Monday, 27 April 2020

DERBYSHIRE County Council

Locality

Covid-19 - Community updates

For further information please contact your Youth and Community Engagement Workers:

Name	**Michelle Selby**	**Helen McAra**
Contact detail	**07500 127612**	**07919 227984**

Contents

- **Foodbanks**
- **Money and Finance**
- **Housing**
- **Mental Health/Emotional wellbeing/ Staying active**
- **Domestic violence**
- **Safeguarding**
- **Parental Support**
- **Education**
- **Employment/ Training**
- **Community Support**
- **Alcohol and Substance misuse support**
- **Support for Children and Young People**
- **Volunteering**
- **Any other Local info.**

Monday, 27 April 2020

Foodbanks

Local Info

Heanor https://www.salcare.org.uk/

59 Ray Street, Heanor, DE75 7GF
Friday 10am -1pm take own bag. Walk in accepted or referral from agency.

South Normanton Zion Methodist Church Wednesday 9am 1pm
Trussell Trust (referral from Agency)
South Normanton - Junction 28 Church - Fridays
St Michaels Church Tuesday and Friday 1.30pm to 2.30pm
Alfreton House Alfreton Wednesday 2pm 3pm
Belper
Hope for Belper
https://hopeforbelper.com/the-basic-idea/ The foodbank will still be open to those with a referral but bags will be pre packed and given out at the door rather than having clients come in and wait.
Riddings /Somercotes https://www.oscari-online.com/
Oscari We shall be batch cooking soup and transferring it into food safe containers and freezing/distributing to those most in need/vulnerable people.
If you know of anyone who would benefit from food being delivered to them please message us or contact Tracy or Sarah-Jayne on our numbers which are on the page.
We will be operating food bank only.
Food bank will be available
Tuesday 12 until 2pm
Friday 10am until 12 midday
Food bank will operate on a locked door policy.
This means that the doors to the church will be locked.
You will knock on the front door and once we see you through the window, you will then retreat behind the gate.
We will bag up the food for you and spray the bag with either a dettol spray or nilco food grade sanitiser spray, we will then, once you are behind the gate , open the door and place the bags of food on the floor, you can then retrieve your food parcel once we have closed the doors again.
Eastwood/Langley Mill
Eastwood Volunteer Bureau at the rear of Eastwood Library Friday 10am -1pm
St Andrews Church, Station Road Langley Mill. Friday 1.30pm to 4pm Jean Bailey 07407634683 - **Bags will be ready for collection and reduced contact. No new families/requests, unless known to them already.**

Monday, 27 April 2020

DERBYSHIRE County Council

Cooking on a budget

Jack Monroe's recipes provide families who are struggling on a tight budget might benefit from having some very inexpensive and easy recipes to use.
https://cookingonabootstrap.com/

Cash support for food redistribution during coronavirus outbreak

The government has announced a £3 million fund for food redistribution organisations help them cut food waste during the coronavirus outbreak. All food redistribution businesses and charities will be encouraged to bid for grants over the coming month, including those whose volunteer programmes have been affected by social distancing measures or those that cannot access their usual commercial support network.

https://www.gov.uk/government/news/cash-support-for-food-redistribution-during-coronavirus-outbreak

If you've been referred, you should be told where the food bank is. If it's run by the Trussell Trust you can check the address on their website. If you live in a rural area and can't afford to travel, your nearest food bank might be able to deliver. Call or email them to check

the trussell trust
Stop UK Hunger

Trussell Trust

www.trusselltrust.org
enquiries@trusselltrust.org

Rural Action DERBYSHIRE

Rural Action Derbyshire

www.ruralactionderbyshire.org.uk
Phone: 01629 592970
They have an alphabetical list of all food banks.

Money and Finance

Local Info
Amber Valley CVS
https://avcvs.org/

Free School Meals Information

In 2018 the government made a 'fix' to the legislation that covers Free School meals so that it could work with Universal Credit (they hadn't thought about free school meals when they designed UC). This fix means that any child that becomes eligible for free school meals now until the rollout of UC is finished (originally 2022 – now looking more like 2024) retains their eligibility even if their income rises again. This eligibility remains in place until the child leaves school (either primary or secondary).

Families who are claiming UC currently may only need to claim for a short period and probably won't know they are eligible or won't think it is worth claiming – but they are potentially losing out on years of entitlement for their child(ren) and the additional funding for their school(s) - £935pa - £1,320pa.

