MAY 2021

For further information or to add any additional information to the document please contact your Youth and Community Engagement Workers:

Name: Mikey Heald— Youth and Community Engagement Worker

Contact details Tel: 07929851143

Email: Mikey.Heald@Derbyshire.gov.uk

Contents:

- **Foodbanks**
- **Money and Finance/welfare Benefits**
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- **Any other Local info.**
- **Online Directories**

We would like to thank everyone for there support regarding the community updates, and we have amended the document with some of the feedback which we have received. This includes a toolbar on each page which will take you directly to the category that you are looking for.

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OSCARI

Oscari Food Bank – Ridding's and Iron village

Our food bank operates on an appointment only basis, we are open for food bank on a Monday and Wednesday and appointments start at midday until 3pm.

www.facebook.com/oscarisocial tracy-anngibson1982@gmail.com 07570307195

mcghee.s@sky.com 07842906461 chris-ibbs78@googlemail.com 07738221330

OSCARI
Church of Christ,
Colledge street
Riddings
Derbyshire
De55 4ez

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

You must call on Fridays between 10:00 – 13:00 to request support please do not just turn up.

Alfreton Support Network Foodbank

Independent foodbank at Alfreton House Tearooms.

They can help with food parcels, shopping and collecting prescriptions.

Call 07476 819855 or 07790 309871

South Normanton Food Bank

01773 811273 or 07999 551691

http://southnormantonarea.foodbank.org.uk/

info@southnormantonarea.foodbank.org.uk

Opening Times—Tue 13:30—14:30

Fri 13:30—14:30

Church Street
South Normanton
Alfreton
Derbyshire
DE55 2BT

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GOV.UK

Cash support for food redistribution during coronavirus outbreak

For mor information visit the website

Cash support for food redistribution during coronavirus outbreak - GOV.UK (www.gov.uk)

the trussell trust Stop UK Hunger

Trussell Trust

Website

enquiries@trusselltrust.org

Rural Action DERBYSHIRE

Rural Action Derbyshire

Website

Phone: 01629 592970

They have an alphabetical list of all food banks.

If you would be interested in getting involved, please contact Jo Peck at j.peck@ruralactionderbyshire.org.uk

FREE SCHOOL MEALS Easy. Confidential. Online. Apply now at www.derbyshire.gov.uk/freeschoolmeals

Universal Infant Free School Meals (UIFSM)

Free school meals: guidance for schools and local authorities - GOV.UK (www.gov.uk)

Guidance about free school meals and transitional protection arrangements for them under Universal Credit.

To get your free meal please ask at your child's school.

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Welfare Benefits

DERBYSHIRE County Council
Improving life for local people

www.derbyshire.gov.uk/welfarebenefits

Help and advice with welfare benefits and tax credits.

Contact us

Email welfarebenefits@derbyshire.gov.uk or phone our benefits helpline, 11am-4.00pm, Monday, Tuesday, Thursday, Friday, on 01629 531535.

Derbyshire Discretionary Fund

DERBYSHIRE County Council
Improving life for local people

Derbyshire Discretionary Fund (DDF) - Derbyshire County Council

Phone number : 01629533 399

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.

Benefits during the Coronavirus

UC Universal Credit

Coronavirus support for employees, benefit claimants and businesses - GOV.UK (www.gov.uk)

This link has the most up to date information for benefits, Universal Credits etc.

The Information is updated daily

Department for Work & Pensions

Department for Work & Pensions

Coronavirus support for employees, benefit claimants and businesses - GOV.UK (www.gov.uk)

This website gives the most up to date government information for benefits, Universal Credit etc.

Covid-19 Cyber and Fraud Information Sheet

East Midlands Special Operations Unit

Website

This advice has been collated by EMSOU and is intended for wider distribution within the East Midlands Region to raise awareness among businesses and the public.

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Winter Pressure Single Contact point

DERBYSHIRE County Council
Improving life for local people

Signposting, referral and advice service.

professional referrals only.

ASCH.CommunityResponseUnit@derbyshire.gov.uk

Call 01332 640000

Visit the website for more information.

Winter Pressures - pathway for professionals - Derbyshire County Council

CAP debt help

christians against poverty

Free debt counselling.

Call free on—0800 328 0006

Free debt counselling | Christians Against Poverty (capuk.org)

Citizens Advice

citizens advice

Money Advice, Appointments can be booked through the advice line.

Call FREE Monday to Friday 9am-4pm —0808 2787 954

Citizens Advice Derbyshire Districts (ddcab.org.uk)

Family Fund

Family Fund
Helping disabled children

Helping Disabled Children.

Grants available for families raising disabled or seriously ill young people aged 17 and under, contact through website to check if you qualify for a grant, for holidays, equipment, PC's etc..

Family Fund

Money Advice Service

the Money Advice Service

The Money Advice Service gives guidance and help with how to manage your money better.

Online chat, whats app, call 0800138 7777

Free and impartial money advice, set up by government - Money Advice Service

Money Saving Expert

Money Saving Expert

'Cutting your costs Fighting your corner'

Coronavirus Self-Employed & Small Limited Company Help (moneysavingexpert.com)

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Step change

Call—0800 138 1111

StepChange Debt Charity - Free Expert Debt Advice.

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.

Warmer Derby & Derbyshire helpline is open

The Warmer Derby & Derbyshire number is still available:

0800 677 1332

Charis Grants Ltd—Warm Home Discount Scheme
Telephone: 0330 555 9424
Monday to Friday, 9am to 5:30pm (closed on bank holidays)

Warm Home Discount Scheme - GOV.UK (www.gov.uk)

For more information about the scheme visit the website or Contact Charis Grants for more information about the scheme.

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.

Call—0300 555 2222, Text a report 07860022116

shark@stoploansharks.uk

Home - Stop Loan Sharks

Suspicious Email Reporting Service (SERS)

Phishing: how to report to the NCSC - NCSC.GOV.UK

If you receive an email that you think is suspicious, you can forward it to the NCSC at report@phishing.gov.uk and their automated programme will immediately test the validity of the site. Any sites found

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Digital MOT

Welcome to your Digital MOT (saferderbyshire.gov.uk)

By answering a few simple questions, you can find out the most important steps you can take to protect your devices and avoid being a victim of cybercrime.

Money Sorted in D2N2

Visit the website for financial help in your area.

Main office 0115 9085134

Email info@moneysortedinn2d2.org

Help where you live – Money Sorted in D2N2

Action Fraud

Visit the website to see some simple steps you can take to protect yourself from fraud including Coronavirus-related scams.

