



Tackling Social Isolation

In Derby, we understand that social isolation can have a significant impact on our physical, mental and emotional wellbeing. There are several organisations dedicated to tackling social isolation and supporting individuals who feel disconnected from their communities. We have compiled this list of organisations within Derby City where we can support you to attend to help address this.

Organisation	Description	Contact
Derbyshire Refugee Solidarity	Derbyshire Refugee Solidarity provides aid and support to refugees as well as group-based activities such as arts, music, sports.	St Anne's Church Whitecross Street Derby DE1 3NE julie@derbyshirerefugeesolidarity.org https://derbyshirerefugeesolidarity.org/
YMCA Derbyshire	YMCA Derbyshire offer youth and community activities including sports, community gardens and retreat days. They also offer a community meal each month that you are welcome to join.	770 London Road Wilmorton Derby DE24 8UT 01332 579550 enquiries@ymcaderbyshire.org.uk Youth & Communities YMCA Derbyshire
Let's Talk – Derby Homes	Derby Homes have a number of community spaces throughout the city with activities throughout the week which you can attend.	01332 956356 hub@derbyhomes.org Let's Talk Derby Homes
Time 2 Talk	Time 2 Talk is a community group for males to come together to share stories and reduce stigma surround wellbeing and mental health.	Time 2 Talk 'Mental Wealth' Facebook
Derbyshire Mind	Derbyshire Mind have several activities on offer from exercise and sports to arts and crafts.	Derbyshire Mind Derby West Business Centre Ashbourne Road Derby DE22 4NB

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		<p>01332 623732</p> <p>community@derbyshiremind.org.uk</p> <p>Current Mental Wellbeing Services - Derbyshire Mind</p>
Derby County Community Trust	Derby County Community Trust offers a number of community activities from sport events to mental health.	<p>Derby County Community Trust</p> <p>14 Pride Point Drive</p> <p>Derby</p> <p>DE24 8BX</p> <p>01332 416140</p> <p>community@dcct.co.uk</p> <p>Community Engagement Derby County Community Trust</p>
Derby City Life Links	Derby City Life Links offer peer support to individuals within the community whether this is specific male groups, LGBT groups as well as others.	<p>Stuart House Green Lane</p> <p>St Peters Quarter</p> <p>Derby</p> <p>DE1 1RS</p> <p>0800 0322202</p> <p>derbycitylifelinks@waythrough.org.uk</p> <p>Derby City Life Links Supporting Mental Health in Derby City</p>
Community Action	Community Action Derby is a registered charity providing support and guidance for voluntary and community groups offering initiatives to tackle social exclusion.	<p>30 - 31 Charnwood Street</p> <p>Derby</p> <p>DE1 2GU</p> <p>01332 346266</p> <p>enquiries@communityactionderby.org.uk</p> <p>Community Action Derby</p>
Derby Youth Alliance	The Derby City Youth Alliance is a partnership of community organisations to help support young people in Derby to be safe, develop and prosper.	<p>Community Action Derby</p> <p>30 Charnwood Street</p> <p>Derby</p> <p>DE1 2GU</p> <p>01332 346266</p>

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		michelle.butler@communityactionderby.org.uk Regular Events (List) Derby Youth Alliance
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