

Covid-19 - Community updates

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

Name: Helen McAra

Contact details Tel: 07919 227984

Email: helen.mcara@derbyshire.gov.uk

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Foodbanks: Amber Valley

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.

Ripley—Ripley Corps Community Centre (Salvation Army)

25 Heath Rd, Ripley, DE5 3EN

**Referral only – Collection only from Health Road
for emergency food**

Email: ripley@salvationarmy.org.uk

Phone: [01773 741 932](tel:01773741932)

Mobile: [07776769686](tel:07776769686)



Riddings /Somercotes <https://www.oscari-online.com/>

Riddings Church (OSCARI)

By appointment only - Call Chris on 07738221330

Upon request we will give a time to pick up or a day we can deliver.

We are delivering across Amber Valley.

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

For the past 13 weeks we have been running a food bank delivery service.
In that time we have given out food parcels to 18,000 people and given out over 30,000 meals.

The government has recently allowed those who are shielding to be able to go out and to also form 'bubbles' with other family members and friends.

The threat level has been lowered from 5 to 3 meaning that these trying times are becoming easier for people and the virus threat is lower than it has been since the lock down started.

Our food bank delivery service will be coming to an end and we will no longer be delivering the food parcels out to people.

We will stop delivering the food parcels on the 21st July 2020 (this will be our last delivery on this day).

(In extreme and exceptional circumstances we will deliver a food parcel to you and this will be at our discretion and a maximum of three parcels delivered in a six month period.)

We shall still be offering an enhanced food bank.

This will be a weeks worth of food instead of three days and will include seven days of our home made frozen ready meals.

Food bank, from the 22nd July 2020, will be pick up only and by prior arranged appointment.

Food bank parcels will be given out at a maximum of three parcels in a three month period and we ask that you contact our page to request a food parcel or if you have a support worker or social worker they contact us on your behalf.

www.facebook.com/oscarisocial tracyanngibson1982@gmail.com 07570307195
mcghee.s@sky.com 07842906461 chrisibbs78@googlemail.com 07738221330

Eastwood/Langley Mill

Eastwood Volunteer Bureau at the rear of Eastwood Library Friday 10am -1pm

Alfreton Support Network Foodbank

Independent foodbank at Alfreton House Tearooms.

Can help with food parcels, shopping and collecting prescriptions.

Call 07476 819855 or 07790 309871





Foodbanks:



GOV.UK

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.

Website

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

Trussell Trust

Website

enquiries@trusselltrust.org



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





Money and Finance: Amber Valley

Amber Valley CVS

<https://avcvcs.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.





Money and Finance:

Derbyshire Discretionary Fund

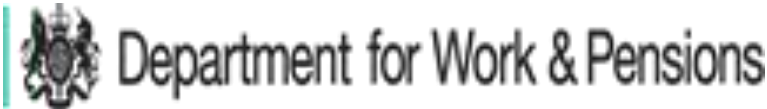
The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.



[Website](#)

Department for Work & Pensions

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



[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](#)

Covid-19 Cyber and Fraud Information Sheet

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.
Advice and information is changing daily as we navigate our way through the COVID-19 pandemic, so please ensure you only take information from reputable sources.



[Website](#)

[Website](#)



Money Advice Service

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



[website](#)

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](#)

Money Saving Expert

Employment Help



[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](#)



Warmer Derby & Derbyshire helpline is open

Our energy bills/cold homes phone line service is still running, albeit in a modified form. While home visits will be replaced by conference/video calls where appropriate, and/or postage of information leaflets & materials.

We're conscious that incomes are being hit while energy bills may be going up as people stay home, and support is harder to access. We want to do all we can whilst not compromising health of clients and colleagues. Stay healthy & hope to hear from you soon.



The Warmer Derby & Derbyshire number is still available:

0800 677 1332,

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-



0300 555 2222

Text a report

07860022116

shark@stoploansharks.uk
website



Criminals are exploiting the COVID-19 pandemic to try and get their hands on your money and personal information. To date, Action Fraud has received reports from 2,378 victims of Coronavirus-related scams, with the total losses reaching over £7 million.

