

Locality 2 - Sinfín and Osmaston Ward Community Guide



Meet Your Neighbourhood Team

Working Together for a Stronger Community

Did you know that Derby has dedicated teams working in every neighbourhood to support local initiatives, strengthen community ties, and help make your area a better place to live? If we haven't met yet, we'd love to introduce ourselves and share a bit about what we do.

At the core of our work is a community-first approach called **Neighbourhood Working**. It's all about collaboration, bringing people together, listening to local voices, and turning great ideas into action. We partner with residents, councillors, community groups, and local services to connect people and resources where they're needed most, building stronger, more connected neighbourhoods along the way.



Who We Are:

Derby is divided into five localities, each made up of several electoral wards. Our team covers Locality 2, which includes:

- Alvaston North & South
- Chellaston & Shelton Lock
- Sinfín & Osmaston

Our core team is made up of:

- Steph Holt – Neighbourhood Manager
- Jonathan Till – Neighbourhood Officer
- Claire Briggs – Neighbourhood Officer
- Kate White – Local Area Coordinator for Alvaston North
- Kathryn Humpston – Local Area Coordinator for Alvaston South
- Cheryl Ward – Local Area Coordinator for Sinfín & Osmaston
- Marissa Messam – Local Area Coordinator for Chellaston & Shelton Lock

Our roles include:

- Neighbourhood Officers: These team members work directly with residents and partners to build connections, support local groups, and strengthen community assets. If you're looking to get involved or need support with a community project, your Neighbourhood Officer is a great place to start.
- Local Area Coordinators (LACs): LACs work one-on-one with individuals and families to provide friendly, practical support. Whether you're facing a challenge or want to explore new opportunities in your life or community, your LAC is here to help – no referral needed.

How We're Making a Difference:

Here are just a few ways our team is working alongside residents to create positive change:

- Supporting Community Hubs tackling the cost-of-living crisis
- Offering Mental Health First Aid training to local people and workers
- Building partnerships to reduce environmental crime and fly-tipping
- Promoting and supporting local groups, including helping start new ones
- Acting as connectors between residents, services, and community organisations
- Advocating for community needs with services
- Bringing people together to share ideas and tackle shared challenges

Our work is guided by a vision where every person in Derby should be able to live in a place they call home, with the people and things they love, doing what matters to them — in a community where we look out for one another. Together, we can help create communities that are connected, resilient, and thriving.

Outdoor Parks/Open Spaces

Public green spaces are particularly important in urban areas acting as “gardens and extended living rooms”. These spaces are crucial for maintaining both physical and mental health, providing opportunities for recreation, social interaction and connection with nature. By promoting access to green spaces, communities, can support the mental well-being of their residents and create more resilient and health environments.

To find out the activities relating to outdoor parks and open spaces as well as volunteering opportunities, visit the website:

Sinfin Moor Park and Community Events

Off Sinfin Lane, DE24 9HW – Visit the website for further information on facilities, outdoor gyms and community engagement events – inderby.org.uk (Just click on the parks or events tab)

Sinfin Lane Rec

Sinfin Lane, DE24 9HU

Osmaston Park and Community Events – Visit the website for further information on facilities, Ozzy Wheels and community engagement events – inderby.org.uk Just click on the parks or events tab

Moor Lane, DE24 9HY

Friends of Sinfin Moor Park & PALS of Osmaston Park

Friends of Sinfin Moor Park and PALS are groups that facilitate the involvement of the local community and make the park a better place for all its visitors. For further information or to become a member, visit the website - sinfinnaturereserve.org.uk or PALS of Osmaston Park on Facebook

Community Allotments – Visit the website for further information – inderby.org.uk (just click on the parks tab and find allotments)

Sinfin Moor Allotments - visit derbycountycommunitytrust.com for information on volunteering at the Sinfin Moor DCCT Allotment

Osmaston Parks Allotments

Community Hubs & Food Provisions

Community Hubs and food provisions offer numerous benefits, including improved community well-being, increased access to nutritious food and reduced food waste. They also foster social connections, build skills and promote financial resilience.