Department for Work & Pensions		**website**

	This website gives the most up to date government information for benefits, Universal Credits etc.	
Help where you want it, when you need it... Registered Charity No.1094369	**Citizens Advice** There is general advice specifically about COVID-19 on the national Citizens Advice website here: We cover a wide range of issues including… Housing (renting and home ownership) Debts and Money Problems Family and Relationships Health and Social Care Energy Efficiency Employment Consumer Benefits Our advice is free, confidential, impartial and independent.	Call our Derbyshire Districts Advice line: Monday to Friday 9.00am - 4.00pm 0300 456 8390 (See reverse for call charges) **website**
	Benefits during the Coronavirus This link has the most up to date information for benefits, Universal Credits etc. The Information is updated daily	**website**
	Derbyshire Discretionary Fund The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster	**website**
	Money Advice Service The Money Advice Service gives guidance and help with how to manage your money better.	**Website**

	Step change Contact the UK's leading debt charity to get expert debt advice and fee-free debt management to help you tackle your debts. Step Change Debt Charity.	**website**
	Money Saving Expert Employment Help	**Website**
	The Stop Loan Sharks Helpline Service - Ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship is fully operational during the COVID-19 pandemic-	24/7 hotline 0300 555 2222 Text a report 07860022116 shark@stoploansharks.uk **website**

Housing

Local Info

DERBYSHIRE County Council

Please contact your housing provider or mortgage lender (these details will be on any correspondence that you have received from your provider)

Mental Health/Emotional wellbeing/ Staying active

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives, as the government and the NHS take necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention.

It may be difficult, but by following guidance on social distancing, or staying at home, you are helping to protect yourself, your family, the NHS and your community.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

Local Info

	Mind; For better mental health Support and advice to empower anyone experiencing mental health.	**website** **Telephone:** 0300 123 3393 **Text:** 86463 online chat available
	Kooth An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.	**website** Online chat: Available
	Qwell Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website.	**website** Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends
	Derbyshire LGBT+ Specialist LGBT+ support for young people and their families across Derbyshire. Currently offering online support via youth groups, one to one support over the phone and email. Online chat: Available on Facebook www.facebook.com/derbyshirelgbt/	**website** **Telephone:** 01332 207704 **Email:** INFO@DERBYSHIRELGBT.ORG.UK

	Every Mind Matters Every Mind Matters is the new national platform for good mental health, from Public Health England. It aims to make it easier for everyone to look after their own wellbeing and improve their mental health, by providing a digital hub full of advice, tips and resources and a new online tool to help everyone create their own action plan.	**website**
	Samaritans What support do they offer? Offering mental health support and can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.	**website** Telephone: 116123
	CRISIS Team	Phone: 01332 623700
	Calm Harm Free app to help manage self-harm urges: Website:	**website**
	Place2Be Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They have lots of online resources for professionals to support through the covid-19 pandemic.	**website** **Telephone:** 020 7923 5581 **Out of hours:** 07850 265681
	Mental Health Foundation	**website**

	Men-Talk Men-Talk is all around the subject of improving men's mental health, raising awareness, removing the stigma and ultimately reducing male suicide. Men-Talk are continuing to offer mental health support to anyone who needs it. They are providing talks, listening, sharing and signposting online.	Email: mentalkmeeting @gmail.com
	Action for Children We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources. Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet https://www.actionforchildren.org.uk/support-for-parents/	**website**
	Child line Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.	**website** Telephone: 0800111 Online Chat: Available on their website
	Rethink Mental Health We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. We do this by offering targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire, and also peer support groups where there is a need	**Website** **Telephone:** 01773 734989

Monday, 27 April 2020

 THE MIX Counselling & Peer Support First Steps	**The Mix** Essential support for under 25's, including mental health, housing and relationships **Online Support Schedule** Activities are running everyday via Zoom or Social Media platforms. You can get engaged with some Mindfulness sessions, learn new skills at Mental Health Training, get creative at Art Workshops or join one of our fantastic wellbeing groups where you can talk and discuss different topics with other people	Website

Monday, 27 April 2020

DERBYSHIRE County Council

Online Support Schedule

First Steps

Monday

9:00-9:20
Mindfulness Monday Morning

with Clair, Mindfulness Practitioner and Specialist Support Officer

11:00-12:00
Art Workshops

with Lorna Collins a great recovery spokesperson who is running creative art workshops in collaboration with First Steps

Tuesday

18:00-19:00
Eating Disorders in Student Services (EDISS) Group

This is a continued support we offer for students in higher education struggling with eating difficulties

19:00
Live Stream Mindfulness sessions

with Clair via Facebook and Instagram

Wednesday

16:00-17:00
Feeling Good Wednesday!

with Sam, our Specialist Support Officer

Themed session which will allow time for discussion.

