

# Locality 4 Littleover 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

### Monday –

- Littleover Methodist Church Lunch Club, 12:00pm-14:00pm

### Tuesday –

- Lunch Club 12:00pm, St Peters Church Hall

### Wednesday –

- Church Café, 9:30am – 13:30pm. Littleover Methodist Church
- Tranquility Café, 10:30am – 13:00pm Littleover Baptist Church
- Knit and Natter 14:00pm – 16:00pm St Peters Church Hall

### Friday –

- Church Café, 9:30am – 13:30pm, Littleover Methodist Church
- Friendly Face Space 13:00pm-15:00pm, Hannahs field Community Garden

## Physical Activity

### Tuesday –

- Zumba at St Andrews Church 18:30pm-19:30pm £5.50
- Table Tennis Club, Littleover Methodist church, 9.30am-11.30am, £1 donation

### Wednesday –

- Balanced & Strong 13:30pm-14:30pm, Littleover Methodist Church, £5 per class.
- Pilates Class, Littleover Methodist Church 10:00am and 11:15am
- Zumba at Littleover Community School 18:00pm-19:00pm £7.50

### Thursday –

- Move it or Lose it 10:00am-11:00am, Claremont House. £5 per class.
- Keep Fit, over 60's, Grange Hall Community Centre, 10:00am-10:55am and 11:05am-12:00pm
- Rehabilitative Pilates, 10am, Littleover Methodist Church

### Friday –

- Walking tennis, Littleover Valley Tennis Club, 13.00pm–14.30pm. Open to all. First session free then £3 including refreshments.

### Saturday –

- Friend Of Littleover Parks Working Group -first Sat of the month at Sunnysdale Park 10:00am-12:00pm

## Childrens Groups

### Monday –

- Tiddlywinks at St Peter's Community Hub, Normanton Lane 13:30pm – 14:45pm

### Wednesday –

- Under 5's Family Group 9:30am – 11:00am Haven Church
- Root to Nature Forest School Hannah's Field 9:30am-11.00am
- Youth Hot Chocolate and Toast at St Andrew's Community Hub, Blagreaves Lane 14:45pm – 16:00pm

### Thursday –

- Rhyme-time Blagreaves Library 10:30am-11:00am

## Crafts

**Tuesday** – Arts in Nature Hannahs Field – 10:00am – 11:30am

**Thursday** – Water Colour Workshop, 10:00am-12:00pm and 12:30pm – 14:30pm, St Peters Church Hall.

**Saturday** – Crochet for beginners Hannahs Field – 10:00am-12:00pm

## 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 Littleover 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](mailto:Daniel.giles@derby.gov.uk)

### Local Area Coordination

DCC Local Area Coordinators work within the Littleover ward. They work with local people who want to work out what a good life might look like for them and start to make changes.

Email: [Nadine.thomas@derby.gov.uk](mailto:Nadine.thomas@derby.gov.uk) Tel: **07385401068**

Email: [Daren.Palmer@derby.gov.uk](mailto:Daren.Palmer@derby.gov.uk) Tel: **07812300764**

### 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.

### 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](mailto: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](mailto:office@stpetersderby.org.uk)

**Stop Loan Sharks** - **0300 555 2222** - [Stoploansharks.co.uk](http://Stoploansharks.co.uk)

**Action Fraud** – **0300 123 2040** – [www.actionfraud.police.uk](http://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](mailto: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](http://www.livewellderby.co.uk)

Call **01332 641254** or Email [livewell@derby.gov.uk](mailto: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](mailto:derbycitydementiasupport@alzheimers.org.uk) or visit the Alzheimer's Society website.

### Blagreaves 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](mailto: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](http://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](mailto: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](mailto:wdd@mea.org.uk)**

**Citizens Advice Mid Mercia - 0808 278 7972**

## Useful Derby City Council Contacts

#### **General parking problems- Email:**

**[generalparkingproblems@derby.gov.uk](mailto:generalparkingproblems@derby.gov.uk)**

**[schoolparkingproblems@derby.gov.uk](mailto:schoolparkingproblems@derby.gov.uk)**

**Telephone - 07917 233 812**

**Traffic concerns- Email: [traffic.management@derby.gov.uk](mailto:traffic.management@derby.gov.uk)**

**Telephone - 01332 640815**

**Highways - Email: [maintenance.highways@derby.gov.uk](mailto:maintenance.highways@derby.gov.uk)**

**Public Protection Team - Email: [PPOTeam@derby.gov.uk](mailto:PPOTeam@derby.gov.uk)**

#### **Environmental Protection Team Email:**

**[environmental.services@derby.gov.uk](mailto:environmental.services@derby.gov.uk)**

**Telephone - 01332 642020**

**Derby City Council Trees - [trees@derby.gov.uk](mailto: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](http://www.derby.gov.uk/bulky-waste/make-booking)**

**Neighbourhood Manager- [Daniel.Giles@derby.gov.uk](mailto:Daniel.Giles@derby.gov.uk)**

**Neighbourhood Officer- [Kelsey.Mumford@derby.gov.uk](mailto:Kelsey.Mumford@derby.gov.uk)**

#### **Wards Councillors**

**Ajit Atwal – [Ajit.Atwal@derby.gov.uk](mailto:Ajit.Atwal@derby.gov.uk)**

**Lucy Care – [Lucy.care@derby.gov.uk](mailto:Lucy.care@derby.gov.uk)**

**Emily Lonsdale – [Emily.lonsdale@derby.gov.uk](mailto:Emily.lonsdale@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](mailto: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](mailto: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](mailto: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](mailto:Neighbourhoods@derby.gov.uk)**

## Useful Medical & Emergency Contacts

#### **Carelink**

Telephone referral: **01332 642203**

Email: **[carelink@derby.gov.uk](mailto:carelink@derby.gov.uk)**

#### **Carers advice and support -**

**[carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk) 01332 228 777**

#### **Universal Services for Carers in Derby**

Email: **[carers@citizensadvicemidmercia.org.uk](mailto: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**

#### **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.