Release Financial Charity Newsletter



0300 123 2040

Website

How you can protect yourself from Coronavirus-related scams:

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

NHS Test and Trace scams:

The NHS Test and Trace service plays an important role in the fight against coronavirus and it's vital the public have confidence and trust in the service. However, we understand the concerns people have about the opportunity for criminals to commit scams.

What you need to know:

Contact tracers will **only call you from the number 0300 013 5000**. Anyone who does not wish to talk over the phone can request the NHS Test and Trace service to send an email or text instead, inviting them to log into the web-based service.

All text or emails sent by NHS Test and Trace will ask people to sign into the contact tracing website and will provide you with a unique reference number. We would advise people to **type the web address <https://contact-tracing.phe.gov.uk> directly into their browser**, followed by the unique reference number given to you, rather than clicking on any link provided in the message.

The NHS Test and Trace service will never:

- ask you to dial a premium rate number to speak to them (for example, those starting 09 or 087)
- ask you to make any form of payment or purchase a product or any kind
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else



Suspicious Email Reporting Service (SERS)

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 to be phishing scams will be removed immediately.



[Website](#)

Digital MOT

As we are all spending more time online, it is more important than ever that we do everything we can to stay safe online.

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.



[website](#)



Money Sorted in D2N2

Providing support for people experiencing financial difficulties

About Money Sorted in D2N2

Money Sorted in D2N2 provides support and personally tailored interventions for people experiencing financial difficulty. It can help you take control, build your confidence and skills and help you tackle barriers and problems in order to improve your financial well-being for the longer term.

Who is it for?

Anyone who is experiencing financial difficulties and would like some support. It is for people living in either Derby, Derbyshire, Nottingham or Nottinghamshire.

You need to be of working age and either unemployed or not in paid work at the time of starting.

What does the project provide?

- A personal worker working with you (a 'Personal Navigator')
- Assessment of your financial well-being
- Personal action plan
- Help to improve your skills, knowledge and confidence with different money issues. (Topics such as budgeting, banking, debt, credit, saving). This is tailored to your needs through one to one or group sessions.
- Option of a Money Mentor
- Support for referrals with your current financial circumstances. (such as benefit, debt, banking).
- Support getting into employment, training or job search

How is the project funded?

Money Sorted in D2N2 is a project funded as part of the Building Better Opportunities programme in D2N2. The project is funded by the European Social Fund and The National Lottery Community Fund.



I have been very happy with the service provided by Money Sorted. It has been a big help to me to move forwards and also have an understanding of money situations to deal with.
- (participant)

'Money Sorted in D2N2' helps people with money management and supports them to improve their financial well-being.

It can help you if you are someone not in work and you live in Derby, Derbyshire, Nottingham or Nottinghamshire.

Money Sorted in D2N2 Office

Tel: 0115 908 1534

Email: info@moneysortedind2n2.org

www.moneysortedind2n2.org



Struggling with money?

Would you like support to help you feel more in control of your finances? Know you need to do something but don't know where to start?

We can provide help that is tailored just to your needs. Whatever your circumstances, we provide support to make a real difference around money, improving your ability to deal with it.



High Peak, Derbyshire Dales

Citizens Advice Derbyshire Districts
Roz McCoy (High Peak)
07866 947859 or 0300 456 8390
roz.mccoy@dcdcab.org.uk

Mandy Simm (High Peak, Derbyshire Dales)
07494 032354 or 0300 456 8390
mandy.simm@dcdcab.org.uk

Katy Turquoise (Derbyshire Dales)
07730 089667 or 0300 456 8390
katy.turquoise@dcdcab.org.uk

Belper, Chesterfield, North East Derbyshire
Derbyshire Law Centre
Carmen Yates
07868 003565 or 01246 550674
carmen.yates@derbyshirelawcentre.org.uk

Debra Parkin
07478 660491 or 01246 550674
debra.parkin@derbyshirelawcentre.org.uk

Derbyshire Unemployed Workers Centre
John Power
07870 388045 or 01246 230441
john.power@duwc.org.uk

Amber Valley, Erewash
DHA - Direct Help and Advice
Charlotte Cotton
07842 129195 or 0115 9300 199
charlotte.cotton@dhadvice.org