Registration required.

Please contact: samr@firststepsed.co.uk

Thursday

15:00-15:30
Mental Health Training

with Maria, Training and Events Manager

18:45-19:45
ALTERNATIVE WEEKS

WEEK 1 Kundalini Yoga for anyone interested, facilitated by Racheal
Please contact for more details lisa@firststepsed.co.uk

WEEK 2 All Ages group for new and existing service users with eating difficulties facilitated by Lisa, trained nurse and training facilitator

Friday

11:00-12:00
Art Workshop

with Lorna Collins a great recovery spokesperson who is running creative art workshops in collaboration with First Steps

14:00-14:30
Stress Free Friday

with Ria, Chantay and Marta, our amazing volunteers who will bring some positivity, self-care and useful distractions to reduce your stress levels

ChatED

Live Chat Support via Facebook available Monday-Friday 9-10, 12-13, 15-16 @firststepsedchated

Saturday

11:00-12:00
Start the Weekend Right

with Judith and Diljit, our fabulous volunteers, who run this group to support your general wellbeing, discuss different topics and bring some optimism to your coming weekend. Registration required. Please contact: rose@firststepsed.co.uk

All of the groups are free to attend and most of them are open to EVERYONE! To attend the sessions please click on the Zoom links posted on our social media or email us at info@firststepsed.co.uk for more information

Domestic Violence

If you are in immediate danger call the police 999

For more advice and guidance on domestic abuse, please see https://www.gov.uk/guidance/domestic-abuse-how-to-get-help

Local Info

DERBYSHIRE County Council

Salcare
Here to make a difference

Salcare Escape domestic abuse supports all genders from all communities Due to Covid 19 we have had to suspend face to face support until further notice.
We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday
Website www.salcare.org.uk
enquiries@salcare.org.uk Telephone 01773 765899
lizzie.nugent@salcare.org.uk Telephone 07484 051964
ann-marie.miller@salcare.org.uk Telephone 07599 999139
we will respond to you as soon as we can, leave a message to tell us when it is safe to contact you.
If you need to leave the following will be useful, leave photocopies with a friend or relative if you are afraid that they will be missed by your abuser.

- **Keep a copy of your passport or national insurance number**
- **Information about universal credit etc**
- **Details of your bank account**
- **Any medical needs including a list of any medication**

Derby City Domestic Abuse Service – 0800 085 3481 (9 -6)
Derbyshire Domestic Abuse Service – 0800 019 8668 (from April 1st 8 – 7)
National LBGT+ Domestic Abuse Helpline – 0800 999 5428
SAIL (sexual abuse and incest line) help and advice - 0800 028 2678
SV2 - **01773 746 115**

https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/

http://safelives.org.uk/news-views/domestic-abuse-and-covid-19

https://chat.womensaid.org.uk/

https://mensadviceline.org.uk/

http://respect.uk.net/

Monday, 27 April 2020

DERBYSHIRE County Council

If you are in immediate danger call the police 999

08000 198 668 Derbyshire 24/7 helpline
https://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx

	The National Domestic Abuse Helpline Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.	**website** 0808 2000 247 24 hours a day Free Calls
SaferDerbyshire The website for community safety in Derbyshire	**Safer Derbyshire** Derbyshire 24/7 helpline	**website** 08000 198 668
women's aid	**Women's Aid** Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.	**website**
	The Men's Advice Line A confidential helpline for male victims of domestic abuse and those supporting them.	**website** 0808 801 0327
The National LGBT Domestic Abuse Helpline galop .ORG.UK	**Galop** Domestic Violence support for members of the LGBT+ community	**website** 0800 999 5428 help@galop.org.uk
Salcare Here to make a difference	**Salcare** Domestic abuse support for all genders from all communities	**website** enquiries@salcare.org.uk

	We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday **Respect** Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.	01773 765899 **website** 0808 8024040

Safeguarding

Local Info

STARTING POINT A new way of working in Derbyshire.	**Derbyshire County Council** If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/Starting Point.	**website** Call Derbyshire 01629 533190 Starting Point 01629 535353
NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk	**NSPCC** Support for Children and parents in regard to mental health, safety, bullying etc.	website
childline ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111	**Child Line** If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.	website

