# **Health: Amber Valley**

Find your nearest GP

Find a GP - NHS (www.nhs.uk)

#### Find nearest Hospital / Clinic

https://www.nhs.uk/services/independentsector-provider/amber-valley-health-ltd/DT5

**Derbyshire Health** Team

NHS **Derbyshire Healthcare NHS Foundation Trust** 

**Ripley Town Hall (first** floor)

Market Place

Ripley

DE5 3BT

0300 123 2673-mon-fri 9-5pm

#### Dementia Café

## Alzheimer's Society

Meet and Chat with others who understand

- Alfreton 3rd Monday each month
- Ripley 3rd Thursday each month
- Belper 4th Monday each month



#### How to find an NHS Dentist

How to find an NHS dentist - NHS (www.nhs.uk)

101

Get help for your symptoms - NHS 111

101

Telephone support

line for people looking access health or care services

01773 880786

Healthwatch

enquiries@healthwatchderbyshire.co.uk

#### Home | Healthwatch

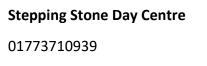
### Live Life Better Derbyshire

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

#### 01629 538200

asch.llbd.info@derbyshire.gov.uk

Home - Live Life Better Derbyshire



Mon-fri

Community Hall, Ilkeston Road, Heanor DE75 7AG

DERBYSHIRE

Meet new people in retirement, enjoy good company, tea and coffee, meals available.



# STEPPING STONE DAY CARE CENTRE

#### **Florence Shipley Centre**

provide specialist groups for people living with a dementia, groups open from 10am to 3pm. Each group has a co-coordinator responsible for organizing activities, which include orientation sessions, current affairs, local history, chair based games and exercises, musical/general knowledge guizzes, crafts, movies and sing-a-longs.

01629 531367

Market Pl, Heanor DE75 7AA