Tim Robinson
07752 575247
tim.robinson@dhadvice.org

Citizens Advice Derbyshire Districts
Katy Turquoise (Amber Valley, Erewash)
07730 089667 or 0300 456 8390
katy.turquoise@dcdcab.org.uk

South Derbyshire

Citizens Advice Mid Merida
Tracey Harris
01283 210108 or 07498 065104
tharris@citizensadvice.midmerida.org.uk

Laura Speirs
01283 210108 or 07470 860281
lspeirs@citizensadvice.midmerida.org.uk

Who to contact in your local area :



'My knowledge has increased which in turn has helped improve my confidence'

Derby City
Derby Advice
Learne Scaybrook
07812 300080
01332 643396
learne.scaybrook@derbytimes.org

DHA - Direct Help and Advice
Tim Robinson
07752 575247
tim.robinson@dhadvice.org

Derby City
YMCA Derbyshire
Jenni Hewlin
07702 854324
01332 579550
jenni.hewlin@ymcaderbyshire.org.uk

Katy Frost
07793 048528
01332 579550
Katy.frost@ymcaderbyshire.org.uk

Buxton, Mansfield, Ashfield

DHA - Direct Help and Advice
Alison Parnell
01623 658 060 or 07305 802094
alison.parnell@dhadvice.org

Mansfield Citizens Advice
Jennifer Seals
07307 888327
jennifer.seals@mansfieldcab.org.uk

Vikki Foster
0745 3798425
vikki.foster@mansfieldcab.org.uk

Jillian Eves
0745 3795379
jillian.eves@mansfieldcab.org.uk

Derbyshire Law Centre
Debra Parkin
07478 660491 or 01246 550674
debra.parkin@derbyshirelawcentre.org.uk

Newark & Sherwood, Gedling
St Ann's Advice
Polly Tyler
07387 104933 or 0115 908 1534
polly.tyler@StAnnsAdvice.org.uk

Broxtowe, Nottingham City, Rushcliffe
St Ann's Advice
Margaret Bagnall
07570 078273 or 0115 908 1523
margaret.bagnall@StAnnsAdvice.org.uk

Jade Britten
07827 248747 OR 0115 9081534
jade.britten@StAnnsAdvice.org.uk

Nadine Morgan
07387 104934 or 0115 908 1534
nadine.morgan@StAnnsAdvice.org.uk

Nottinghamshire YMCA
Samantha Collins
07398 311881 or 0115 9667600 Ext 259
samantha.collins@nottsymca.org

Nottingham and Nottinghamshire Refugee Forum
Josh Aspin (refugees)
07375 068812
josh.aspin@nottinghamrefugeeforum.org.uk



Housing: Amber Valley

Rough Sleeping

Amber Valley Borough Council is working to provide shelter for those rough sleeping. If you believe that you have seen someone sleeping rough, please report it by visiting www.streetlink.org.uk. Streetlink will contact the local authority and local support services.

Amber Valley Borough Council offer support and help whether you're homeless or worried about be-coming homeless.

Please use the email addresses as follows:

Housing Solutions (homelessness) - housing.solutions@ambervalley.gov.uk

Please contact us by email but if you can't then please call 01773 570222.

For out of hours emergency homeless cases phone Call Derbyshire on 01629 533190.

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.

Risk of Eviction

The Government has extended the eviction period for tenants until 23rd August 2020. Tenants are encouraged to speak to their landlord if they are struggling to pay the rent. Please don't ignore the need to pay your rent and talk to Citizens Advice who can help or direct you to other organisations that might be able to assist.

It is a myth that having children protects you from eviction, IT DOES NOT.

Derbyshire Law Centre can provide advice and support to tenants worried about eviction or harassment.

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

Landlords still have a duty to complete repairs and maintain their properties to ensure that they are safe but must do safely following guidelines. Landlords can access current information from <https://www.dashservices.org.uk/>

Landlords that want support and have questions can approach CallB4UServe hosted by Derby City Council to support landlords with queries. email helen.scott@derby.gov.uk or tel: 01332 641408

If you are tenant and your landlord won't complete repairs, then Amber Valley Borough Council can intervene on your behalf.

