

## Newsletter May 2026





### Stay Well, Stay Connected

There are lots of local services, groups and activities in Amber Valley to support your health, wellbeing and social connections. This newsletter highlights what's available near you.


#### **MOVE MORE – LOCAL WALKS & ACTIVITIES**

Regular walking groups and outdoor sessions are available across Amber Valley, including routes in Duffield, Denby and Crich.

<https://www.ambervalleyramblers.org.uk/>

-  Friendly, welcoming groups
-  Suitable for beginners
-  Great for physical & mental health
-  Join a local walk or try a wellbeing walk in your area

Special Event:

-  *Carers Walk – Ripley (June)*  
Part of Carers Week, open to all abilities. [\[ambervalley.gov.uk\]](http://ambervalley.gov.uk)

#### **National Walking Month, 1st–31st May**

Walking is an easy way to increase the amount of exercise you are getting, and all you need is a pair of shoes! National Walking Month encourages people to walk more throughout May, and includes Walk to School Week.

Short, 20 minute walks are a perfect way to start, and can fit around your day as part of your journey to work or school, during lunch breaks, or at evenings or weekends. You can walk alone, or with family and friends, or even join a walking group!

Living Streets are running the #Try20 challenge, and have 20 fun and easy ways


to fit 20 minutes' walking into your day. Visit their #Try20 page, <https://www.livingstreets.org.uk/get-involved/national-walking-month/try20-tips/> to download a free challenge checklist. Why not challenge your friends, family and colleagues to get involved and see who can tick off the most tips during May?

Find out more at <https://www.livingstreets.org.uk/get-involved/national-walking-month>

## **HEALTH & WELLBEING SUPPORT**

### **Mental Health Support**

- Living Well Derbyshire – local joined-up mental health support  
<https://www.livingwellderbyshire.org.uk/>
- Amber Valley Mental Health Team – groups & recovery programmes  
<https://www.derbyshirehealthcareft.nhs.uk/services/mental-health-and-emotional-wellbeing/community-mental-health-teams/cmht-adults-working-age/amber-valley-team>

 24/7 Mental Health Support Line:  
0800 028 0077 <https://ambervalley.health/help-mental-health.html>

## **Mental Health Awareness Week, 11th–17th May**

Mental Health Awareness Week is a great opportunity for the whole of the UK to come together to:

- Focus on getting good mental health
- Tackle stigma
- Understand and prioritise our own and others' mental health

It also makes sure that mental health stays at the centre of the public conversation, contributes to government policy changes and provides a special day for mental health charities to promote fundraising activities to support their work.

This year's theme is 'Action'. Raising awareness is vital, but real change comes when we take action too. You can take action yourself! See the many ways you can get involved at <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

### **Staying Active & Healthy**

- **Move More Amber Valley** – helping people become more active and feel better <https://www.ambervalley.gov.uk/movemore>
- Local leisure centres offer accessible classes and activities <https://www.ambervalley.gov.uk/community/health-and-wellbeing/>

### **May Measure Month, 1st–31st May**

Raised blood pressure is the number one cause of preventable death worldwide.

- Over 10 million lives are lost each year due to high blood pressure
  - Only 50% of people affected are aware their blood pressure is high
- May Measurement Month is a global blood pressure screening awareness campaign, helping people to get their blood pressure checked every May, completely free, all across the world. It aims to:
- Highlight the importance of measuring your blood pressure (BP)
  - Raise awareness of the dangers of elevated BP and hypertension
  - Increase the numbers of adults who regularly get their BP checked
  - Help people understand how this can increase your knowledge about your health
  - Provide diet and lifestyle advice to those with high BP
  - Improve follow-up for sufferers
  - Motivate governments to improve their countries' BP screening facilities

A quick arm squeeze could save millions of lives. Join in using the hashtag #TheBigSqueeze and find out more at <https://www.maymeasure.org>

### **Stroke Awareness Month, 1st–31st May**

Stroke can happen to anyone, of any age, at any time. The faster you call 999 and get treatment, the better the chances of survival and recovery, so it's vital to know how to spot the signs of a stroke.