Call—0300 123 2040

Action Fraud

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Access to Social Housing

Amber Valley Borough Council is accepting applications to join the Housing Register
and applications can be made on-line through https://www.home-options.org/choice/. Just under 200 applications were made in June.
Housing associations are working hard to make properties available for letting. If you have enquiries please contact Home Options (housing register) - home.options@ambervalley.gov.uk

Disabled Adaptations

Amber Valley Borough Council are working with Derbyshire County Council to make sure that aids and adaptations are provided for clients that need access to their home or to access services within the home. The service can be accessed through Call Derbyshire.

Homelessness and homeless prevention

Amber Valley Borough Council

You can take a look at more information on this webpage about your own circumstances. If you need any more help you can contact us at housing.solutions@ambervalley.gov.uk or call 01773 84140

Ex Armed Forces

Contact the housing solutions team on 01773 841400
or housing.solutions@ambervalley.gov.uk

In addition to the help mentioned above there is a range of services for ex-services people who find themselves homeless and on the streets, for example:

- The Royal British Legion might be able to help with a rent deposit contact www.support.britishlegion.org.uk or call 0808 802 8080.
- SSAFA provide housing advice to people currently serving in the forces and ex services personnel and their families. SSAFA can be contacted through www.ssafa.org.uk or on 0800 731 4880.

Risk of Eviction

Derbyshire Law Centre are available to take calls:

Monday to Friday from 9.30am to 4.30pm on:

Telephone: 01246 550674

Freephone: 0800 707 6990

SMS/Text: 07781482826

Text Box: 018001 01246 550674

Alternatively you can email: dlc@derbyshirelawcentre.org.uk

Amber Valley BC part fund CallB4UServe to support landlords with queries helen.scott@derby.gov.uk 01332 641408

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

Morrisons Foundation –

Covid 19 Homeless Support Fund

Covid-19 (morrisonsfoundation.com)

- Outreach and support to rough sleepers
- Delivery of services in hostels and shelters
- Information and advice

DERBYSHIRE County Council
Improving life for local people

If you're struggling with finances and finding it difficult to pay your rent, it's important that you act as soon as possible to avoid becoming homeless.

Preventing homelessness - Derbyshire County Council

Step Up provides accommodation and support for 16-24 year olds in Derbyshire.

Contact framework on 0115 9986635 or 01298 73798 or email stepup@frameworkha.org

Framework
For your future

DERBYSHIRE County Council

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Sexual Health Matters

Use our online services via the Your Sexual Health Matters website www.yoursexualhealthmatters.org.uk

Only urgent booked appointments will take place in our main clinics at Wheatbridge, Chesterfield and London Road Community Hospital, Derby, Monday to Friday. Patients will be triaged via our information and booking line 0800 328 3383.

Contact

Lauren Atack

Sexual Health Promotion Practitioner (South Derbyshire, Erewash and Amber Valley)

Address: Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY

Phone: 07768036923

The walking groups are great way to meet new friends and to discover the natural beauty of the areas we live in.

Nikki Ottowell

Temp Scheme Co-ordinator

07971 126303

nikki.ottowell@ambervalley.gov.uk

Relaxation.

This first link takes you to a relaxation exercise inspired by “Gathering Qi”:

https://www.instagram.com/tv/B_FLmbcJhQa/

This second link takes you to a relaxation exercise inspired by Daoyin 12 Move 8 “Golden Rooster Heralds the Dawn”:

https://www.instagram.com/tv/B_E_igqpY1R/

This third link takes you to relaxation exercise inspired by Classic 8 Treasures Qigong routine “Holding up the Heavens”:

https://www.instagram.com/tv/B_FU_rLp31H/

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Sporting Communities

As part of our active youth project, we are looking to offer out gym memberships to young people in the Heanor area. We will be running sessions at Full Power Fitness, and we will pay for young peoples membership for one month. Young people would have to be 14+ to access this opportunity; they can attend a session when our staff would be there and as many times as possible within an off-peak period.

If you would like some more details from me, please see my contact information below.

david@sportingcommunitiiescic.org

See website for more details www.sportingcommunitiescic.org

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Mental Health Emotional Wellbeing/ Staying Active:

Derbyshire Community Response Unit

DERBYSHIRE County Council

Community response unit - Derbyshire County Council

If you need help and have no friends or family you can call on, you can register to get help online:

Phone us on: 01629 535091. Our phone line opening hours are:

Monday to Friday from 9am to 5pm

Mental Health and Wellbeing Support for Children, Young People, Parents and Carers during Covid-19

NHS

If you have any questions or concerns then please do not hesitate to contact us:

ddccg.enquiries@nhs.net

NHS Derby and Derbyshire Clinical Commissioning Group

Joined Up Care Derbyshire

Covid-19 health and wellbeing resources - posters in different languages :: Joined Up Care Derbyshire

There are many resources available on the Joined up Care Derbyshire website: https://joinedupcarederbyshire.co.uk/ which brings together information from Health across Derby and Derbyshire.

Every Mind Matters

a good resource site and section on 'Looking after children and young people during the coronavirus outbreak'

EVERY MIND MATTERS

Anxiety | Every Mind Matters | One You (www.nhs.uk)

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Qwell

Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18

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

Derby and Derbyshire: Emotional Health and Wellbeing.

Online toolkit .Sections for professional, parent carer and child /young person

Derby & Derbyshire - Emotional Health & Wellbeing (derbyandderbyshireemotionalhealthandwellbeing.uk)

Samaritans

Offering mental health support. can be contacted by telephone, letter, e-mail and minicom. 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.

"It's alright to ask for help" SAMARITANS 116 123

Samaritans of Derby

Healthwatch Derbyshire

In response to Covid-19 there is now a telephone support line for people looking to access health or care services.

Telephone—01773 880786

10am-3:30pm Mon– Fri

enquiries@healthwatchderbsyhire.co.uk

the Home Office has joined forces with charities including the NSPCC, Barnardo's and The Children's Society to launch a new campaign to protect victims of child abuse.

https://www.childline.org.uk/somethings-not-right

Derbyshire Recovery and Peer Support Service

Derbyshire Recovery and Peer Support Service (rethink.org)

The Derbyshire Recovery and Peer Support Service provides person-centred mental health support across Derbyshire

Telephone: 01773 734989

Rethink Mental Illness. EMOTIONAL SUPPORT HELPLINE MONDAY - FRIDAY 09.00-19.00 SATURDAY & SUNDAY 09.00-17.00 GIVE US A CALL ON 01773 734989 OR TEXT 07537410028 WEBCHAT AVAILABLE AT WWW.RETHINK.ORG/SERVICES-GROUPS/SERVICES/DERBYSHIRE-RECOVERY-AND-PEER-SUPPORT-SERVICE

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Men-Talk

mentalkmeeting@gmail.com

Men-Talk is all around the subject of improving men's mental health, raising awareness, removing the stigma and ultimately reducing male suicide.

Derbyshire County Community Trust

Homepage | Derby County Community Trust

Virtual FREE online sessions for all the family to stay active, involved in their wider community and online interactive challenges

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.

