

## National

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

<https://www.placesofwelcome.org.uk/>

## Derby

 [Advice Drop-In](#) | Advice4All at the St James Centre | Fridays

 [Art for Life](#) | Artcore | Wednesdays

 [Art of Healing](#) creative sessions | Artcore | Tuesdays

 [Boccia and Brunch](#) | A2C | Tuesdays

  [Chatterbox Cafe Mental Health Drop-In](#) | Derbion Community Hub | Fridays

 [Community Kitchen](#) | Derby A2C | Tuesdays

 [Debt and Benefit Advice Clinic](#) | Derby City Mission's Jubilee Clinic | First and third Thursdays of the month

 [Elaston Castle Walk](#) | Sofa2Stroll+ | Third Thursday of the month

 [Emotional Recovery Through the Arts](#) | Derby Women's Centre | Tuesdays (*until 31 March 2026*)

 [Gong and Sound Baths](#) | Gong Space | Fortnightly on Wednesdays

 [Home Away from Home](#) free art workshops | Artcore | Thursdays

 [Ilkeston 10-mile bike ride](#) | Ilkeston Cycle for Health | Mondays

  [Inclusive Wellbeing Warm Space](#) | ID Derby | Tuesdays

 [Indian Dance Classes](#) | Dhwani Dance Academy | Saturdays

 [Knit & Natter](#) | Artcore | Derby

 [Pottery Classes with Kathryn Borg](#) | Artcore | Saturdays

 [Running Club](#) | Derby Refugee Advice Centre | Thursdays

 [Shared Reading](#) | Derby Book Festival | Fortnightly

- 👉 [Social Club](#) | Sunnyhill Community Centre | Saturdays
- 👉 [Team Talk Darts and Pool](#) | Derby County Community Trust | First Tuesday of the month
- 👉 [Walking Cricket](#) | Derbyshire County Cricket Club | Fridays
- 👉 [Walking Cricket women's only sessions](#) | Derbyshire County Cricket Club | Mondays
- 👉 [Warm Space at Safe and Sound](#) | Wednesdays
- 👉 [Wellbeing Wednesdays with Wendy: Yoga](#) | Derby Women's Centre | Wednesdays
- 👉 [Women's Coffee Morning](#) | Derby City Life Links | Wednesdays
- 👉 [Women's Safe Space](#) | Derby City Life Links | Wednesdays
- 👉 [Yoga for Wellbeing Sessions](#) | Gong Space | Wednesdays

## Derbyshire

- 👉 [18-30s Peer Support Group](#) | Derbyshire Recovery & Peer Support Service | Weekly
- 👉 [Accessible Walk & Talk](#) | Derbyshire Recovery & Peer Support Service | Third Saturday of every month
- 👉 [Better Ways to Better Days](#) | Derbyshire Recovery & Peer Support Service | Third Tuesday of every month
- 👉 [BUB \(Bottled Up Blokes\) Club](#) | Wednesdays
- 👉 [Cantelupe Gardens](#) | Derbyshire Recovery & Peer Support Service | Tuesdays
- 👉 [Chair Based Exercises](#) | Pain In-Spired | Tuesdays
- 👉 [Connections Warm Space](#) | New Sawley Methodist Church, Long Eaton, Wednesdays
- 👉 [Creative Arts Group](#) | Derbyshire Recovery & Peer Support Service | Wednesdays and Thursdays
- 👉 [Lunch Club](#) | Cotmanhay Community Network | Tuesdays
- 👉 [Druwithju Yoga](#) | Weekly
- 👉 [Erewash Adult ADHD & Autism Group](#) | Derbyshire Recovery & Peer Support Service | Last Tuesday of the month
- 👉 [Ilkeston Self Help Group](#) | Derbyshire Recovery & Peer Support Service | Thursdays

-  [Ilkeston Track Walk at Rutland Gym](#) | Fridays
-  [Kirk Hallam Wellbeing Session](#) | Derbyshire Recovery & Peer Support Service | Second Wednesday of the month
-  [Let's Talk Together wellbeing group](#) | Wednesdays
-  [Lego Connection social group](#) | Derbyshire Recovery & Peer Support Service | Third Wednesday of every month
-  [Long Eaton Hearts & Minds](#) | Derbyshire Recovery & Peer Support Service | Tuesdays
-  [Long Eaton Horizon](#) | Derbyshire Recovery & Peer Support Service | Thursdays
-  [Long Eaton Self-Help Group](#) | Derbyshire Recovery & Peer Support Service | First three Tuesdays of the month
-  [ManClub - Mindful Motion](#) | Anytime Fitness Swadlincote | Every Friday
-  [The Men's Room](#) | Derbyshire Recovery & Peer Support Service | Mondays
-  [Mental Health Wellbeing Sessions](#) | Derbyshire Recovery & Peer Support Service | Third Wednesday of the month
-  [MENTtal Wealth Group](#) | Elephant Rooms | Second and fourth Wednesday of every month
-  [Mighty Minds](#) peer-led support group for neurodiverse adults | Derbyshire Recovery & Peer Support Service | Wednesdays
-  [Mindfulness, meditation and relaxation class at Infinite Wellbeing](#) | Wednesdays
-  [Mindscapes mental health peer support photography group](#) | Tuesdays
-  [Pathways Women's Group](#) | Pathways of Chesterfield | Thursdays
-  [Pre-Foodbank Support Group at Chesterfield Foodbank](#) | Thursdays
-  [Sims Arts & Crafts](#) | First Wednesday of every month
-  [Singing Friends](#) | Derbyshire Recovery & Peer Support Service | Tuesdays
-  [Snap and Chat Connect Walks at Langley Mill](#) | Once a month
-  [Staveley Social Club](#) | B:Friend | Wednesdays
-  [Straws Bridge Nature Reserve Walks](#) | Sofa2Stroll+ | Third Tuesday of the month
-  [Something to Sing About](#) | Mondays

- [Toasty Thursdays](#) | Erewash Voluntary Action | Thursdays (8 Jan to 26 Feb 2026)
- [Thursday Evening Yoga](#) | The Luna Shala Yoga Studio, Ilkeston | Thursdays
- [Volunteer Coffee Morning](#) | Erewash Voluntary Action | First Wednesday of every month
- [Walking Football at Ilkeston Town Football Club](#) | The Manor Foundation | Tuesdays
- [Walks 4 Wellbeing](#) | Derbyshire Recovery & Peer Support Service | First three Sundays of the month
- [Warm & Welcome Club](#) | Insight Community Project CIC | Mondays (12 Jan to 23 March 2026)
- [Warm Space](#) | Cotmanhay Community Network | Tuesdays (starting 13 January 2026)
- [Warm Spaces Community Drop In](#) | The POD | Mondays (17 January to 9 March 2026)