The FAST acronym (Face, Arms, Speech, Time) is a test to quickly identify the three most common signs of stroke:

- **Face weakness:** Can the person smile? Has their mouth or eye drooped?
- **Arm weakness:** Can the person raise both arms fully and keep them there?
- **Speech problems:** Can the person speak clearly and understand what you say? Is their speech slurred?
- **Time to call 999:** If you see any one of these signs

A stroke can change a life in seconds, leaving survivors unable to walk, speak, or live independently. Stroke Awareness Month aims to raise awareness of the devastating impact of stroke and highlights the importance of support for stroke survivors and those who care for them.

This May, Stroke Association is asking everyone to 'Make May Purple', so they can fund research and support more people affected by stroke. You can organise a 'purple event', or join their '31 Minutes in May' campaign and pledge to run, walk, dance or swim for 31 minutes a day during May. Find more fundraising ideas, resources and stroke information on their website: <https://www.stroke.org.uk/stroke-awareness-month>

## FAMILIES & CARERS

Local support includes:

- Parent & baby groups (free drop-ins)  
<https://derbyshirefamilyhealthservice.nhs.uk/about-us/news-and-events/whats-on/event-details?occurrenceID=33656>
- Carers support and wellbeing activities (June events) [Move More Amber Valley](#)

## **Maternal Mental Health Awareness Week, 4th–10th May**

Maternal Mental Health Awareness Week is dedicated to talking about mental health problems before, during and after pregnancy. A survey by the organisers discovered that, overwhelmingly, women do not feel listened to about their mental health.

The week aims to:

- Highlight the power of women knowing it is okay to express their needs, feelings, and experiences
- Raise public and professional awareness of maternal mental health problems
- Advocate for women and families impacted
- Change attitudes
- Help people access the information, care and support they need to recover

Get involved using #MaternalMHmatters, and find more information, including this year's themes and activities

at <https://maternalmentalhealthalliance.org/get-involved/maternal-mental-health-awareness-week/>

## **National Weaning Week, 13th–17th May**

New parents can find themselves overwhelmed with information from multiple sources about weaning their baby onto solid foods alongside milk, but the information is often conflicting and not always helpful when trying to make a decision.

Today, the advice is not to start offering solids until your baby is around the 6-month mark, unless told otherwise by your health visitor or GP. At this age, their usual milk is still a vital part of their nutrition and should continue to 12 months at least.

National Weaning Week aims to provide families with support, advice and help around weaning. There are lots of ways to get involved, on social media, by

talking to other parents, trying out a new recipe or joining a workshop. Find out more about weaning and join in the fun on Weaning World's website: <https://weaningworld.com>

### **World Pre-eclampsia Day, 22nd May**

Pre-eclampsia is the most common serious condition affecting pregnant women. It is caused by a defect in the placenta, which forms the link between mother and baby. Worldwide, nearly 76,000 mothers and 500,000 babies lose their lives each year to pre-eclampsia and related disorders during pregnancy.

Symptoms include:

- Severe swelling of hands, feet or face
- Severe pain under the ribs
- Severe headaches
- Visual disturbances e.g. flashing lights
- Nausea/vomiting
- Feeling unwell

Pregnant women who have any of these symptoms should visit their GP or midwife, where they can be tested for protein in their urine and high blood pressure, the two main signs of pre-eclampsia.

Symptom recognition, and a swift response from healthcare workers is vitally important to reduce the risk of serious illness and death. This is especially true in areas of the world where access to care is most difficult, but even in the UK there is a rising death rate.

You can find out more about pre-eclampsia and visit a link to a special webinar for World Pre-Eclampsia Day at <https://action-on-pre-eclampsia.org.uk/world-pre-eclampsia-day/>