Home - Kooth

Online chat: Available

Action for Children

Daily tips and tricks on how to boost your well-being/ Feeling Good. Offering support around fostering, adoption and through resources.

Action For Children | Children's charity | For safe and happy childhoods

Child line

Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.

Telephone: 08001111

Online Chat: Available on their website

Winston's Wish

Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times. Supporting grieving children and parents.

Winston's Wish - giving hope to grieving children

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The Mix

Essential support for under 25's, including mental health, housing and relationships

The Mix - Essential support for under 25s

new-a-guide-to-staying-at-home-during-the-coronavirus-outbreak.pdf (activenotts.org.uk)

Active Derbyshire/Notts Guide to Staying at Home

Our staying active at home page includes this guide showing physical activity you can do at home, if you're shielding or can't get out, there's some illustrated activities to help you stay active

As part of the Improving Access to Psychological Therapies (IAPT), we provide therapy in Derbyshire and Nottinghamshire. You can access the service if you are registered with a GP in one of these areas.

Self Referral | Trent PTS

Telephone: 01332 265659 Derbyshire

0115 896 3160 Nottingham

To discuss integrated referral routes

jhopkins@trentpts.co.uk

Dr Radha's five mental health tips for lockdown

Dr Radha Modgil from BBC Radio 1's Life Hacks shares her top five tips on how to stay mentally and emotionally well during the coronavirus lockdown

Coronavirus: Dr Radha's five mental health tips for lockdown - BBC News

Chat Health

If you are a parent or carer for a child aged between 0-19 and want advice or have any concerns you can text 07507327754

If you are aged 11-19 and want advice or have any worries text the young peoples service 07507327104

Home Page - ChatHealth

Vita Minds

For referrals

Call 0333 0153 496 or by visiting the website and using the self-referral form

The service is now live and offers a range of talking therapies for depression, generalised anxiety disorder, mixed depression and anxiety and a range of other conditions - the full list is on their general information leaflet

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Derbyshire Dementia Support Service

To view information please click link below

Flyer

yes to a healthier you
Visit: livelifebetterderbyshire.org.uk
Live Life BETTER DERBYSHIRE

Relate Derbyshire offers a range of relationship services that will be delivered by specially trained counsellors.

relate
the relationship people

Relate Derby and Southern Derbyshire - Relationship Counselling - Derby, Southern Derbyshire & Burton

Please contact us on info@relatederby.org.uk.

01332 349177 or

07741193484

Derbyshire Mental Health Support

If you want to talk to someone about your emotional wellbeing the Derbyshire Mental Health support line is on 0800 028 0077 (24 hours a day, 7 days a week). It's staffed by mental health professionals and is for all ages.

Samaritans

SAMARITANS

If you are having thoughts of self-harm or suicide The Samaritans can be contacted 24 hours a day, 7 days a week on telephone 116 123 or contact Samaritans online https://www.samaritans.org/

https://www.headspace.com/covid-19

headspace

we're offering some meditations you can listen to anytime.

These are part of a larger collection in the Headspace app — free for every-

Derbyshire LGBT+

Specialist LGBT+ support for young people and their families across Derbyshire. Currently offering online support via youth groups, one

Derbyshire LGBT+
Lesbian, Gay, Bisexual, Trans*

Telephone: 01332 207704

Email:

INFO@DERBYSHIRELGBT.ORG.UK

Derbyshire LGBT+ – Lesbian, Gay, Bisexual & Trans* Specialist Support and Advocacy Service

Online chat: Available on Facebook www.facebook.com/derbyshirelgbt/

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Access to Work Mental Health Support Service

This confidential service delivered by Remploy is funded by the Department for Work and Pensions and is available at no charge to any employees with depression, anxiety, stress or other mental health issues affecting their work.

Remploy
Putting ability first

Call—0300 456 8114

a2wmhss@remploy.co.k

www.remploy.co.uk/mentalhealth

Supporting Mental Health During Coronavirus/Covid – 19

DRCS | Your Counselling Service
Operating throughout Derbyshire

Time to talk?
We're here to listen

Telephone
Treatments

SELF REFER: 0800 047 6861 or www.drcs.org.uk

Offer support on:

- what you can do to help a child or young person who is grieving
- how to understand the concept of loss in children and young people of different ages
- how to recognize potential complicated grief.

Cruse Bereavement Care

https://www.cruse.org.uk/get-help/for-parents

Derby: 01332 332098
Derby@cruse.org.uk

Suicide Bereavement UK specialise in the following:

Suicide bereavement research;

Providing consultancy on postvention (care of those bereaved by suicide); and

Developing and delivering evidence-based sui-

sharon.mcdonnell@suicidebereavementuk.com

suicidebereavement

Tel: 01706 827 359
Website: https://suicidebereavementuk.com

If you are male, aged 18 or over and need a safe and confidential space to talk, free from advice and judgement,

Mentell

Please remember that if you're worried about your mental health, you should make an appointment to see a doctor or call the free Derbyshire Mental Health Support Line on 0800 028 0077. The support line is open 24 hours a day, 7 days a week.

https://www.mentell.org.uk/learn/online-circles#Continue-Anchor

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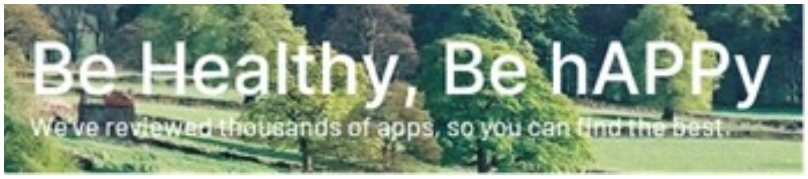

Apps include help with mental wellbeing, healthy lifestyles and even long-term condition management.

Visit the new website ORCHA and search for apps for FREE.

The Derbyshire Mental Health Helpline and Support Service

The Derbyshire Mental Health Helpline and Support Service is here for you, 24 hours a day. Call us free on 0800 028 0077 or call 111 and ask for the helpline.

www.derbyshirehelpline.com

Live Life Better Derbyshire

If you would like to find out more about the healthy lifestyle services that we offer then please get in touch. You can call, email or fill in the quick contact form on our website. Whether you want to feel fitter, lose weight or quit smoking we're here to help the people of Derbyshire to Live Life Better. A member of our team will be happy to help.

Tel: 0800 085 2299 / 01629 538 200

Web: https://www.livelifebetterderbyshire.org.uk

Email: llbd.info@derbyshire.gov.uk

Twitter: @DCCPublicHealth

Facebook: Live Life Better Derbyshire

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Salcare

Freedom Programme Group

For women who want to learn more about the reality of domestic abuse.

