



**Vernon Street  
Medical Centre**

13 Vernon Street  
Derby  
DE1 1FW  
Tel: 01332 332812



**The Lanes  
Medical Centre**

147 Normanton Lane  
Littleover  
Derby  
DE23 6LF  
Tel: 01332 271374

### Comments, concerns or complaints?

If you have any comments, concerns or complaints and you would like to speak to somebody about them please telephone **01773 525119** or email [pet@dchs.nhs.uk](mailto:pet@dchs.nhs.uk)

### Are we accessible to you?

This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please call;

01773 824171 extension 5587, or email us [communications@dchs.nhs.uk](mailto:communications@dchs.nhs.uk)

### Here are just some of the teams we work with on your behalf:

- Adult Social Services
- Advocacy Services
- Befriending Services / Community Support Groups / Luncheon Clubs
- Care Link
- Community Matrons
- Community Mental Health Team
- Community Safety / Fire Service / Police
- Community Therapy Teams / falls services
- Continence Services
- Counselling / Bereavement Support Groups
- Dementia/Making Space/Alzheimer's Society
- Derby Advice/Welfare Rights/DWP
- Derbyshire Carers / Carers Support Groups
- District Nurses
- GP's / Practice Nurse / Practice Staff
- Handy Person DIY Service / Trusty Trader
- Hearing and Sight Support Services
- Hospital Discharge Teams/Help for Harry/Home from Hospital
- Hospital Admission & Discharge Teams
- Housing Associations
- Live Well
- Local Area Coordinators
- Long Term Condition support services such as Parkinsons, respiratory, heart failure, stroke etc
- Palliative Care Team / MacMillan / Treetops
- Patient Transport Services
- Podiatry Services
- Royal British Legion / ex forces support
- SPA (Single Point of Access)
- Respite Care / Day Centres
- Wheelchair Services

## Care Coordinators in Derby City GP Practices

**We are here to help  
you stay safe and  
well in your home by  
offering support,  
advice and  
information on  
services available in  
the community.**

## **Care Coordinators**

Are part of the Community Support Team employed by Derbyshire Community Health Services. We are based at your local GP Practice.

We can link between all the different services and organisations in the community.

We can help you to get the support you need to remain independent in your own home for as long as possible.

If you are a family member or carer of someone and you also feel you need some extra help, support or information we can help you too.

## **How We Can Help**

We can help in a variety of ways, for example:

- Have you got poor mobility?
- Do you struggle with personal care, bathing etc?
- Would you benefit from equipment such as grab rails, raised toilet seat?
- Are you struggling with shopping or cooking?
- Would you like to get out more, are you lonely?
- Have you fallen recently?
- Are you are a carer and struggling?
- Are you worried about your memory?
- Do you worry about your energy?
- Have you had a full benefit / income check?
- Would you like support from bereavement groups or services?
- Would you benefit from the Handyperson DIY scheme?
- Have you had a home safety check i.e. fire alarm, door locks etc.
- Do you struggle to manage your long term health conditions?
- Do you understand your medications?
- Would you like advice on living well?

If in doubt, contact your Care Coordinator for

advice and support.

## **Referral to the Care Coordinator**

If you are over the age of 18 and would like to know more about how we can help. Either ask your GP (or any other health professional) for a referral or alternatively you can self refer by contacting :

**Julie Smith  
Care Coordinator**

**Vernon Street Medical Centre  
Tel: 01332 332812**

**The Lanes Medical Centre  
Tel: 01332 271374**

**Days of Work:-  
Monday, Tuesday and Friday Morning**