### **Dementia Action Week, 18th–24th May**

Dementia is the UK's biggest killer and is caused by different diseases that

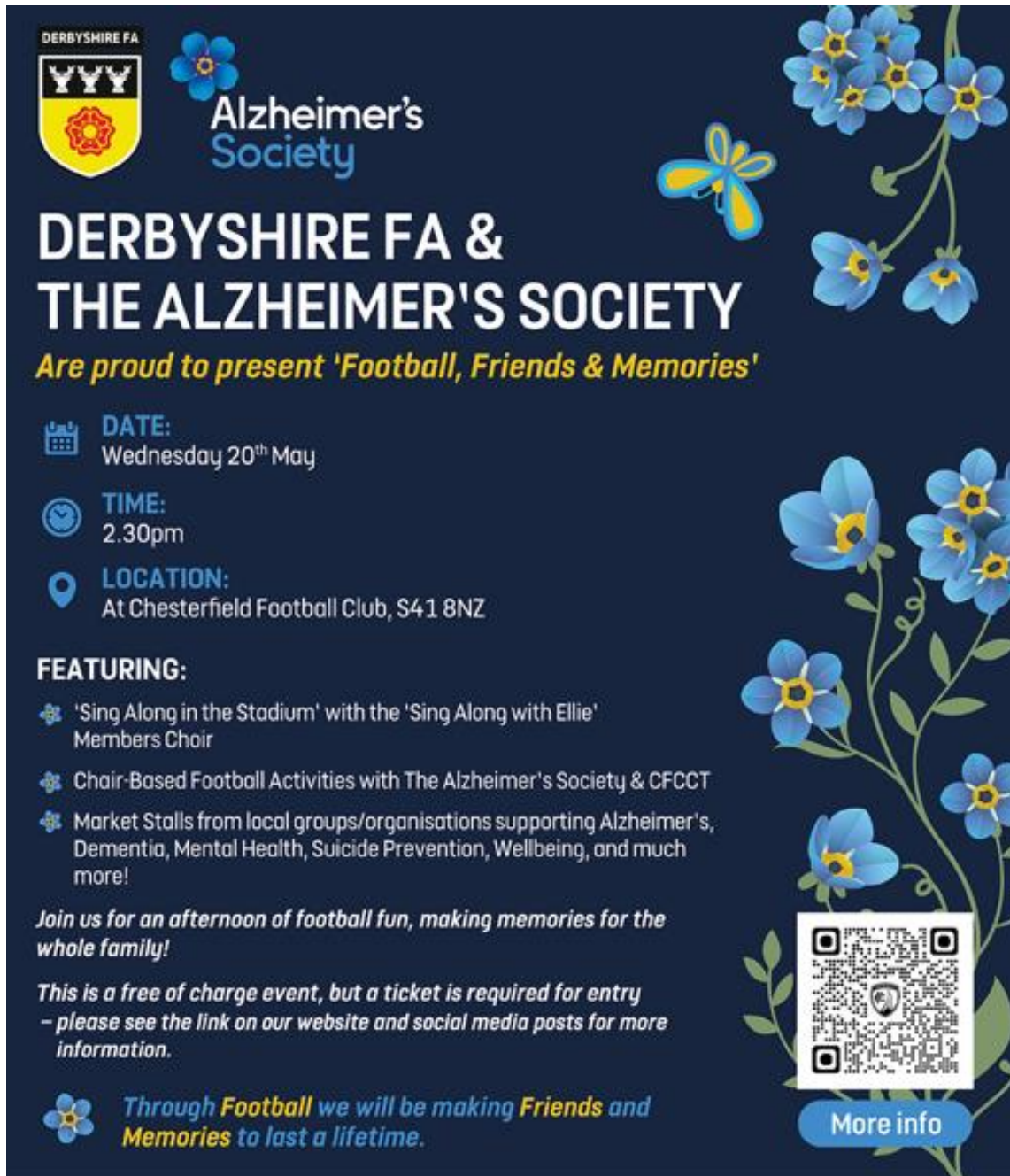
damage the brain. The symptoms include:

- memory loss
- confusion and needing help with daily tasks
- problems with language and understanding
- changes in behaviour



Dementia is progressive, which means symptoms get worse over time. Sometimes it is not diagnosed for a long time, but 91% of people affected by dementia say there are benefits to getting a diagnosis.

Alzheimer's Society's Dementia Action Week is an awareness campaign which brings people and organisations together to act on dementia. Everyone is encouraged to join the Forget Me Not Appeal, to wear the forget-me-not badge and share the stories that lie behind the flower badge, of lives devastated by dementia.