Phone—01773765899

Community Room, 59 Ray Street Heanor DE75 7GF

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Domestic Abuse:

If you are in immediate danger call the police 999

Silent Calls to the police

(if you can't speak) – 999 55

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

Derbyshire Domestic Abuse Support Line

Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation.

Mon – Fri 8.00am – 7.00pm

Overnight, weekends and bank holidays contact the helpline and the call will be taken by Call Derbyshire, who will re-

Haven | Derbyshire Domestic Abuse Helpline

Call 08000 198 668

Text 07534 617252

derbyshiredahelp-line@theelmfoundation.org.uk

The National Domestic Abuse Helpline

Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.

Home (nationaldahelpline.org.uk)

0808 2000 247

24 hours a day

Free Calls

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.

STARTING POINT
A new way of working in Derbyshire.

website

The Hideout

Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

THE HIDEOUT
UNTIL CHILDREN AND YOUNG PEOPLE ARE SAFE

Website

Cease

Course to give information to on indications of an abusive relationship, have an understanding of options available. www.remediuk.org

Involve companies to CEASE gender-based violence

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Salcare

Domestic abuse support for all genders from all communities

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

Salcare
Here to make a difference

website

enquiries@salcare.org.uk

01773 765899

Salcare— Escape Domestic Abuse Service

Contact to find out more, Mckenzie Friend offers support, guidance and help with documents and provide moral support.

Phone—01773 765899

mckenziefriend@salcare.org.uk

www.salcare.org.uk

The Men's Advice Line

A confidential helpline for male victims of domestic abuse and those supporting them.

website

0808 801 0327

Respect
Men's advice line

Women's Aid

Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.

website

women's aid

Galop

Domestic Violence support for members of the LGBT+ community

The National LGBT Domestic Abuse Helpline
galop .ORG.UK

Respect

Support if you are worried about hurting someone

If you are worried about hurting the ones you love while staying at home.

website

0808 8024040

Safer Derbyshire

Derbyshire 24/7 helpline

SaferDerbyshire
The website for community safety in Derbyshire

website

08000 198 668

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Sexual Abuse:

Support for victims and survivors 18+ who have or have had experiences of sexual abuse and violence, including childhood sexual abuse. Sail supports all genders from all communities. Referrals can be made from other agencies and self referral.

Sail SURVIVING AND THRIVING

Website

Helpline 0800 028 2678

Advice Line

The Advice Line is available between 8am and 5pm every day of the week to provide you with accurate information and relevant advice for your personal situation - 01773 746115

SV2 Supporting Victims of Sexual Violence

DERBYSHIRE County Council

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For concerns that are not immediate you can contact Derbyshire police using any of the below methods:

DERBYSHIRE CONSTABULARY

Phone – call them on 101.
www.derbyshire.police.uk/Contact-Us.
Twitter – direct message their contact centre on @DerPolContact

Facebook – send them a private message to /Derbyshire Constabulary

Hollie Guard - Personal Safety

free to download on any **Android** phone or **iPhone**

In danger? With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.

We would encourage all hate incidents to be reported to the police. Derbyshire County Council jointly funds StopHateUK to provide support, advice and alternative reporting to anyone effect by hate crime

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

If you're worried about anti-social behaviour find more information or find out how to report different types of anti-social behaviour.

Anti-social behaviour (saferderbyshire.gov.uk)

graffiti vandalism verbal abuse litter dog fouling street drinking noise...

SafeToNet

To view information please click link below

Online

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If you are concerned about a child and think it's an emergency, dial 999 or 101 if it's not an emergency.

On a train text British Transport Police on 61016.

Otherwise contact Crimestoppers on 0800 555 111.

Don't wait. Report it.

LOOK CLOSER

The Children's Society

Modern slavery

Modern slavery is where a person is brought to, or moved around the country by others who threaten, frighten or hurt them, and force them into work or other things they don't want to do.

Derby and Derbyshire Modern Slavery Partnership

For advice - Modern Slavery Human Trafficking Unit on 0300 122 8057 or email MSHTU@derbyshire.pnn.police.uk

Police on 999, if the person is at immediate risk or 101, if a non-emergency - quote Modern Slavery Human Trafficking Unit

Safe and Sound support vulnerable young people at risk of exploitation across Derby and DerbyshireDon't forget we're running live chat sessions on Facebook EVERY WEEKDAY between 10-11am and 3-4pm.

If you want to chat, have any questions or need some support just drop us a message. These are open to parents and professionals as well as young people.

https://www.facebook.com/safesoundgroup/

SAFE & SOUND Transforming young lives

Child Line

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

website

NSPCC

Support for Children and parents in regard to mental health, safety, bullying etc.

NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk

website

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The CORE website has been created to support victims of crime, giving people access to the different types of help they may need from just one place. The aim is to ensure that every victim of crime or anti-social behaviour has access to the best possible support service.

Hardyal Dhindsa Derbyshire Police and Crime Commissioner

On these pages you will find useful information and contact details which have been brought together with help from victim services, the police, local authorities, the fire and rescue services, health services, voluntary organisations and specialist support groups.

For detail of victim services in Derbyshire visit the Core website www.core-derbyshire.com

Childnet International

https://www.childnet.com/parents-and-carers

Keeping under 5's safe online….

https://www.childnet.com/parents-and-carers/hot-topics/keeping-young-children-safe-online

https://www.childnet.com/parents-and-carers/hot-topics

Disney+ parents' guide: what is it and is it safe for kids?

https://parentzone.org.uk/article/disney-parents%E2%80%99-guide-what-it-and-it-safe-kids

DERBYSHIRE County Council

Parental Support: *Amber Valley*

The Active Partners Trust have some resources which they are happy to put together as packs which would be suitable for individuals of varying ages.

If you feel you would like to access this (includes resistance bands, bean bags, balls – for full information best to ask) then please contact Jon Sparkes , active partners trust . His email is jon.sparkes@activepartnerstrust.org.uk and further contact information can be found on their website.

Junction Arts | Junction Arts - Discover Arts Award Online now!

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Parental Support:

We offer information and support in understanding the digital world, to help raise resilient children. Our services include Parent Info, and the Parent Lounge, which gives access to our Parenting in the Digital Age training course

parentzone The experts in digital family life

Website

Please find below a link to the Increasing Data Allowance information on the DirectGov website.

https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data

GOV.UK

Tik Tok: a guide for parents

A new Parent Info article explores how Tik Tok works, the parental controls available, and how they can help their child to stay safer on the platform.

Free Childcare for 2 year old's.

DERBYSHIRE County Council Improving life for local people

To find out about free childcare and apply for 2 year old funding

Www.derbyshire.gov.uk/fcc

Text 'Child' to 86555

Email freshchildcare@derbyshire.gov.uk

Call 01629 539116 or 01629 539793

Cry-sis Helpline

CRY-SIS HELPLINE 08451 228 669
Lines open 7 days a week 9am-10pm
2p per minute plus the standard network charge

Getting help with a crying baby

You can talk to a friend, your health visitor or GP, or contact the Cry-sis helpline on 08451 228 669, open 9am to 10pm, 7 days a week. You'll be charged for your call.

