

Derwent Diary

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

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Issue 5 
November 2020

Join the newsletter team –
compiled 4 times a year.
Next issue January 2021.

Keeping spirits up

The 3 months since the last Derwent Diary have been a testing time for many people. We're heading into winter now and its more important than ever to find ways to keep our spirits up. A phonecall or message to say hello can make someone's day.

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.

We hope this newsletter helps you see that despite the difficulties there are still things going on locally that you can be encouraged by, and maybe even get involved in, such as..



Planting flowers in the Francis St community garden this Autumn — for more details see back page... 

Family-friendly online Variety Show!

Fri 27 Nov 6pm -7.30

Look for the event link on www.facebook.com/derwentdiary

Featuring Paul Jessop from the Chaddesden Ukelele Players, Lyra May the comedienne, Kiel Gibson's poetry, Crafty Chat's Christmas, and Beth Honey with something arty...

There are still a few 5-10 minute **slots available**. Do you or anyone you know sing or dance, do magic tricks or something else? Get in touch!

There are no tickets, but we'll be asking for donations to fund printing of this newsletter. If the show's popular it could be monthly during winter!

Need support?

Helpline info inside >>

Fancy a walk and talk?

Are you feeling isolated? Is your mental health suffering from what's going on? Would you like to meet people? Walks may be postponed but please still get in touch.

This small group has been meeting at the car park on the Racecourse on Tuesday mornings 11am, to walk and talk. Gentle exercise and fresh air, while talking and meeting others does wonders for your sense of health and wellbeing. As well as meeting other residents, representatives from local community services and organisations may also attend, so it's also a good way to find out what's happening and get your thoughts and ideas heard too. The walks take place within current guidelines of up to six people socially distancing. The walks typically last about an hour, and its totally up to whoever comes along how far they are. Its free of charge also.

If you are interested then contact Roger - Local Area Coordinator on 07812300755, or Toni - Move More Mentor on 07812302030. Roger and Toni are employed by Derby City Council.

If you need support:

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.



Derby Food 4 Thought Alliance (@DF4TA on facebook)

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 people who have been volunteering over the last few months have had to step back — 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 needs Secret Santas:

Revive's Household Pantry helps supply cleaning products and toiletries to residents who are stretched due to the increases in the cost of living and the impact of universal credit. **Secret Santa donations needed for kids' Christmas gifts — please contact 01332 288700 or secretsanta@revivecentre.com** — or to sponsor Nottingham Road Co-op staff's Jingle Bell Jump to fundraise for the Christmas Pantry go to <https://uk.gofundme.com/f/jingle-bell-jump>

Job Club

Revive's Job Club offers one-to-one support and advice. Contact Mike, 01332 288703, michael.smith@revivecentre.com

Children's Centre

Head to www.facebook.com/DerbyFIS for some familiar faces, or contact 01332 208175 for info on support and courses available.

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 (&Youth) Radio

Express-U is a new radio project for 6-18 yr olds, to learn to create their own shows—see www.derbypeoplesdiary.org/events/express-u-youth-radio-taster-session

Local activity

We'd love to hear from YOU.

Sight Loss Leisure Group:

"Although our group is unable to meet currently due the Covid-19 restrictions, we are able to provide the following advice to those who are sight impaired:-

*support should you be newly diagnosed or your eye sight deteriorates further.

*advice on which low vision gadgets to buy to help improve your independence.

Please call Roger 07972 218457."

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.

Mayfield Road Methodists

This church is running weekly services and a weekly 'pause for thought' on facebook, see www.derbymethodists.org.uk/churches/mayfield-road/

Reimagine project

Led by Derby's Cultural Education Partnership, Reimagine will provide exciting arts and sports related opportunities for young people and local schools in and around the city. In Derwent and Chaddesden, Dance and Arts Organisation Déda are working with schools and community centres to improve access to culture. To find out how you could get involved, email Learning Coordinator Simon Marshall on s.marshall@deda.uk.com.

Funded by Derby's Opportunity Area, Derby County in the Community Trust and Derby City Council.

Help with laptop repairs

Derby Coding Club, which runs computer clubs in Derwent, is offering repairs, upgrades and custom builds for just the cost of parts, plus a donation to keep them running. Facebook /message admin@derbycoding.club, 07983885668.

