

A stylized graphic featuring three green leaves at the top, a purple grapevine branch at the bottom, and light blue curved lines. The text is overlaid on the center.

Welcome to the

# Grapevine Wellbeing Centre

## Who we are

The Grapevine Wellbeing Centre is a registered charity and recognised Derbyshire Safe Space for anyone who needs support with their wellbeing or mental health. We support people over 18 across the High Peak area. No referral is needed. Our focus is on developing wellbeing to boost both physical and mental health for the whole community and to rebuild connections that can often be lost. In a rural community such as ours social isolation is a major concern to many, and we hope that our centre can contribute to reducing loneliness for residents of the High Peak.

In December 2021 we moved to a larger, accessible centre on Buxton market place. This has allowed us to increase our capacity and offer a larger range of groups and activities.

In this welcome pack you will find details about what we offer, our code of conduct and other local or national services that may be helpful to you.

We are pleased to welcome you to the centre, it is lovely to see you.

Ana, Sarah, Janis, Karey, Debbie and our Trustees



Grapevine is a Registered Charity. Charity number 1099746

and a Limited Company 8008019



We support people and  
communities to thrive.  
The National Lottery Community Fund

## What we do



### Drop In's

Our drop in's are open to all individuals who require support with their wellbeing or mental health conditions. We are a registered Safe Space. So if you want a chat or just a cup of tea you are welcome to pop in.

### Art and crafts

Arts and crafts offers the opportunity for people to tap into their creativity, through a range of different art materials.



### Mindfulness

Mindfulness is open to everyone, even a complete beginner. It is an opportunity to take some time for you and relax

### Creative Writing

Creative writing offers a safe and expressive environment to experience ourselves through writing stories and poems. Open to all abilities and new members are always welcome



### Walking Days and Day Trips

Our walking days and day trips are an opportunity to connect with others, nature and explore new places. We take the days at a leisurely pace and take time to observe, understand and appreciate our surroundings

### Eco Group

Our Eco Group runs holds talks, goes on Eco walks and learns practical skills about all aspects of the environment. It's open to everyone and no prior knowledge is needed.



### Singing

An informal singing group for anyone who enjoys singing with other people, regardless of how good you are. Everyone is welcome.

### Events and Bespoke workshops

Throughout the year we host a range of topic specific workshops, weekend groups as well as events such as our AGM and Christmas meal.



Check our monthly timetables for more details



## The Grapevine Code of Conduct

The Grapevine is a safe and welcoming space for all, regardless of their age, gender, sexuality, ethnic group, social class, background, or their past.

We expect people to show understanding, care, and respect towards each other. And therefore, we keep the following statements.

- \* There is no gossip about anyone regardless of whether they are in the centre or not
- \* No forms of aggression or anti-social behaviour towards other members or staff
- \* No drinking or taking non-prescription drugs on the premises. If you are presenting in an unsafe way, you will be asked to leave the Centre
- \* Be aware that certain issues may be particularly sensitive ones for other people. Please don't be offended if you are asked to discuss the issue in the office rather than in the main area or asked to change the conversation.
- \* No sexism, racism, homophobia, or any form of discrimination towards other members / staff is acceptable. No sexual harassment towards any members / staff. If this does occur, you will be asked to leave the Centre
- \* Staff will respect your personal / private information at all times, please also respect personal / private information about staff or trustees
- \* People should leave promptly at closing time.

Thank you

## Support Services



### Derbyshire Mental Health Helpline and Support Service

Freephone service available to everyone living in Derbyshire - both young people and adults. It is open 24 hours a day, seven days a week.

If you or your loved one are experiencing distress or anxiety, or feeling that you cannot cope, call on **0800 028 0077** for support over the phone. That support could be about your mental health but you can also talk through practical issues that may be causing concern.



### P3 Housing

Supporting people with any form of housing need to become independent, including help with finding somewhere to live or with maintaining existing accommodation. For more information or help in making a referral, call on **01773 742051**

For a full list of services—[www.p3charity.org](http://www.p3charity.org)

### Zink



High Peak Foodbank, based at Zink, provides emergency food to referred families across most areas of the High Peak and northern Derbyshire Dales. Zink also offers services that support with benefits, budgeting and getting back into work. Call on **01298 214926**

For a full list of services— [www.zink.org.uk](http://www.zink.org.uk)

### Citizens Advice



Citizens Advice Derbyshire Districts is a local charity that provides free, impartial, independent and confidential advice for everyone across Amber Valley, Derbyshire Dales, Erewash and High Peak. Adviceline: **0808 278 7954** Universal Credit Help to Claim Line— **0800 144 8444**

For a full list of services —[www.citizensadvisederbyshiredistricts.org.uk](http://www.citizensadvisederbyshiredistricts.org.uk)

### Connex



Repairs and decorating, and property clearances, hoarding clearance service, help with adaptations to your home to improve access, including installation of grab rails, internal and external handrails and ramps. Anyone can use this service, there may be a charge—**01298 23970**

For a full list of services—[www.connex.org.uk](http://www.connex.org.uk)

If you would like support to contact a service or make a referral, or you need information about a service not listed please ask us and we can help you.

