

Find your nearest GP

[Find a GP - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Find nearest Hospital / Clinic

<https://www.nhs.uk/services/independent-sector-provider/amber-valley-health-ltd/DT5>

Derbyshire Health

Team

Ripley Town Hall (first floor)

Market Place

Ripley

DE5 3BT

0300 123 2673—mon-fri 9-5pm



Dementia Café



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 \(www.nhs.uk\)](http://www.nhs.uk)

101

[Get help for your symptoms - NHS 111](http://www.nhs.uk)

101

Healthwatch



Telephone support

line for people looking access health or care services

01773 880786

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](#)

Stepping Stone Day Centre

01773710939

Mon-fri

Community Hall, Ilkeston Road, Heanor DE75 7AG

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 quizzes, crafts, movies and sing-a-longs.

01629 531367

Market Pl, Heanor DE75 7AA