Contact the team directly on 01773 841335 or email eh-housing@ambervalley.gov.uk

Risk of Eviction

The Government has extended the eviction period for tenants and this is under review. Tenants are encouraged to speak to their landlord if they are struggling to pay the rent. Don't ignore it and talk to Citizens Advice.

Derbyshire Law Centre can provide advice and support to tenants worried about eviction or harassment.

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



Housing:

**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

The Morrisons Foundation has announced a Homeless Support Fund aiming to fund charities caring for the homeless during the Covid 19 outbreak and ensure help gets to those who need it.

The Foundation recognises that homeless people are particularly vulnerable to Covid 19 because of underlying health conditions and are less able to access basic sanitation.

There is a total of £500,000 for this fund and awards of up to **£10,000** are available. Smaller requests will allow more charities to be supported from the fund.

Registered charities that care for the homeless can apply to cover the broad areas:

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

Applications can be made at anytime.



[website](#)





**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.

Derbyshire Community Response Unit

Derbyshire County Council are coordinating a community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.



[Website](#)

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

Or you can phone us on: 01629 535091. Our phone line opening hours are:

Monday to Friday from 9am to 5pm

Saturday from 9am to 1pm

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

We know that the closure of schools due to the Covid-19 pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers across Derby and Derbyshire. We are pleased to be able to offer services to support the whole family. You will find information attached. We would again be most grateful if you could support us in sharing this information.

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

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.

I would also like to highlight the new accessible information that has just become available which you can find here:

[website](#)



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](#)

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

Derby and Derbyshire: Emotional Health and Wellbeing.



[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



Healthwatch Derbyshire



Healthwatch Derbyshire Telephone Helpline

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

If you don't have access to the internet or can't find the information you are looking for online at: www.joineducarederbyshire.co.uk/public-info-covid-19 please get in touch.

Telephone: 01773 880786 — 10am - 3.30pm, Mon - Fri
Email: enquiries@healthwatchderbyshire.co.uk



RETHINK

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



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

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.



Telephone: 01332 207704

website

Email: INFO@DERBYSHIRELGBT.ORG.UK

Online chat: Available on Facebook

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

Derbyshire County Community Trust

What support do they offer? Virtual FREE online sessions for all the family to stay active, involved in their wider community and online interactive challenges.



Website

Newsletter



Deaf-initely Women

What support do they offer? Definitely Women have created a new group for women who are deaf, deaf-blind, hard of hearing and any hearing loss. Every Thursday 2-3pm – we will be around on Facebook group but most of us will be using Zoom – more private and able to see each other with subtitle. Especially in this difficult time with Coronavirus, we want to support you to prevent feeling isolated and lonely. We want all deaf and hard of hearing women to be included to discuss various topics, drop in chat or even just a quick hello! We will be setting up Zoom topic group, we will include caption/voiceover/BSL.



Website

First Steps – Together At Home

First Steps know this time is particularly difficult for many, therefore they are providing a range of weekly opportunities for their service users and anyone seeking support to come together and support each other, learn something new, create together by using their

interests and skills and just have some fun.

The First Steps team is working with some wonderful collaborators from around the country to bring opportunities which you can engage in focused on our well being and positive mental health.

Activities include:

Be Creative is a collaboration with Lorna Collins
Mindfulness Monday Mornings and Tuesday Evenings
Mental Health Training



To find out more and follow the links to join in click [HERE](#)

[NEWS: First Steps coping guides & COVID 19 Psychological Therapies Pathway](#)

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



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



[website](#)

Child line

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



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

Telephone: 0800111

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.



[Website](#)

The Mix

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



[Website](#)

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

[Website](#)





Website

COVID 19 Psychological Therapies Pathway

The mental health impacts of Covid-19 are likely to be significant and sustained. Projecting the extent and duration of the effects on mental health is not easy. Trent PTS would like to take a proactive approach and are ready to offer interventions for those impacted populations.

We are aware that some of the early warning signs that something is going wrong for a patient in recovery from COVID-19 would come to the attention of the primary physician/key worker. Trent PTS want to support these staff and their patients by making psychological therapies easily and quickly available.

During the COVID19 restrictions our services have remained open through the availability of Telehealth care (video, telephone, text chat) and can be accessed by anyone via the self-referral telephone numbers or online at our website. We can also, where suitable, set up dedicated referral pathways from other key health/social care agencies.