## Support Services



### Samaritans

Free, telephone support if you are having a difficult time or if you are worried about someone else.

116 123 free from any phone

0330 094 5717 local call charges apply

jo@samaritans.org



### High Peak CVS Bereavement Support Group

Groups are for adults who are struggling with bereavement, who may benefit from the support of others in similar situations.

Groups are referral only but self referrals are accepted.

Tel: 01663 735350 (option 3)

Email: bereavement@highpeakcvs.org.uk



### Crossroads Derbyshire

Voluntary organisation and registered charity dedicated to helping women, men and children break free from domestic abuse.

Crossroads Derbyshire—01457 856675

(Mon to Thurs 9am – 5pm, Fri 9am – 4.30pm)

Derbyshire Domestic Abuse (24 Hour Helpline) - 0800 0198 668

National Domestic Violence Helpline—0808 200 0247



### Stepchange Debt Charity

Free and expert advice to help deal with debts and financial support. Help with budgeting, They can recommend a range of practical debt solutions based on your situation.

0800 138 1111—Mon to Fri 8am to 8pm and Saturday 8am to 4pm



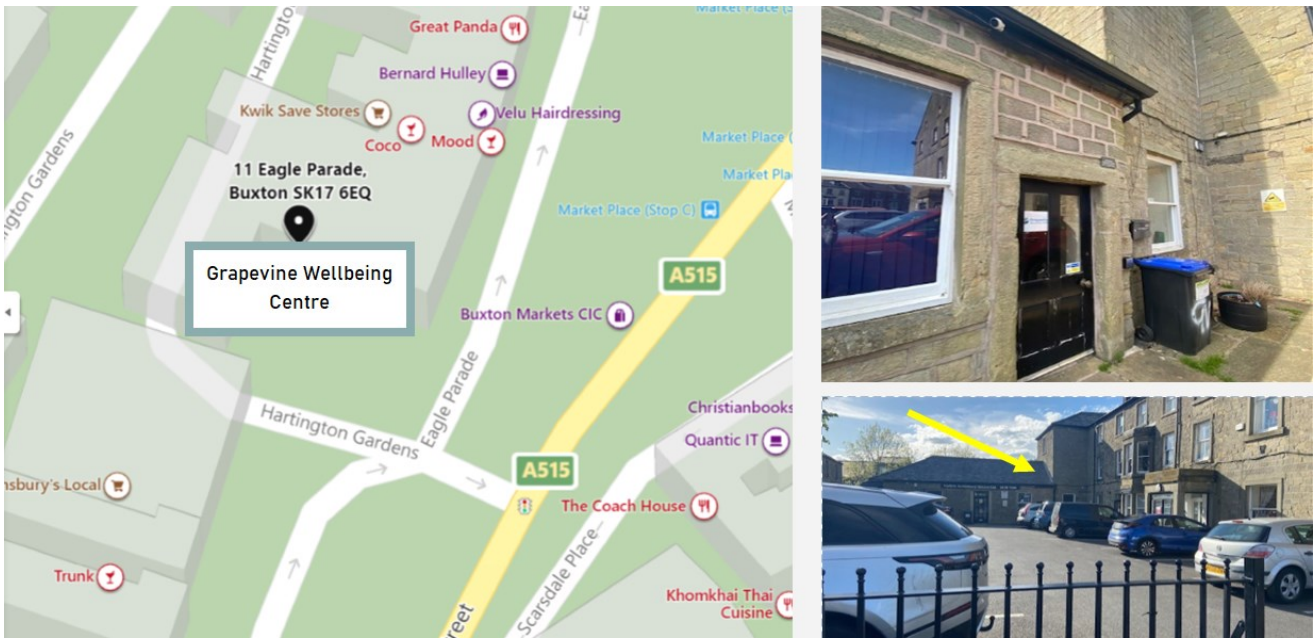
### Derbyshire Recovery Partnership

Support if you, or someone you know, has problems with alcohol or drugs. Friendly and non-judgmental way to help address substance misuse problems.

Tel: 0124 620 6514

Email: info@derbyshirerecoverypartnership.co.uk

## How to find us



**Grapevine Wellbeing Centre,**

**2B, 11-13 Eagle Parade, Buxton, Derbyshire, SK17 6EQ**

**Please check our website or social media for our opening hours and regular centre updates**

**Tel: 01298 72965**

**email: [welcome@grapevine.com](mailto:welcome@grapevine.com)**



**grapevinewellbeing**



**@BuxtonGrapevine**

## Centre Hire

It is possible to hire our centre outside of our opening hours., this may be for team meetings, professional training days or to deliver workshops or groups with a mental health or wellbeing focus. Please do get in touch to enquire.