To find out all the activities relating to community buildings, groups, churches and where food provisions can be located, follow the links and contact details:

Derby Homes Community spaces: derbyhomes.org/community/community-rooms e-mail hub@derbyhomes.org Tel 01332 956356

Sinfin Library: libraries@derby.gov.uk Tel 01332 647920

Sinfin Community Centre: sinfincommunitycentre.org Tel 01332 762983

Friends of Sinfin Moor Park/Café: sinfinnaturereserve.org.uk Tel 07866 940198

Sinfin Moor Church: sinfinmoorchurch.org.uk/monday-morning-group Tel 01332 756336, Davenport Road Church: findachurch.co.uk/church/osmaston-derby/17176.htm Tel 07437 523536

119th Derby Sinfin Moor Scout Group: scouts.org.uk/groups/10014943?loc=derby&page=7&slug=119th-Derby-%28Sinfin-Moor%29

Safe & Sound Community Hub Osmaston: safeandsoundgroup.org.uk Tel: 01332 362120

Sinfin Moor Church Meal Monday YMCA 12-2pm: sinfinmoorchurch.org.uk/monday-morning-group

Doorways Derby: doorwaysderby.org Tel 07754 128763

Derby Food 4 Thought Alliance: derbyfood4thoughtalliance.org.uk Tel 01332 227728

Derby South Salvation Army Allenton: salvationarmy.or.uk/derby-south Tel 01332 705588

Derby Adult Learning Service: adult-learning-derby.org.uk/learning-centres

Sinfin Family Hub: remote.derby.gov.uk/Synergy/SinfinFamilyHub.aspx Tel 01332 956967

Moorways Sports Village and Waterpark: everyoneactive.com Tel 01332 414310

Derby Arena-Royal Way, Pride Park, DE24 8JB - Tel: 01332 640011 - Visit the website for further information - derbyarena.co.uk

Steps to staying steady (Age UK)

As we get older, lots of us may start to feel a bit unsteady on our feet and become worried about falling. But there are simple things you can do to help yourself feel more confident and avoid a slip or fall.

This handy checklist runs through 8 key things you can do to help avoid a fall.

1. **Stay active** - Focus on activities that challenge your balance and strengthen your legs and upper body, like walking, gardening or dancing.
2. **Check your sight and hearing** - Go for regular sight tests and report any hearing difficulties you have to identify any problems that may be affecting your balance.
3. **Look after your feet** - Wear well-fitting shoes and slippers and tell your GP or chiropodist about any foot problems.
4. **Ask about your medicines** - Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this.
5. **Get enough vitamin D** - Vitamin D is essential for keeping your bones strong – the best source is sunshine.
6. **Eat a calcium-rich diet** - Calcium helps to keep your bones strong. Good sources are dairy foods, fortified soya products and canned fish with bones.
7. **Check for hazards at home** - Make sure your home is hazard free and well lit.
8. **Visit your GP** - If you've had a fall or you're feeling unsteady, tell a healthcare professional, such as your doctor – even if you feel fine otherwise. There are many reasons why you might be feeling unsteady, and there are ways to help you feel more confident.

The Community Nursing team can be contacted by calling the **Community Access Point**: 01332 564900.

For equipment to support activities of daily living please contact Derby City Council on 01332 640777.

For district nursing, rehabilitation and walking aids please contact the Community Access Point on 01332 564900.

Any queries please contact your care coordinator based at your GP surgery and they will be able to refer to the most appropriate service.

Useful Resource: <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/staying-steady-download-page/>

Physical Activity - If you'd like to speak to someone about how you'd like to be active in your area, please email movemore@derby.gov.uk

Forever Active

Forever Active is a programme supporting active ageing, focusing on improving strength and balance through exercise and making activity part of your everyday life. Our team will be able to discuss your interests and signpost you to social activities which take place in community venues.

