

SUGGESTIONS FOR 'DOING SOMETHING'

Below is a list of groups, clubs and organisations in Ilkeston and the surrounding areas that can provide the incentive and motivation to improve your health and wellbeing. This list is not exhaustive and we would encourage you to also look on the internet for other groups and societies that may be of interest for you.

If you are reviewing these lists but live outside this area then please investigate options locally to you. There will be similar groups and clubs offering positive ways forward for you. This list will be reviewed and updated frequently.

Things to do in Ilkeston and the surrounding areas

Back to Netball

Purpose: Providing women of all ages with a gentle re-introduction to the sport.

Website: <https://www.eastmidlandsnetball.co.uk/back-to-netball.html>

Address: Ashfield School Queens Park Sports Centre

Cantalupe Companion Club

Purpose: A voluntary group that welcomes those with mental or physical disability or just ordinary every day citizens seeking companionship to join in with activities, games conversations and events.

Telephone: 07576 540400

Address: Cantalupe Centre, Market Place, Ilkeston, DE7 5HY

Direct Help and Advice

Purpose: Offering specialist advice, advocacy and representation for vulnerable people including legal and debt advice.

Website: www.dhadvice.org

Telephone: 0115 9300199 or 07933 997219

Email address: Kathryn.russell@dhadvice.org or Maureen.davision@dhadvice.org

Address: 153 Bath Street, Ilkeston, Derbyshire, DE7 8AS

Elephant Rooms

Purpose: A safe space for a range of classes, groups and workshops for all age groups, offering a huge range of therapies, exercises and activities.

Website: <https://www.elephantrooms.co.uk/>

Telephone: 07375 468005

Email address: enquiries@ilkestonswimmingclub.co.uk

Address: 36 South Street, Draycott, DE72 3PP

Erewash Voluntary Action

Purpose: Developing and supporting individual and group voluntary action that responds to local community needs and wishes.

Website: www.erewashvoluntaryaction.org.uk

Telephone: 0115 9466740

Email address: stella@erewashcvs.org.uk, catriona@erewashcvs.org.uk, lee@erewashcvs.org.uk, linda@erewashcvs.org.uk, clare@erewashcvs.org.uk, zoe@erewashcvs.org.uk

Address: Granville Avenue, Long Eaton, Derbyshire, NG10 4HD

Flamsteed Centre

Purpose: Providing day care for older adults who may be experiencing loneliness and isolation, memory problems and dementia.

Website: <http://flamsteedcentre.org.uk/>

Telephone: 0115 9440331 or 0115 9329944

Email address: Lisaalden@btconnect.com

Address: Albert Street, Ilkeston, DE7 5GU

Heart and Minds

Purpose: A woman only peer support group that enjoys trips out for lunch and social gatherings.

Telephone: 01773 734989

Jamie's Place

Purpose: A friendly and informal peer support.

Telephone: 07841 706013

Email address: jamiesplace@yahoo.com

Address: Two Guys Deli, Station Road, Long Eaton

Long Eaton All Media Art Club

Purpose: Bringing the widest variety of arts and crafts to the area using a variety of mediums – arts, crafts, handcraft, inks and mixed media.

Website: www.leamac.org.uk

Telephone: 07966 360422 or 07939 400357

Email address: susieqtips@yahoo.com or Beach.joanne1@btinternet.com

Address: Petersham Hall, Grasmere Road, Long Eaton, NG10 4DZ

Long Eaton Art Room

Purpose: A voluntary organisation offering a wide range of arts activities including studio sessions, one day workshops, events, art projects and volunteering opportunities.

Website: www.leartroom.co.uk

Telephone: 0115 9466740

Email address: josie@longeatonartroom.co.uk or angela@longeatonartroom.co.uk

Address: 29-31 Lime Grove, Long Eaton, Derbyshire, NG10 4LD

Long Eaton Community Garden

Purpose: A community group run by local volunteers from a variety of different backgrounds, united in building a beautiful garden space together, with help and support from the local community.

Website: www.longeatoncommunitygarden.org.uk

Telephone: 0115 9308564

Email address: Kdalton17@googlemail.com

Address: Off Norfolk Rd, Long Eaton, Nottingham NG10 2BB

Long Eaton and District 50+ Forum

Purpose: A forum run by local people offering opportunities including meetings, training, activities and social events to influence and provide a voice for people aged 50 and over.

Website: www.lead50plus.com

Telephone: 07950 836723 or 07947 066452

Email address: mhfacert@yahoo.com or David.farley@lve.co.uk

Address: The Council Chamber, Long Eaton Town Hall

The Salvation Army – Long Eaton

Purpose: Offering practical help for people in need, defending those who are vulnerable and abused, and fighting against injustice.

Website: www.salvationarmy.org.uk/long-eaton

Telephone: 0115 9735586

Email address: long.eaton@salvationarmy.org.uk

Address: Long Eaton Corps, New Street, Long Eaton, NG10 1HE