Cry-sis can put you in touch with other parents who have been in the same situation.

You can also visit the Cry-sis website for information on coping with crying babies.

Calls cost no more than a maximum of 2p per minute.

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We are now delivering HENRY Healthy Families Right From The Start courses virtually over 8 weeks.

You can also register your interest in future courses once we are delivering face to face: HENRY starting solids, Healthy eating and active workshop and HENRY a healthy start in childcare. All details can be found on the website.

Website

Healthy eating and lifestyles for families

This interactive e-learning course is designed for anyone interested in improving their eating habits and lifestyle. It also supports people to think about the importance of being active with hints and tips to do so. We hope you enjoy the experience and its first step to making positive changes. The e-learning takes around 45 minutes to complete.

https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/children-and-young-peoples-health/henry/health-exercise-and-nutrition-for-the-really-young-henry.aspx

https://www.pacey.org.uk/parents/

https://letsgowiththechildren.co.uk/kids-creative-activities/

Website

The Breastfeeding Network

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

Breastfeeding Support 2021

Monday
10am Long Eaton Breastfeeding Support
1pm Breastmates High Peak and Dale

Tuesday
11am BEARS Amber Valley

Thursday
10am Cradles Ilkeston
8pm Breastmates (alternate weeks)

Friday
10am Ashbourne Mum 2 Mum (alternate weeks)
1.30pm Feeding Together Bolsover and Chesterfield

Saturday
10am Feeding Together: South Derbyshire (launching 10th April)

Sunday
Last Sunday of the month Breastmates Breastfeeding Brunch

visit www.breastfeedingnetwork.org.uk/derbyshire/ or the individual group's facebook page for details

Mother Hub Website

Our aim is to show Derbyshire women the choices they have in their maternity care and provide reliable information for pregnancy, birth and the early days with baby.

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Cooking on a budget **website**

Jack Monroe's recipes provide families who are struggling on a tight budget might benefit from having some very inexpensive and easy

Parental Support online magazine

Website

early years alliance

Our Early Years in Mind team have put together these resources to help early years workers to start planning now for how they may be able to help oil the wheels of this important transition, and make it as stress free for young children as possible.

Anna Freud National Centre for Children and Families

https://www.annafreud.org/coronavirus-support/support-for-early-years/

School and colleges are having to work in new ways and develop new relationships in the lockdown. We have published a series of resources to help support staff and to provide them with information about how to work with children and young people, include those with SEN, and materials

https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/

OCD UK

The national OCD charity, run by and for people with lived experience of OCD

offering parent training and webinar for parents across the midlands/nationally

www.ocduk.org

Barnardos

The See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus.

https://www.barnardos.org.uk/see-hear-respond

Or call us on our freephone number:

0800 157 7015

To join a virtual group please visit the groups individual Facebook pages

Derbyshire DadPad app, which aims to help dads to be prepare for parenthood .

Supporting patients and families – 1-1 support for families patients and carers and look at their needs .

DadPad®

To find out more and to download the app, visit: www.thedadpad.co.uk/app

Parental Safety

https://www.saferinternet.org.uk/advice-centre/parents-and-carers

https://www.thinkuknow.co.uk/parents/

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Ante natal and Post-natal apps

Parents can use these to find out local information of what's available to support them in pregnancy and post birth

Healthzone App

Each hospital uploads their own information,. See link to the app below:

https://play.google.com/store/apps/details?id=uk.co.piota.healthcentral&hl=en_GB

There is a useful overview of the Healthzone app from Maternity Voices on their Facebook page:

https://ne-np.facebook.com/DerbyshireMaternityVoices/videos/healthzone-uk/250344186094056/

https://motherhubderbyshire.co.uk/local-services

Website

British Society of Paediatric Dentistry

BSPD has lined up a great team to help make toothbrushing fun for families. Meet Dr Ranj, Hey Duggee, CBeebies and Brush DJ. Choose a video and be inspired to look after your teeth!

Tiny Happy People is here to help you develop your child's communication skills. Explore our simple activities and play ideas and find out about their amazing early development.

TINY Happy PEOPLE
Your words build their world

Website

Derbyshire Libraries—Online events

Visit the Facebook site for online events and online child activities.

www.facebook.com/derbyshireLibraries

Derbyshire Healthy Family Service

https://www.derbyshirehealthyfamily.org.uk/

Derbyshire Healthy Family Service for 0-3 years

Wheels to Work

Support with any transport obstacles for work education etc

Home (wheelstowork.org)

Anyone 16 +

Derby Notts Wheels to Work & Wellbeing

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Derbyshire Community Health Services NHS Foundation Trust

Derbyshire Community Health Services NHS
NHS Foundation Trust

Care Coordinators in Chesterfield— 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.

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Referral to the Care Coordinator:

Either ask your GP (or any other health professional) for a referral or alternatively you can self refer by contacting :

Helena Muxlow - Care Coordinator
Tel: 01246 244048
Inspire Health: Saltergate
Hasland Partnership, St Philips Drive,
Hasland Medical Centre, Jepson Rd,

Ros Hague - Care Coordinator
Tel: 01246 273224
Brimington Surgery
Royal Primary Care: The Grange

James Swift - Care Coordinator
Whittington Moor Surgery
Newbold Surgery

Leian Rogers - Care Coordinator
Office tel number for all sites;
01246 748143
(Rectory Rd & Inkersall)
Royal Primary Care:
Inkersall Family Health Centre
Also Staveley Centre Discharge Coordinator

Marie Flint - Care Coordinator
(Ashgate, Whittington, Holme Hall)
Chatsworth Road Medical Centre
Royal Primary Care West
Whittington Medical Centre,

Wheatbridge Surgery –
Care Co-ordinator 01246277287

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/ Care Home 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 Advice/Welfare Rights/DWP Derbyshire Carers / Carers
Support Groups
District Nurses
Frailty Support
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
Palliative Care Team /
Patient Transport Services
Podiatry Services
Royal British Legion / ex forces support
Respite Care / Day Centres Wheelchair Services

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National Careers

National Careers service give free and impartial information, advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment or training.

Please see the ne National careers video below showing what services Nation Careers caches are offering.

You tube link

Spring Term 2021 **Learning for Leisure**

Online brochure to access details go to :

www.derbyshire.gov.uk/coursesearch

NLT Step into Employment

FREE 6 week employability programme for people in Derbyshire who are not in employment, education or training.

Call—07947 550571

Janice.parker@nlt-training.co.uk

Www,nlt-training.co.uk

Want to improve your digital know-how for work, career or business?

