, and share your superhero action photos to be in with a chance to win a prize. inderby.org.uk/superhero

Community during Covid, by Beth

Right at the start of lock down I had an ongoing virus that then began to sound very much like Covid-19, and after some tests, we were under self-isolation as a family of five, and I have been pretty poorly.

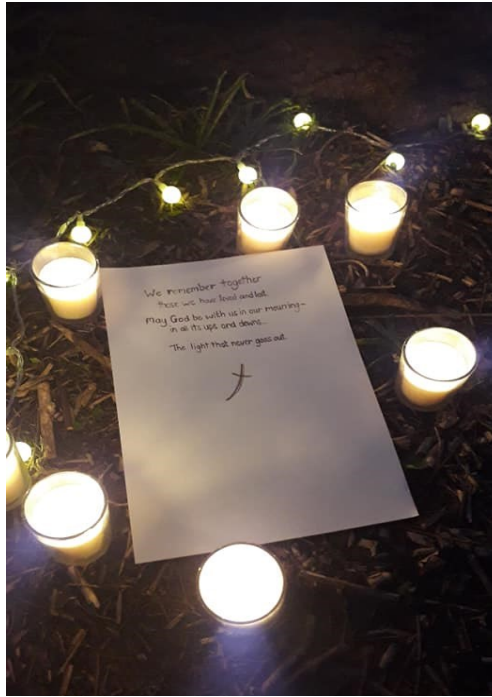
We have so much to be thankful for. None of us have had to stay in hospital and we have recovered slowly, but more than that we have realised more than ever how fantastic our community is.

Our neighbours stepped up and shopped for us for weeks, baked, delivered perfect treats, covered our community work, stayed in touch, even played karaoke songs across the street in response to a banner on a bed sheet I had made to celebrate Easter day to keep our spirits up!

We live in a great neighbourhood that does know how to stay connected in lockdown, while we all have our struggles juggling family life, working and staying well.

Thanks to our neighbours, our colleagues in the community, St Philips Church, Aspire, and our community of Derwent Oak, the support of Beaufort School, and all our friends here in Derwent we are surviving lockdown still and survived a pretty rough ride with Covid-19. This is now a recovery phase when we all need each other as we unfurl a little from all the stress and strain and we stay careful but not fearful. Let's remember each other and stay connected.

Beth was on Radio Derby on 20th July—listen until 17th Aug, www.bbc.co.uk/programmes/p08jzdhh at 1:14 on timeline.



You can arrange to light a candle in the community garden—see below:

What next?

These last few months we've been in crisis response mode, and lots of people have helped each other get through it. Going forward, how can we build up what we need to be more resilient to shocks in future?

Locally this could involve creating new community hubs that people can be involved in shaping, running and developing to meet local needs. Aspire at St Marks, and St Philips Church too are starting to plan towards this. Watch this space or get in touch to find out more.

Community Garden opening on Francis Street

Derwent Oak is opening a community garden on Francis Street. We are a group of people living in Derwent and Chaddesden who get together regularly and sometimes plan events to help the local community know that we are all loved. We are part of the Church of England and until Covid-19 we have met in local homes. At the moment we can't meet in homes, and so we have started mainly using a large garden on Francis Street, and are exploring how to open this up as lockdown eases. We have been offering to light candles every Thursday for anyone who wants to mark a sense of loss or expression of hope or a prayer, and we have been privileged at the number of people who have been in touch through Facebook. Thank you, and we hope it has helped just a little. Now everyone is very welcome to the garden to light a candle in person by arrangement.

So, if you need some space to reflect and take some time out, just come and be. If you like gardening, come and help us transform this garden to make it a lovely place for people to come and reflect and remember as we all recover. If you want to grow something but don't have space, come and plant something. If you are an artist (and we all are!), come and make something and install it in the garden to help others process this time we have all been living through. If you want to come and meet with others at Derwent Oak, get in touch. We are meeting on Wednesday evenings for the next few months, from 6.30-8pm.

Find us [Facebook.com/DerwentOak](https://www.facebook.com/DerwentOak) 07883 470148
derwentoak@gmail.com

Ben and Rev Beth Honey, Co-leaders of Derwent Oak, a community based church that is part of the Church of England.