At risk populations:

Those recovering from the virus, in particular those hospitalised and vented but not exclusively

Front line staff and carers (including care homes)

Those impacted by social isolation, furlough or other circumstances causing an impact on mental health

Those having to shield (long term conditions and older people)

People bereaved, with complicated reactions

Common psychological reactions to COVID-19:

Post-traumatic stress disorder (20% of survivors of intensive care routinely experience PTSD)

Health Anxiety

Anxiety and Depression

Grief, Loss and Bereavement, including traumatic grief



Online at: <https://www.trentpts.co.uk/self-referral/>
Telephone: 01332 265659 Derbyshire
0115 896 3160 Nottingham

To discuss integrated referral routes
jhopkins@trentpts.co.uk

Intervention available at Trent PTS:

- Provision of information
- Psychological education to normalise symptoms and explain causes
- Support for emotional distress
- Cognitive-behavioural approaches
- Trauma based interventions
- Counselling
- Interventions to increase confidence in, and overcome fear of, resuming normal activities
- Signposting



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, all beginning with the letter C.



[Website](#)




If you are a parent or carer for a child aged between 0-19 and want advice or have any worries you can text the Parents and Carers ChatHealth Service on: **07507 327754**

We can help with all kinds of things like:

- Bedwetting/toileting
- Concerns about hearing or vision
- Feeding problems
- Wearing
- Emotional wellbeing
- Behaviour
- Speech concerns

Text our confidential line 07507 327754 for advice and support



If you are aged 11-19 and want advice or have any worries text the Young People's ChatHealth Service: **07507 327104**

If you feel concerned about:

- Sexual health
- Relationships
- Emotional health
- Drugs and alcohol use
- Physical health

Text our confidential line 07507 327104 for advice and support

Deaf-inately Women is run and governed by deaf and hard of hearing women. Deaf-inately Women serves all deaf and hard of hearing women in Derby, Derbyshire and beyond. You can read their latest newsletter [HERE](#).






RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't...yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts, find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Wind down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. We all struggle at times	









actionforhappiness.org
Keep Calm • Stay Wise • Be Kind

Daily actions to look after ourselves and each other as we face this global crisis together

To view Calendar please click link below

https://linkscvs.org.uk/sites/default/files/july_2020.pdf

[Action for Happiness](https://www.actionforhappiness.org) create monthly calendars packed with actions you can take to help create a happier and kinder world.

This **Jump Back July** Calendar has daily actions for **July 2020** to help us be more resilient in challenging times.

You can sign up to receive monthly calendars and there are also other language versions available too: <https://www.actionforhappiness.org/jump-back-july>



Vita Minds



Vita's new service further increases the options and accessibility for patients being referred into the service and in the current circumstances offers a service that does not require face to face appointments

What is VitaMinds?

VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. VitaMinds can help. If you are over 16 and live in Derby and Derbyshire we can support you and provide you with the tools you need to get things back on track.

If you are suffering from:

- ✓ Excessive worry
- ✓ Low mood
- ✓ Depression
- ✓ Anxiety
- ✓ Social Anxiety
- ✓ Agoraphobia
- ✓ Obsessive Compulsive Disorder
- ✓ Body Dysmorphic Disorder
- ✓ Panic
- ✓ Trauma
- ✓ Specific Phobias
- ✓ A lack of motivation
- ✓ Have a Long-term health condition such as Diabetes, COPD, Chronic Pain, IBS, you are more likely to feel low in mood

VitaMinds can provide you with advice and guidance on the best options for you. We will take the time to understand what you need to get back on track.

We provide a range of evidence based talking therapies as well as advice and guidance on community services that can support you in your local area.

How we can help

Call or refer online and our supportive team will book you an appointment with one of our therapists who will take the time to talk with you about what's concerning you and provide you with the best options and next steps that can help.

These initial appointments will usually be offered by telephone.

Talking Therapies:

For your choice and convenience, all of our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one, in a group).