We can all wear the badge to raise awareness and hope for quicker diagnosis and better treatments in the future. Visit <https://www.alzheimers.org.uk/get-involved/dementia-action-week> to find out more and get involved.



DERBYSHIRE FA



Alzheimer's  
Society

# DERBYSHIRE FA & THE ALZHEIMER'S SOCIETY

*Are proud to present 'Football, Friends & Memories'*

**DATE:**  
Wednesday 20<sup>th</sup> May

**TIME:**  
2.30pm


**LOCATION:**  
At Chesterfield Football Club, S41 8NZ

**FEATURING:**

- ✿ 'Sing Along in the Stadium' with the 'Sing Along with Ellie' Members Choir
- ✿ Chair-Based Football Activities with The Alzheimer's Society & CFCCT
- ✿ Market Stalls from local groups/organisations supporting Alzheimer's, Dementia, Mental Health, Suicide Prevention, Wellbeing, and much more!

*Join us for an afternoon of football fun, making memories for the whole family!*

*This is a free of charge event, but a ticket is required for entry – please see the link on our website and social media posts for more information.*



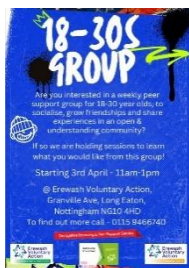
[More info](#)

*Through Football we will be making Friends and Memories to last a lifetime.*



**Erewash Adult ADHD & Autism Support Group – Last Tuesday of the month 5:30pm – 7:30pm.** This Group meets at Our Crafty Place – 1 Corporation Road, Ilkeston, Derbyshire, DE7 4AS

A social group for adults that are diagnosed, are awaiting diagnosis or suspect they have ADHD or Autism. You're more than welcome to bring along your current hyper fixations and hobbies.



**Long Eaton 18-30s Group – Thursdays 11am-1pm** at Erewash voluntary action on Granville Avenue, Long Eaton. a weekly peer support group for 18-30 year olds, to socialise, grow friendships and share experiences in an open & understanding community. For more information contact [ben.gough@rethink.org](mailto:ben.gough@rethink.org) or the EVA on 0115 9466740



**Ilkeston Singing Friends – Tuesdays 10-12pm** at the Cantelupe Centre, Ilkeston Market Place. Singing friends is a group for anyone who wants to find a place to sing their hearts out among friends. Many of our singers describe the group as being like a family. We aim to look after each other and to create a positive and joyful singing environment. Belting out classic tunes, sharing refreshments and finding somewhere to leave your troubles at the door. This is what were all about. We are a warm and welcoming group, and we want everyone involved to feel like they belong to our community. No need to be able to read music – Just turn up and Sing. £2 per session



**Ilkeston Cantelupe Gardens Group - Tuesdays 12-2pm** at the Cantelupe Centre on Ilkeston Market Place. Providing a social and supportive space whilst tending the centres rear garden area, no experience needed, tea and coffee available every week along with indoor activities provided in winter and when the weather is not suitable to be outside.



**Creative Arts Project** – An arts and crafts group which meets twice weekly at the Cantelupe Centre in Ilkeston. **Wednesdays 4-6pm** and **Thursdays 1pm - 3pm**. Refreshments are available each week and the group charge £1:50 per session. To access this group, contact Ben on [ben.gough@rethink.org](mailto:ben.gough@rethink.org)



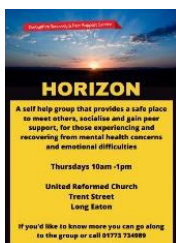
**Ilkeston Self Help Group** – The Ilkeston Self Help Group meet twice weekly at the Cantelupe centre in Ilkeston. **Mondays and Thursdays 11am – 1pm**. It's a social support group who meet and have a chat over a cuppa and biscuits and an occasional trip out.



**The Men's Room** – A group just for men who are feeling isolated, stressed or experiencing difficulties to get together and share experiences and coping strategies. **Mondays 2-4pm** at the Cantelupe Centre, Ilkeston.