St Philips, Taddington Road

St Philips are opening for (Covid restrictions permitting):

*Private Prayer Weds 6-7pm

*Thurs 11am Coffee & Communion

*Sundays 4pm Short family service

Some weeks may be an outdoor activity or walk & other weeks will be in the church. This is a new service which will be informal & no longer than an hour.

Due to Covid places will be limited & booked in advance, and masks will need to be worn for anyone who is not exempt. Please email revslwatson@gmail.com or SHERWOODAK@outlook.com Also, see www.stwerburgh.com/covid-19 for weekly wider church news.

Derwent Library update

Derwent library in the Revive Centre has been opening up for Wednesdays and Thursdays 11am – 3pm, and are looking for volunteers. You can also get downloadable digital books, audio books, and e-magazines from www.inderby.org.uk/libraries

Help from Aspire at St Marks

As well as being a food hub, Aspire can now help with gardening, tip runs, furniture moving, or companionship. If you feel you require support due to changing financial or personal circumstances please contact Rob 07711 901782. To know more about the Aspire hub, follow www.facebook.com/aspirewrestlingalliance or the 'Not So Secret Diaries of a Covid 19 Support Worker'...

Friends of Chaddesden Wood

This group has been meeting monthly to look after the ancient woods near Derwent. See www.focwood.org.uk

We can re-imagine..



The Co-op Cow from Cowsley Road - 1975

....Do you have a story to share?

You know my dreams, my fears and secrets.

Evening comes and I watch you shining brightly waiting to listen to my reflections.

You are constant and the very best keeper of my thoughts. This is my peaceful time where we try and make sense of the day.

So today I'm too tall and hate my hair but I have good skin. I love my platform shoes for school but stand a head taller than even all the boys! I stand out so much and want to be invisible in the day like you.

I'm pretty angry at you tonight because mum said I need to go and get my first bra at your Co Op department store. Playtex Cross Your Heart for good support, sounds weird to me. I'm growing up too fast, too quickly.

Your saving grace is that Grandads favourite tinned red salmon is from your Co Op food store and I do love my Grandad. Oh, and I absolutely love Santa's Grotto at Christmas, I never miss that outing.

When can I leave Cowsley Road cow? Now I want to grow up as fast as I can but it's still years away! I'm going to travel and meet all kinds of different people and always work to support myself. I'm having no babies, not getting married and never coming back here again. I'm going to be free and do as I like. I'll miss you cow but you'll still be here when I decide to visit.

I'm back in Derby and where have you gone? I need to tell you everything. Many loved ones are gone too. You know how invincible and hedonistic I lived at first. I want to tell you everything. I have learnt the big lesson that it's not all about me!

My greatest joy comes from others and I will give back to society now but under the radar and quietly.

Cow, can you believe I now live back in Chaddesden? Imagine if you had told me that in my teenage years?

I did travel around the world, met many different people, did get married and have been blessed with five children who are now grown – a bus driver, doctor, administrator, hairdresser and shop floor worker. I have been so very lucky. Did you stay with me to guide and protect?

I now want to share you with all in Derwent. This is a big decision for me to make.

Maybe others have stories of you? Residents are developing community magazines in their own areas. There must be lots to tell and share together.

Cow, you are still my confidant and know me so well. Continue to keep my secrets safe.

We have had quite the life journey! Thank You for everything.

Karen



Community Garden

Looking for local volunteers to clear and prepare the ground, when possible, in the community garden on Francis Street. We will be working in safe and socially distanced ways in groups of no more than 6, so please get in touch before coming along. We can be flexible on times and days when we work.

Candles in the garden

We are continuing to light candles for anyone who has lost someone, or who is struggling with life for any reason, or who is just a lost soul. Just ask on our Facebook page, or text us. If you want to join us to light the candle for yourself or for someone else just ask.

Art together

Are you interested in coming together to make art? You are welcome to Creative Space, Fridays 10.30-11.30am, at St Marks Church, Francis Street. This is a group for anyone, whether you have ever created anything or not. This is still able to run during lockdown with Covid precautions. To help keep us all safe, numbers are limited so please book in to come along.

Please contact Derwent Oak

on 07883 470158

www.facebook.com/derwentoak or email derwentoak@gmail.com

Please get in touch if you have a story to tell — email us on derbypeoplesdiary@hotmail.com