- ✓ Psycho-educational courses – An opportunity to learn with others about your symptoms and new coping techniques
- ✓ Computerised Cognitive Behavioural Therapy (CCBT) – You need access to a computer for this
- ✓ Self-guided therapy with phone support from a therapist. 12 months access to a range of self-help materials
- ✓ Cognitive Behavioural Therapy (CBT) – Individual talking therapy that aims to change negative thinking and develop new ways of coping
- ✓ Eye Movements, Desensitisation and Reprocessing (EMDR) – specifically for trauma
- ✓ Counselling for Depression – where you've tried CBT and prefer a counselling approach
- ✓ Mindfulness – for recurrent/repeated episodes of depression
- ✓ Couples CBT for Depression – designed to treat depression in couples where there is also relationship distress

Monday – Friday 8.00am – 8.00pm, Saturdays 8.00am – 12.30pm
0333 0153 496 | iapt.derbyshire@nhs.net | vitahealthgroup.co.uk/vitaminds


Derby and Derbyshire
Clinical Commissioning Group

Vita Minds are new NHS providers within the IAPT (Improving Access to Psychological Services) community commissioned by Derby and Derbyshire CCG.

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 [HERE](#).

People can refer themselves directly into the service either by calling 0333 0153 496 or by visiting the website and using the self-referral form [HERE](#).



A new social media group known as Broken Beauty aims to provide support for women in North Derbyshire struggling with stress, anxiety or depression. Run entirely by volunteers. "We can be found on Facebook via the Broken Beauty page, and anyone can get in touch via Facebook messenger. We offer a completely confidential messaging service or you can join the online group, Broken Beauty chatroom which is a platform to connect with others, talk, listen and share any issues that are affecting you. We also hope to start some meetings within the community once the lockdown restrictions allow."

**Derbyshire Dementia Support
Service**
To view information please
click link below

[Flyer](#)



The Relate Federation is the UK's largest provider of relationship support, and last year we helped over 2 million people of all ages, backgrounds, sexual orientations and gender identities strengthen their relationships of all kinds. Relate Derby and Southern Derbyshire has been working locally since 1960 and is a registered (1110768) and a company limited by guarantee (4980776), 3 Wentworth House, Vernongate, Derby DE1 1UR.

We're here to support people to build and maintain strong healthy relationships and improve their emotional, mental and physical well-being. We do this by delivering a range of education and training courses and counselling services for couples, individuals, family, children & young people and people with Autism Spectrum Condition who perhaps experiencing anxiety, depression, low mood/self-esteem, bereavement, grief, marriage or relationship or sex issues.

relate
the relationship people

Website

Please contact us on 01332 349177 or 07741193484 [in-fo@relatederby.org.uk](mailto:info@relatederby.org.uk).

People can access this free service if they are registered with a Derby or Derbyshire GP. Anyone who is experiencing anxiety, depression, low mood, relationship issues, loss, grief, trauma and other conditions, can contact their GP to get referred to Relate Derby or people can just contact us directly and we will advise them.

Support for children and young people's (age 5-18) emotional health and wellbeing.

If you know a child or young person who is experiencing depression, low mood, stress, panic or anxiety, or need wider emotional support due to the impact of the Covid -19 pandemic then please refer them to Relate Derby. Our specially qualified counsellors are ready to assist. This is a free service and we currently have no waiting list, so people can get access to a qualified counsellor straight away.

Counselling for people affected by Autism Spectrum Condition (ASC).

Relate Derby has a special project called 'Living Well with Autism' (LWA) which supports people with ASC who are wanting to explore their own relationships and people who have a family member with ASC. This service is free to people who are living in Derbyshire. For more information please visit our dedicated website <http://www.livingwellwithautism.org.uk/>

Our free Telephone Helpline (0808 178 9363)

This has been extended and is now running on Monday, Tuesdays and Thursdays 10am -1pm. Thanks to Foundation Derbyshire for their financial support.

Our helpline gives people the opportunity to speak directly to an experienced Relate trained counsellor without having to make an appointment.

Calls are free from landlines and most mobiles. If you are not sure whether or not you will be charged, please check with your mobile provider to confirm that 0808 calls are free before calling us.





**Mental Health
Emotional wellbeing/
Staying active
Amber Valley**

Changes to Integrated Sexual Health Services re; Coronavirus (COVID-19)

We have temporarily changed how we deliver integrated sexual health services in response to the coronavirus (COVID-19) outbreak to protect our staff, patients and local communities.