The **Make it Click** project, from the Good Things Foundation, can help you grow your digital skills and confidence.

To find out more about this opportunity, or book a support slot, contact us via the Derbyshire Library Information Service on **01629 533444** or **ask.library@derbyshire.gov.uk**
You can also book a slot online via Eventbrite at: https://www.eventbrite.co.uk/e/make-it-click-one-to-one-digital-skills-support-sessions-via-phone-tickets-146735536941

aimed at limited users of the internet (aged over 18) who are looking for work, a new career or starting their own business, with a range of resources which include the subject areas,

DERBYSHIRE County Council

Employment/ Training:

Amber Valley

FREE Online Courses —

Emergency First Aid at Work, Mental Health First Aid, Safeguarding, Level 3 First Aid at Work, Infection control.

To check if you meet the criteria for free online courses email.

info@sustainingcommunitiescic.org

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Employment/ Training:

TED Ed

TED Ed is a related site, which offers free short learning sessions. Take a few minutes out of your day to explore a topic of interest to you.

Lessons Worth Sharing | TED-Ed

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

'Massive Open Online Course'

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

The Open University Free Online Courses and MOOCs | MOOC List (mooc-list.com)

This government website offers training courses at 'beginner', 'intermediate; and 'advanced' levels and takes the learner to the relevant training provider offering courses.

All training courses are FREE.

New free online learning platform to boost workplace skills - GOV.UK (www.gov.uk)

Anyone with an enquiry can contact our **Derbyshire Library Information Service.**

As well as providing details about our library services, this is a general information service and we can also arrange to deliver digital skills support over the phone:

Tel: 01629 533444

Email: ask.library@derbyshire.gov.uk

These course are all FREE to health, social and community staff and volunteers working with adults in Derbyshire and can be booked at

Derbyshire Recovery Partnership

Working Ways

Working Ways
Intensive Personalised Employment Support

Effective employment support for people with a disability.

For full details visit the website below or call on 08000155332

Website

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NCS this summer will be a FREE 2 week programme delivered across August in your community, where 15-17 year olds will work in teams guided by NCS staff to Keep Doing Good.

Website

Towards Work

Work coaches, personal budget , job brokers etc

Www.towardswork.org.uk

Rural Action Derbyshire
Cyber Buddies

Helping to connect people through digital channels

There are 'trained' cyber buddies across Derbyshire to help with 1 to 1 digital support

01629 592970 leave message
j.dugdale@ruralactionderbyshire.org.uk

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Amber Community First Responders

Tel: 07542404800.

Local organisations offering safe and well checks and other support as needed:

Alison Knighton – Community Safety Officer for Derbyshire Fire and Rescue Service

Email: aknighton@derbys-fire.gov.uk

Tel: 01773 523 863 / 07825 099233

Andrea Smith – Community Safety Liaison Officer

(Amber Valley SNT and Community Safety Partnership)

Email: andrea.smith.2359@derbyshire.pnn.police.uk

Tel: 07860 825271

Alison Dare PCSO – email: Alison.Dare.4422@derbyshire.pnn.police.uk

Amber Valley Borough Council Community team: Telephone 01773 841 493:

Bob.molloy@ambervalley.gov.uk

Sally.prince@ambervalley.gov.uk

Ripley Community Covid Support Group

We are a group of people in Ripley (Derbyshire) who want to organise support for those in our town who are having to self isolate at the moment because of Covid-19.

The number to contact the Admins of the group for support is 07561 611 541

Ripley Community Covid Support Group | Facebook

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Community Champions Network

If you would like to join an informal conversation to share what's happening in your community and connect with others across Amber Valley regarding Covid and recovery, there is a network meeting hosted online on Wednesday 10th March, 7-8pm. For more information contact Andrea Kemp or Andrea@shift-together.co.uk

AMBER VALLEY Community Champions

Here is the facebook page link:

https://www.facebook.com/Amber-Valley-Community-Champions-352810255886897

The Tomorrow Project

The Tomorrow Project suicide bereavement service.

Emotional support or help secure practical and financial help

Bereavement.derbys@tomorrowproject.org.uk

01246 541935

Www.tomorrowproject.org.uk

THE TOMORROW PROJECT

Sporting communities Creative communities Supporting communities Sustaining communities

Amber Valley—Sporting Communities

Youth engagement services - david@sportingcommunitiiescic.org

Youth and family support services - info@suspportingcommunitiescic.org

Training opportunities - info@sustainingcommunitiescic.org

See website for more details www.sportingcommunitiescic.org

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Living Well with Dementia Online Programme

NHS Derbyshire Healthcare NHS Foundation Trust

NHS Derbyshire Community Health Services NHS Foundation Trust

Here is a link to an online version of the Living Well with Dementia Programme: https://surveys.derbyshcft.nhs.uk/s/LivingWellWithDementia/

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

Deaf-initely Women Community Support Group

Every Thursday 2-3pm – they will be around on Facebook group but most will be using Zoom – more private and able to see each other with subtitle.

Definitely Women have created a new group for women who are deaf, deafblind, hard of hearing and any hearing loss.

https://www.deafinitelywomen.org.uk/ to find out more.

Arts Derbyshire - A Necklace of Stars

Following on from the success of the first phase of *A Necklace of Stars*, we are looking for older adults who are housebound (aged 65+) from across Derbyshire to please contact Sally Roberts on 07395 904386 or email sallyartsderbyshire@gmail.com

arts derbyshire STRATEGIC ARTS DEVELOPMENT

Derbyshire Autism Alliance

Support for parents/ carers/ friends of someone living with Autism,

Virtual Zoom meetings,

For more information or if you are interested in joining

Call 01332 228 790

Or email autismservice@citizenadvicemercia.org.uk

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Derbyshire LGBT+
Lesbian, Gay, Bisexual, Trans*

DAY	GROUP/EVENT
MONDAY	Men's Group/Women's Group on alternate weeks
TUESDAY	Virtual drop-in
WEDNESDAY	Trans support group/ late night telephone support
THURSDAY	Virtual drop-in
FRIDAY	Early evening telephone support
SATURDAY	Youth group
SUNDAY	Young people's group

For links to join the groups/drop-ins, email info@derbyshirelgbt.org.uk or message us on our Facebook page.

For links to join youth groups, email sallyh@derbyshirelgbt.org.uk

Call 01332 207 704 for more information or check out our website: www.derbyshirelgbt.org.uk

Free PPE For Carers
Derbyshire Carers

info@derbyshirecarers.co.uk

Unpaid carers who do not live with the people they care for can now get free PPE from DCC
https://bit.ly/2NT49bQ
01773 833 833
Or email ppesupplies@derbyshire.gov.uk

Preventing Extremism and Radicalisation

It can be hard to know what to do if you're worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent.

Act early and tell them your concerns in confidence. You won't be wasting their time and you won't ruin lives, but you might save them.