**Long Eaton Hearts & Minds** – A woman's only group that enjoy trips out, providing social support for better mental wellbeing. Meeting every Tuesday from 1pm at various locations. They meet the last **Tuesday of the Month 1pm – 4pm** at The United Reformed Church in Long Eaton to plan the next month's activities and advise new members wishing to join to do so at this session first. Contact the group on 07802652909.



**Long Eaton Horizon** – **Thursdays 10am – 1pm** at the United Reformed Church, Long Eaton. Horizon is a self-help group which provides a safe space to socialise and gain peer support. This group welcomes people just to drop into the group without having to contact them first.



**Long Eaton Self Help Group – 10:30AM – 12:30PM** Tuesdays at St John's Church Hall, Canal Street Long Eaton. £1/session towards the tea and coffee and weekly activities, they provide support for anyone who is feeling isolated stressed or experiencing mental health issues. Contact [Longeatonselfhelpgroup21@gmail.com](mailto:Longeatonselfhelpgroup21@gmail.com) for more info



**Better ways to better days – Long Eaton - 1.30pm to 3.30pm on the 3rd Tuesday of each month,**

Life with chronic pain, long term illness, physical disability or an invisible illness can be lonely and isolating, at times it can be difficult to feel understood and to not feel like a burden to others around you. This monthly group is a safe space to share your lived experience and connect with others that may face similar challenges to yourself. Whether you need to lighten the load or perhaps you could inspire someone else. For more info, please contact [ben.gough@rethink.org](mailto:ben.gough@rethink.org)



**Matlock – Create & Chat – Fridays 1pm-4pm @ Farmers View Hurst Farm**

A friendly and inclusive group for people who are living with mental health difficulties to come together and enjoy arts and crafts, learn new skills and make new friends.

For more info contact the group on [info.cncmatlock@tuta.com](mailto:info.cncmatlock@tuta.com)

Facebook - <https://www.facebook.com/profile.php?id=100090155139487>

**Please check new times and venue**

**Matlock – Create & Chat – Tuesdays 6pm – 9pm @ Hurst Farm Community Centre**

A friendly and inclusive group for people who are living with mental health difficulties to come together and enjoy arts and crafts, learn new skills and make new friends.

For more info contact the group on [info.cncmatlock@tuta.com](mailto:info.cncmatlock@tuta.com)

Facebook - <https://www.facebook.com/profile.php?id=100090155139487>

**Please check new times and venue**



**Matlock – Game in the Peak – Saturdays from 7 – 10pm @ Hurst Farm Community Centre**

Join us and immerse yourself in classic and modern board games. our competitive and co-operative group is open to all. No experience needed. Feel free to bring your own game and snacks!

To enquire about the group, please contact the DRPSS Single Point of Access on 01773 734989 or [info.gameinthepeak@tuta.com](mailto:info.gameinthepeak@tuta.com) .

You are also more than welcome to just turn up to the group. £2.50 per session.

Facebook page - <https://www.facebook.com/profile.php?id=100089982883787>

**Please check new times and venue**





**active notts** **active derbyshire** **TALKING SPACE**  
#MakingourMove

**Creating Safe Spaces for the LGBTQ+ Community**

**Tuesday 09 June**  
12.30pm - 1.30pm online

**FREE** [book here](#)

We will talk about the need for safe spaces, share local stories where this is happening and work happening in leisure nationally.



**Monday 25<sup>th</sup> May - CLOSED**

**Tuesday 26<sup>th</sup> May – OPEN**

**Wednesday 27<sup>th</sup> May – OPEN**

**Thursday 28<sup>th</sup> May – OPEN**

**Friday 29<sup>th</sup> May – OPEN**

IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE  
OUTSIDE THE PRACTICE HOURS PLEASE CALL 111  
OR, IN AN EMERGENCY, CALL 999



## In April 149 patients failed to attend appointments here

**25 HOURS  
WERE  
MISSED**

**Number of  
Appointments  
in April = 4016**

**149  
PATIENTS DID  
NOT ATTEND**

If you are unable to attend **always** cancel your appointment



Call us on **01773 602141**



Contact us @ [www.somercotesmedicalcentre.co.uk](http://www.somercotesmedicalcentre.co.uk)



Visit the practice in person