- We will no longer be accepting "walk-ins" at our clinics during this time.
- 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.
- The Saturday clinics and community sexual health (peripheral) clinics are currently closed.

Please signpost patients to use our online services via the Your Sexual Health Matters website www.yoursexualhealthmatters.org.uk

Sexual Transmitted Infection ([STI](#)) & [HIV testing](#) (including testing and treatment for chlamydia). For asymptomatic patients and symptomatic patients.

[Oral Contraception](#) & [Emergency Contraception \(for over 16s\)](#)

Free [condoms by post](#) for patients aged 13+

Most of our accredited providers are still providing [Emergency Contraception](#), please ask patients use the 'search' facility for their nearest pharmacy via the website - we are also advising that patients contact the pharmacy directly, ahead of their visit to find out their current situation regarding opening times and access to services.

We will continue to see patients in the hubs for emergency coil fitting (these patients will be identified by the telephone triage at booking).

The following services are currently suspended until further notice:

- Vasectomy services
- Psychosexual Counselling
- Sexual Health Promotion

All routine LARC services, including replacements and new fittings.

People will be advised during telephone triage of bridging methods

(postal condoms will be coming online imminently, so we can signpost to people to oral contraception online and the postal condoms

- both can be ordered via our website).

- Pregnancy & TOP advice. All patients to be signposted to the acute services.

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- Pregnancy & TOP advice. All patients to be signposted to the acute services.

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/>

Derbyshire Domestic Abuse Support Line

Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting the Derbyshire Domestic Abuse Support Line. Its available 24 hours per day, 7 days per week and offers a single point of contact to get the help you need.

Tel: 08000 198 668 and you'll get help from someone close by. You can also contact them by email: derbyshiredahelp-line@theelmfoundation.org.uk

If you're deaf or hearing impaired, text: 07534 617252.

Mon – Fri 8.00am – 7.00pm specialist domestic abuse workers will take the call and refer into the Derbyshire Domestic Abuse Support Services.

Overnight, weekends and bank holidays contact the helpline and the call will be taken by Call Derbyshire, who will respond and direct to the support services



Website

Call 08000 198 668

Email derbyshiredahelp-line@theelmfoundation.org.uk

Text 07534 617252

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



The Men's Advice Line

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

[website](#)

0808 801 0327

Women's Aid

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



[website](#)

Galop

Domestic Violence support for members of the LGBT+ community



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



[website](#)

08000 198 668



Blue Sky is a free download mobile app, launched in partnership with the by Vodafone Foundation, providing support and information to anyone who may be in a abusive relationship or those concerned about someone they know



[Website](#)

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](#)

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



[website](#)

enquiries@salcare.org.uk

01773 765899





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

1:1 counselling

ISVA (independent sexual violence advisor)

Art and Drama therapy

Group therapy

Move on support group

Helpline 0800 028 2678



Website

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

Children and Young People's Therapy

Talking, creative and play therapies are available to children and young people for something that has happened either in the past or more recent.



Website

ISVA and ChISVA Support

SV2 provides an ISVA service (Independent Sexual Violence Advisor or Children's Independent Sexual Violence Advisor) for anyone who has been the victim of rape, sexual assault or abuse. The ISVA's or ChISVA's main role is to provide emotional support and guidance for anyone reporting or considering reporting current or historic sexual offences to the police and through the Criminal Justice System.

SARC

Our Sexual Assault Referral Centre is for anyone aged 18 or over who has been raped or sexually assaulted within the last 7 to 10 days. At the SARC you will undergo a forensic medical examination; hand over any other evidence, such as clothing etc; and complete a witness statement.

Adult Therapy

We are not currently taking new referrals for adult therapy but this is changing situation so please check our website and Facebook page for the latest information.



Make Yourself Heard

In danger, need the police, but can't speak?

- 1 **Dial 999**
- 2 **Listen** to the questions from the 999 operator.
- 3 **Respond** by coughing or tapping the handset if you can.
- 4 If prompted, **press 55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by

IOPC

Supported by

women's aid

NPCC



**DERBYSHIRE
CONSTABULARY**

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

Facebook – send them a private message to /DerbyshireConstabulary

Twitter – direct message their contact centre on @DerPolContact

Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.