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Be Cancer Safe

Did you know more people in Derbyshire are diagnosed with cancer than the England average?

Building on the Be Cancer SAFE North Derbyshire campaign, Derbyshire Voluntary Action are working to raise awareness of bowel cancer signs and symptoms and the importance of screening amongst men in areas where uptake is traditionally low. Bowel cancer is the 4th most common cancer in the UK and affects 1 in every 15 men and 1 in 18 women. The disease is treatable and curable, especially if diagnosed early.

The project employs a community approach to improving cancer survival creating a network of cancer champions who help to remove barriers and normalise conversations about cancer. This in turn can lead to more people attending their screening or contacting their GP if there are concerns.

You can find out more and make a pledge to be a cancer champion by visiting www.becancersafe-nd.org and simply start having health conversations wherever and whenever you get the opportunity.

Our message is simple:

- Screening – Participate in screening when invited
- Awareness – Be aware of any changes in your body
- Fast – If you notice changes, act fast. Contact your GP
- Early – Early detection saves lives. Recognise the symptoms and act promptly

To find out more please email: Richard at be-cancersafe@dva.org.uk

Join us on social media @BeCancerSafe_ND, Facebook Be Cancer Safe North Derbyshire and Instagram BeCancerSafeND

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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.

Change Grow Live

website

Supporting children who are seriously affected by someone else's substance misuse.

HOW ACTION FOR CHILDREN WORKS

Website

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).

Telephone:

01773 303646

Email: derbyshire@cgl.org.uk.

National Gambling Helpline

24/7 service, ran by Gamcare, core element of the National Gambling Treatment Service

For both harmful gamblers and affected others.

Work through some immediate strategies to try and reduce the gambling in the short-term.

Can also place referral for the person to access specialist partner service in their local area.

0808 8020 133

https://www.gamblingtherapy.org/en/gambling-therapy-presents-gt-app

online help for problem gamblers

gambling therapy

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Providing the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming.

https://www.ygam.org/

GamCare Midlands partner Aquarius

aquarius

gambling@aquarius.org.uk

0300 456 4293

CBT and various psycho-social intervention techniques, group-based gambling recovery courses.

We would refer a severely harmful gambler to Aquarius, our local Gamcare partner service, for specialist support. As many sessions as a client wishes, can be conducted via telephone or in person.

rehab4addiction

Rehab 4 Addiction is a free addiction helpline run by people who've beaten addiction in their own lives. Rehab 4 Addiction was founded to assist those affected by substance misuse and their loved ones. We offer a range of services and help signpost you to the most effective treatments.

0800 140 4690/ https://www.rehab4addiction.co.uk/

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blend youth project
raising aspirations, releasing potential

Blend Youth Project have gone digital. Check out their Facebook page for the weekly schedule.

Website

Children's Saturday Club—Ripley

Supporting Children and young people between 8 and 14 who have been diagnosed with Autism,

10-12 spaces are available for each session.

10 am—4pm every other Saturday

01773 741221—enquiries@derbyshireautismservices.org

Unit 3a, Unicorn Business Park, Ripley, DE5 3EH

Childrens Centres Support for 0-19 yrs Please ring before visiting.

Alfreton 01629 533066

Langley Mill 01629 533677

Heanor 01629 532616

facebook

Follow them on Facebook for activity ideas and other useful information:

Amber Valley Children's Centres

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CAMHS - Supporting bereaved children during the outbreak of Covid-19

Many children and young people will have questions and worries about the virus, but those who have experienced the death of someone important or who have an ill family member might be particularly worried.

This has been created to provide information to help professionals feel more informed about how best to support children, young people and their families with bereavement.

To view full information please click link below

CAMHS - Supporting bereaved children during the outbreak of Covid-19

Childrens guide to Coronavirus
Website

Covid-19 Packs for Children

Website

UNICEF for Every Child

Website

UNICEF

ONLINE

Postal Condoms

Website

your sexual health matters

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.

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Telephone: 0800111 **1**

Online Chat: Available on their website

ChildLine – **Website**

Derbyshire Carers Association (DCA) run support services for Young Carers in Derbyshire

DERBYSHIRE YOUNG CARERS

DERBYSHIRE County Council

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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

Website

PAPYRUS PREVENTION OF YOUNG SUICIDE

Papyrus

Papyrus provides confidential support and advice to young people under the age of 35 who are experiencing thoughts of suicide, and anyone worried about a young person at risk of suicide.

ChatHealth

Health and support for 11-19 year olds.
Text for confidential advice
07507 330025

ChatHealth

Mermaids

Mermaids has been supporting trans and gender-diverse children, young people, and their families since 1995.

0808 801 0400

Helpline Open Monday to Friday, 9am to 9pm

Website

New online access for Sexual Health Services

your sexual health matters

The following new services are FREE,

- Condoms by post – this includes C-Card for 13-24 year olds and 24 years+
- Oral contraception – virtual assessment and prescriptions posted out
- Postal emergency contraception (over 16s only). Under 16s can still contact the service to request emergency contraception via our information and booking line
- STI & HIV testing – including treatment for chlamydia by post
- Virtual sexual health promotion advice
- Photo diagnosis for lumps, bumps and warts (18 years old and over)

website: www.yoursexualhealthmatters.org.uk or Information and Booking line: 0800 328 3383.

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DCC Online Library events

Storytime . Rhyme time etc ...

https://www.facebook.com/DerbyshireLibraries

Twitter@DerbyshireLibs
Facebook.com/DerbyshireLibraries

Compassionate Voice

Children and young people can take part in the survey at thebigask.uk

If you are a teacher, or work with children and young people we have lots of resources to support you implementing the survey with them.

Emotional wellbeing/wellbeing and empowerment programmes young people.

The survey will be live until May 19th and asks children across England to set out their priorities for improving childhood post-Covid.

The results from this survey will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

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Amber Valley CVS

https://avcvs.org/

DERBYSHIRE County Council

If you are interested in volunteering with children, young people or families for Derbyshire County Council Children's Services,

please contact: Mikey Heald

Mikey.Heald@Derbyshire.gov.uk

Amber Valley Volunteer Centre

We have a dedicated Volunteer Centre at our office in Ripley, Derbyshire that is at the disposal of people who live in Amber Valley. If you would like more information about volunteering and the opportunities available in the area,

https://avcvs.org/cvs-news

LGBT Youth Club

We are currently looking for volunteers to support our LGBT Youth Clubs which will be opening in both Heanor and Ripley. We are also looking for volunteers to support a virtual LGBT Youth Forum.

If you would like any more information or would like to register your interest please email - Mikey.Heald@Derbyshire.gov.uk

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Derbyshire Carers Telephone Befriending

01773 833833

Derbyshire Carers Association

Telephone Befriending at Derbyshire Carers Association (DCA) is a regular friendly call from a fully trained volunteer to help alleviate isolation and provide some company and light conversation to adult Carers (over 18) within Derbyshire (not Derby City). DCA phone volunteers give support, reassurance, a listening ear.

