

USEFUL CONTACT INFORMATION

Derbyshire Autism

Unit 3A, Unicorn Business Park
Wellington Street, Ripley, DE5 3EH

Contact - 01773 741221
enquiries@derbyshireautismservices.org
www.derbyshireautismservices.org

Positive Parenting

Derbyshire County Council
GodkinHouse, Ripley

Contact your local Multi Agency Team - 01629 531585

Homestart – Amber Valley (0-5 Behaviour)

Unit 1A Unicorn Business Park
Wellington Street, Ripley, DE5 3EH
Contact - 01773 746264

Frantic Families Support Group

Contact 07903 500 233
Email leigh.morton@talktalk.net
Monthly meet at Langley Mill Welfare

First Steps – (Eating Disorders)

Contact – 01332 367571
16 Agard Street, Derby
www.firststepsderbyshire.co.uk

LGBT

Contact – 01332 207704
www.derbyshirelgbt.org.uk

Your GP should be your first point of contact regarding health concerns

Please remember that whilst parenting is the most wonderful experience in the world it can also be frustrating at times – **kids will test you, it's normal**

Frantic Families
Support group for parents, grand-parents and carers who have children & young adults who have autism, ADHD and other associated conditions/disorder, covering Amber Valley area.

Be firm but fair
Be consistent
Focus on good behaviour
Give praise
Don't hit
Work together
Love
Make time
Remain calm

Positive Parenting

A 12 week parenting-carers course that aims to improve parent/carer-child interactions and build positive relationships and attachment. This includes the importance of putting routines and boundaries in place and supporting children with their problem solving skills. For more information, contact 01629 531585

Rewards

Rewards should always be 100% positive.

Things to remember when rewarding a child.

- Reward them as soon as they do what you want them to do.
- Always praise them (give hugs, kisses or smiles)
- Always say exactly why you are pleased with them
- Don't promise rewards that you can't give

Rewards can be Kisses Praise Hugs
Watching favourite TV programmes
Activities Trips Playing a game Stars on a chart
Something special to eat

Boundaries and routines should be set to make everyone's lives easier. For example,

Plan meals and keep an ongoing shopping list Prepare clothes and school bag the night before

Routines help to make your child feel secure and help to make your life run more smoothly Be prepared

- organise routines means that your child knows what is expected
- if you are in control your child will pick up your positive vibes
- If you are stressed your child is far more likely to misbehave

Grooming

What is it? Signs and how to protect children

Grooming is when someone builds an emotional connection with a child to gain their trust for the purpose of sexual abuse, sexual exploitation or trafficking.

Children can be groomed online or face-to-face, by a stranger or by someone they know. For example, a family member, friend or professional.

Groomers may be male or female. They could be any age. Perpetrators can be male or female from any background, any age group or ethnicity. Often, perpetrators are well-liked, articulate and plausible. Sexual exploitation can also happen between young people and peer groups. Child sexual exploitation can occur in cars, hotels, houses, clubs and legitimate business premises, with a young people returning home afterwards.

What is child sexual exploitation?

Child sexual exploitation is a serious issue that can affect thousands of young girls and boys throughout the UK.

Child sexual exploitation is the abuse of children and young people up to the age of 18, particularly where the young person is being manipulated, coerced or forced into engaging in sexual activity. As a form of manipulation and control, the young person may receive gifts, affection, drugs, alcohol or attention from their abuser. Commonly, the young person may believe they are in a loving, consensual relationship, when in fact they are being exploited.

How do I know if a child or young person is being exploited?

It can be difficult to identify, but here are some common warning signs:

- Going missing frequently
- Regularly missing school or college
- Having unexplained or unaffordable new items in their possession
- Reducing their contact with family and friends
- Having older boyfriends, girlfriends or friendship groups
- Suffering from sexually transmitted infections
- Displaying inappropriate sexualised behaviour
- Drug or alcohol misuse
- Emotional distress, mood swings or secrecy

Call Derbyshire
01629 533 190
(office hours)
01629 532 600 (out
of office hours)
Safe and Sound,
Derby
01332 362120
[www.safeandsound
derby.co.uk](http://www.safeandsound
derby.co.uk)

Online Safety

What are the risks of 'sexting'?

No control of images and how they are shared.

It's easy to send a photo or message but the sender has no control about how it's passed on.

- When images are stored or shared online they become public. Some young people may think that images and ideas only last a few seconds on social media and then they're deleted, but they can still be saved or copied by others!

NSPCC - let's keep kids safe online 0808 800 5002

Child Exploitation and Online Protection

www.ceop.police.uk

Parents against child sexual exploitation www.paceuk.info

UK Safer Internet www.saferinternet.org.uk/sexting

Cyber Bullying

Cyber bullying is **any** form of bullying which takes place online or through your mobile phone. You can be cyber bullied by

- Emails
- Social network sites
- Phone calls or text messages
- Instant messenger and chat rooms
- Interactive gaming
- Being sent viruses Tell someone you trust. Cyber bullying is done on purpose and it can make your young person feel frightened and upset.

NSPCC - www.thinkuknow.co.uk

www.mencap.org.uk

www.childline.org.uk



Looking for work or training?

Job Centre Tel: 0345 604 3719

The Job Centre can support with making benefits claims, as well as have information on local jobs.

Belper 54 King Street
Alfreton 47 King Street
Heanor High Street

Multi Agency Team Personal Advisors

If you are aged 16-19, you can get help and support from your local Personal Advisors. This is a service for young people to help them find education, employment and training.

Godkin House: 01629 531585

National Careers Service

The National Careers Service can provide you with information, advice and guidance on learning and work. To contact the Amber Valley advisor, call 0800 100 900 (8am to 10pm, 7 days a week).

nationalcareersservice.direct.gov.uk

Other useful websites

www.indeed.co.uk

www.gov.uk/jobsearch

www.monster.co.uk

www.gov.uk/jobseekers-allowance/overview

Do you need **childcare** to be able to access work or training?

Visit www.derbyshiresendlocaloffer.org to find out about local childcare.

Local Foodbanks

The Salvation Army

25 Heath Road
Ripley
DE5 3EN

01773 741 932

www.salvationarmy.org.uk/ripley
ripley@salvationarmy.org.uk

Community of Christ

Thanet Street
Clay Cross
S45 9JS

07899 878 398

www.claycross.foodbank.org.uk
info@claycross.foodbank.org.uk

South Normanton Area Foodbank

The Junction 28 Church
The Common
South Normanton
DE55 2EP

01773 810410

www.southnormantonarea.foodbank.org.uk
info@southnormantonarea.foodbank.org.uk

Derbyshire Discretionary Fund

You can apply for an 'exceptional pressure grant' or 'emergency cash payment'.

Call Derbyshire County Council on 01629 533399,

Monday to Friday, between 10am and 4pm.

To find the foodbank that's nearest to you, or for more information about support available visit

www.trusselltrust.org/