For more information or to make a professional referral please email movemore@derby.gov.uk

Useful Resource: <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/staying-steady-download-page/>

Mental Health

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)

Derbyshire Mental health helpline and support services.

Struggling to cope? Talk to us anytime. Call 0800 028 0077. You can also reach us by dialling 111 and selecting option 2. The Derbyshire mental health helpline and support service is a freephone service available to everyone living in Derbyshire – young people and adults. It is open 24 hours a day, seven days a week.

National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm to midnight everyday)

Shout. If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (3pm – midnight everyday)

Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10:00am – 22:00pm everyday) Phone operators all identify as LGBT+

Substance Support



Aquarius – Family support

Sinfin family hub, 345 Sinfin lane, Derby, DE24 9SF

Supports families as a while where a parent or carer uses drugs or alcohol.

Call 01332 362 744

Breakout

Breakout is a specialist young person's substance misuse service covering Derby City.

Call 01332 641 661

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

Kelsey Foundation

Recovering Together

Shifting Stigma

Recovery Community Space

Call – 07733 335 797

Email - Kffcic@gmail.com

Useful Derby City Council Contacts

Wards Councillors

Nadine Peatfield – Nadine.Peatfield@derby.gov.uk

Sarah Chambers – Sarah.Chambers2@derby.gov.uk

Baggy Shanker – Baggy.Shanker@derby.gov.uk

Neighbourhood Team – Email:

Neighbourhoods@derby.gov.uk

Neighbourhood Team – **Steph Holt and Jonathan Till**

Stephanie.holt@derby.gov.uk – 07812 301330

Jonathan.till3@derby.gov.uk – 07812 301831

General parking problems-

Email: generalparkingproblems@derby.gov.uk

Traffic concerns-

Email: traffic.management@derby.gov.uk

Highways - Email: maintenance.highways@derby.gov.uk

Public Protection Team - Email: PPOTeam@derby.gov.uk

Environmental Protection Team

Email: environmental.services@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

Local Area Coordination

I'm Cheryl Ward, the DCC Local Area Coordinator for the Sinfen and Osmaston ward. I work with local people who want to work out what a good life might look like for them and start to make changes.

Looking for Support?

- Want to change your life but don't know where to start?
- Unsure where to go for help?
- Feeling down, isolated, or lonely?
- Wish you had someone who would listen and be on your side?

Email: Cheryl.Ward@derby.gov.uk

Tel: 07766 602565

Carelink

Telephone referral: 01332 642203

To discuss Telecare: 01332 642920

Email: carelink@derby.gov.uk

Mediquip - 01773 604426

EMAS Hospital transport -03003003434

Universal Services for Carers in Derby

Email: carers@citizensadvicemidmercia.org.uk

Telephone: 01332 228777

Carers advice and support -

carers@citizensadvicemidmercia.org.uk / 01332 228 777

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. The service provides a range of free 12-month programmes and NHS Health Checks. Each programme offers individual and group support in addition to fun, community-based activities to support weight loss, increase fitness and improve eating habits. A group-based programme offering free exercise sessions, led walks, weekly drop-ins and healthy eating support. Liveability - a specialist programme for adults with learning disabilities is also available. Free nicotine replacement therapy products and expert support to help you quit for good!

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

Call 01332 641254 or

Email livewell@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

Text 07812 300177

Derby City Dementia Support- Email:

Derbycitydementiasupport@alzheimers.co.uk or call 01332 497640

Special Educational Need or Disability (SEND)

Derby's Local SEND offer: www.derby.gov.uk/education-and-learning/derbys-send-local-offer/

SEND Dynamic CIC

Email: info@thesenddynamic.co.uk

www.communityactionderby.org.uk/application/files/7017/0670/0546/The_SEND_Dynamic_Flyer.pdf