British Red Cross online training course for coronavirus volunteers

Website

British Red Cross

Derbyshire Mental Health Community Groups Network

Do you volunteer or work within mental health in Derbyshire or Derby?

If so we would love you to join us for a relaxed networking meeting for community groups.

Next meeting - 1.30pm - 3.00pm Wednesday 5 May 2021

To join:

https://zoom.us/j/92990606980?pwd=UmFIOEVFL1NwejJuV0RZS1dydXJldz09

Meeting ID: 929 9060 6980 Passcode: 835864

To confirm attendance please email:
natalie@erewashcvs.org.uk or bryony@dva.org.uk

Derbyshire Voluntary Action

Derbyshire Mental Health Forum

Erewash Voluntary Action

DERBYSHIRE County Council

Any other local info: *Amber Valley*

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Woodside Rangers

We are launching a Monthly youth rangers group at Woodside Farm nature reserve.

This is aimed at 11 to 18 year old's and they will be participating in conservation and outdoor activities, building skills and learning about nature and the outdoors whilst being very hands on.

If you are interested or would like more information please contact

gjones@derbyshirewt.co.uk

Groups Currently Running in Amber Valley

Man Cave, Ripley – Contact Amber Valley CVS for more details – 01773 512076

Stepping Stones, Heanor - Social work activities without accommodation for the elderly and disabled – 01773 710939

Walking for Health - www.walkingforhealth.org.uk/walkfinder/amber-valley-local-health-walks

Fleet Arts, Belper – running activities at the centre and activities online for all ages http://fleet-arts.org/

Shipley Eco Garden – open to all ages - https://seag.uk/

Grow Outside CIC – Facebook – Grow Outside CIC – 07960 249816

Ripley – Facebook group: https://www.facebook.com/groups/895556850895631/?ref=nf_target&fref=nf and telephone 07561 611541

Alfreton – Facebook group:https://www.facebook.com/groups/3837521986288001/

Belper – Facebook group: https://www.facebook.com/groups/494819231214162 and telephone 01629 888111

Crich and South Wingfield – telephone helpline: 01773 447533 Website: https://www.crichstandard.org/covid19/index.php

Heage and surrounding villages – Facebook group: www.facebook.com/groups/523016025021195/?ref=share and telephone 07835 561442

Duffield – Facebook group: https://www.facebook.com/groups/671513926953777/

Little Eaton – Facebook group: https://www.facebook.com/Little-Eaton-Community-Cares-102139581424243/

Smalley Community Group – telephone: 07805797022 Facebook: https://bit.ly/3bpTVGq

Kilburn and Denby: Neighbourhood Watch – telephone: 07756 762192 Facebook page: https://bit.ly/2QF6sxq

Heanor, Codnor, Marlpool – Facebook group to support elderly and vulnerable in isolation: https://www.facebook.com/groups/892153951213639/about/

Amber Valley – Covid-19 support group on Facebook: https://www.facebook.com/Amber-Valley-Coronavirus-Volunteer-Group-101017288210989/ and telephone: 07593 071504

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Derbyshire Carers Association (DCA) run support services for Young Carers in Derbyshire

Carers in Derbyshire

Young people's experience of loneliness in spring/ summer 2020 lockdown and beyond

https://www.carersinderbyshire.org.uk/young-carers

EU Citizens living in the UK

Protect your rights by applying to the EU settlement scheme.

01827 909101

Free magic teaching workshop for children

Duncan William is a professional magician. For the past 2 years he has been performing as a virtual magician. As a result of the pandemic and people struggling to keep their children entertained and focussed, he has made his 30 minute professionally produced magic teaching video free of charge for those people who get in touch.

Children who learn magic have shown to increase their levels of concentration, dexterity, self-esteem and self-confidence. In a time where social interaction is more a more limited due to the pandemic, this is a small gift from Duncan to keep the young people of our country focused, excited and developing those skills the schools would have played such an integral role in helping nurture.

All magic teaching / wizard workshops are all conducted online for all children and their family across the whole Derbyshire area.

Please email magicduncan@gmail.com with the subject header FREEMAGICTRAINING to secure your 25-30 minute online magic teaching video.

We cater for all ages from 7 years old and upwards and also for a range of educational and special needs. This free, online magic teaching / wizard workshops are most suited to children and young adults but are equally suitable for adults too.

To find out more about Duncan you can find his website here: https://www.magicduncan.co.uk

Derbyshire Cancer Buddies

Contact : sam@derbyshirecancerbuddies.co.uk

Tel : 075476 98081

Trained Buddies provide quality assured 1-1 telephone support. People can also visit our Facebook page and those affected by cancer can interact with each other in a safe closed group environment

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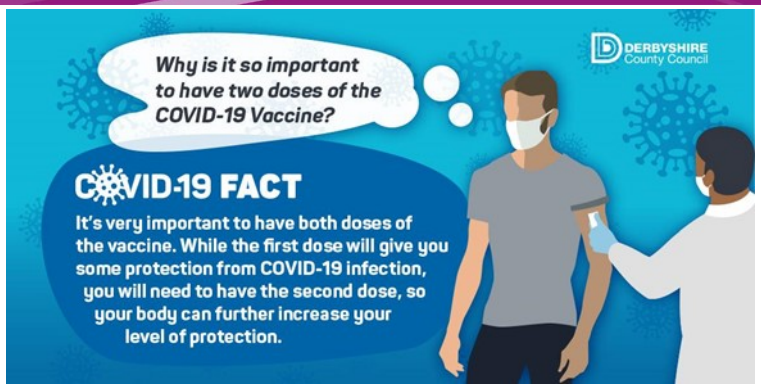

British Sign Language Pandemic Programs for Derbyshire

A new initiative to encourage more members of the public to take up sign language as an extra language and skill, is now available to residents of Derbyshire.

The Signs4Life scheme is to help people to communicate and engage with children and adults who may be hard of hearing.

Tabassum, Signs4Life partnerships officer, explains "There are more than nine million hard of hearing people registered in the UK. We have already worked with social workers, housing staff, teachers, the local NHS, and Royal Mail. We wanted to open our programs to the general public, who might also have an interest in learning sign language, especially now that many people have been stuck at home during a third lockdown. We are offering a free 6-week BSL program, which you can enjoy and access from the comfort of your homes, delivered through Zoom".

Signs4Life is leading efforts towards a society in which people with disabilities have full access and are working to raise the public and political awareness of disability provision.

For more details on the free community program for Derbyshire, starting in June, book via the website for "The Hotpots" group, starting on Friday 11 June 2021 signs4life.org/in-the-community/