Parental Support

Monday, 27 April 2020

DERBYSHIRE County Council

Local Info

Cooking on a budget Jack Monroe's recipes provide families who are struggling on a tight budget might benefit from having some very inexpensive and easy recipes to use.	**website**
Coronavirus updates Lockdown help with the latest information on supermarkets, MOT's and more.	**website**
DIY Haircuts	**website**
The Breastfeeding Network the Breastfeeding network It's a strange and unsettling time for everyone right now, especially new parents. We've had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there's still lots of support we can offer you. We will update this document as things develop but here's what you can expect from us over the coming weeks	**Website**
Newsround newsround What support do they offer? Relevant news and information for young people aged 6-16. They also offer information and advice on topics like Covid-19, managing feelings etc.	**website**

Covid-19 Entertainment Keep your family informed and entertained during the coronavirus shutdowns with parenting articles, study tips, science experiments, homework resources, cute videos, and more. https://www.nationalgeographic.com/family/in-the-news/coronavirus/ https://www.familyfuntwincities.com/boredom-busters/ https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resourceskids https://www.telegraph.co.uk/family/life/things-do-kids-home-ideas-bored-childrenentertained-self-isoaltion/ free colouring pages for children:https://www.hobbycraft.co.uk/ideas/kids/free-printables-kids-colouring-pages Craft club information: https://www.hobbycraft.co.uk/ideas/kids/kids-craft-club Colouring pages and patterns/ project ideas: https://blog.hobbycraft.co.uk/make-it-share-it/free-downloads/ Crayola colouring pages: https://www.crayola.com/free-coloring-pages/new-coloring-pages/ Colouring pages for children and adults: https://topcoloringpages.net/	

Education

Local Info

Monday, 27 April 2020

Primary School Resources **Secondary School Resources**	**website** **Homework Resources** Primary Resources https://www.twinkl.co.uk/resources **website** https://www.twinkl.co.uk/resources/keystage3-ks3-teachers-toolbox/homework-help-revision-packs-teacher-toolbox-secondary/school-closure-support-free-taster-packs-ks3-ks4

Employment/ Training

Local Info

Links CVS
Amber Valley CVS
https://avcvs.org/

Learn through Volunteering

Learn new skills through volunteering, working to protect our country-side or help others

MOOC! There are loads of free on line learning courses available.

This link takes you to the Open Universities wide selection of on line courses that are free to access

Monday, 27 April 2020

Community Support

Local Info

Neighbourhood Watch Network

The Neighbourhood Watch Network supports individuals and groups to create safer, stronger and active communities. To find your local neighbourhood watch please go the OurWatch website on the link below and enter your postcode.

Website

Alcohol and Substance misuse support

Local Info

Change Grow Live	**Change Grow live** Supporting young people who are using drugs or alcohol, feel they have a problem and want some help. We're not here to judge you or tell you what to do, but we can help you make the changes you want to make.	**website** **Telephone:** 01773 303646 **Email:** derbyshire@cgl.org.uk.

Monday, 27 April 2020

	Derbyshire Recovery and Peer Support Service The Derbyshire Recovery and Peer Support Service has set up a helpline. Monday to Friday - 09.00 - 17.00 (Will be reviewed regularly and times/days could be expanded).	**Helpline Number:** 01773 734989

Support for Children and Young People

Local Info

Childrens guide to Coronavirus
Website

Covid-19 Packs for Children
Website

Action for Children - www.actionforchildren.org.uk

What support do they offer? We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources.
Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet
Website

ChildLine – Website

What support do they offer? Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.
Telephone: 0800111 **Online Chat:** Available on their website

UNICEF for Every Child

Website

ONLINE Postal Condoms
Website

Volunteering

Local Info

Monday, 27 April 2020

Coronavirus (COVID-19): health, care and volunteer workers parking pass and concessions

This guidance describes the terms of use around the government's free council car parking scheme for NHS workers, social care workers and NHS Volunteer Responders.

Derbyshire Fire and rescue Service – Befriending Service - Website

"Staff working on our telephone befriending service will contact people who are already known to the Service, over the age of 70, or identified as vulnerable and have a general friendly chat about a range of subjects".

Website -

Any other Local info.

Childrens Centres Support for 0-19 yrs Please ring before visiting.
Alfreton 01629 533066
Langley Mill 01629 533677
Heanor 01629 532616

National Careers Service

Information of our service during the Covid-19 outbreak
Our centres are currently closed for face-to-face appointments, but we're still offering impartial information, advice and guidance in other ways. Get in touch if you're looking for work, training, education and / or recently been made redundant?

Derbyshire County Council National Careers Service are continuing to work to support Derbyshire residents and are open to referrals. This support will be via telephone, Skype, text and / or email.

Please get in contact with your local Careers Coach as listed below:
Chesterfield (Dronfield/Staveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873
Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadlincote) contact Chris Ellerington 07896 804096
High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263

Monday, 27 April 2020

North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald 07967 308905