Phone – call them on 101.

Supporting vulnerable children and young people during the coronavirus outbreak

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.



STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

At a time when community cohesion is needed more than ever, sadly we continue to see instances of Hate Crimes that threaten the safety of individuals in our community.

A hate crime is any crime which is perceived by the victim or anyone else, to be motivated by a hostility or prejudice towards someone because of their identity.

We would encourage all hate incidents to be reported to the police. Derbyshire County Council jointly funds [StopHateUK](https://www.stophateuk.org/) to provide support, advice and alternative reporting to anyone affected by hate crime.

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

[Website](#)



SafeToNet
To view information please click link below
[Online](#)



As the government lockdown and social distancing measures continue, there is growing concern for children and young people who may be at risk of exploitation and abuse.

School closures, restricted services and lack of face-to-face support mean that there may be less opportunities to protect children at risk.

Exploited children and young people don't always look vulnerable and may not act like victims. If something doesn't feel right though, it might not be.

Public spaces like bus and train stations, fast food outlets, hotels and roadside services can be where young victims of child exploitation are most visible. Help to protect children and young people. **Don't wait. Report it.**




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.

#lookcloser

	Modern slavery	
	<p>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.</p> <p>It is a term used to describe: human trafficking, slavery, forced labour and domestic servitude, slavery practices, such as debt bondage, sale or exploitation of children and forced marriage.</p> <p>If you are worried, or suspect, that a person may be a potential victim of modern slavery or trafficking, please report it.</p>	<p>Police on 999, if the person is at immediate risk or 101, if a non-emergency - quote Modern Slavery Human Trafficking Unit</p> <p>Call Derbyshire on 01629 533190 (24hr Adults & Children) Children triaged via Starting Point</p> <p>Derby City Council: 01332 640777 and refer to social care</p> <p>For advice - Modern Slavery Human Trafficking Unit on 0300 122 8057 or email MSHTU@derbyshire.pnn.police.uk</p>



ACT

ACT has also launched free online seminars on safeguarding and they are exploring e-learning modules in safeguarding – if you are interested in finding out more please follow them on Twitter <https://twitter.com/AnnCraftTrust> or Facebook <https://www.facebook.com/AnnCraftTrust/> and/or sign up to their newsletter via the website.

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](https://childline.org.uk)

NSPCC

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



[website](https://nspcc.org.uk)

Mother Hub

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.



[Website](https://motherhub.org.uk)



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.

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



<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>





Website

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.





Parental Support



Health Exercise and Nutrition for the Really Young (Henry)

Due to Covid-19 HENRY (Health Exercise and Nutrition for the Really Young) are not facilitating courses at present, but we are working on this being delivered virtually or signposting families to interactive E-learning courses. We are also developing family cookery sessions to offer on the other side of this pandemic.

Please follow the below link to register interest for families to access future courses (please scroll to the bottom of the page to register interest):

HENRY: <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>



Website

What support do they offer?

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.

Schools

Parent Zone's Digital Schools Membership supports schools in keeping children safer online, fostering resilience and helping them educate pupils for a digital future. As well as Digital Schools Membership, we deliver the Parent Info service (offering articles and advice for parents, to run free of charge on school websites), and in-school training sessions.

Local Authorities

Parent Zone's Digital Resilience Membership supports effective work with parents and families in all communities, covering all the issues amplified by the internet.

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.



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

DIY Haircuts

website

Coronavirus updates

Lockdown help with the latest information on supermarkets, MOT's and more.

website

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

Contacting your Dentist

Access to NHS Dentistry is currently limited during the pandemic as dentists have been asked to stop all routine "face-to-face" dental care. However, if you need urgent dental care, help is at hand:

CALL your dental practice: They will give you advice over the telephone and make arrangements for you if you need to be seen. If you don't have a dentist, find your nearest dentist and **CALL** them. You can search for your nearest dentist at: <https://www.nhs.uk/service-search/find-a-dentist>. You can also contact NHS 111.



Communication Unlimited



- Tel: 01332 369920
- SMS: 07812300280
- Fax: 01332 369459
- Email: bookings@cu-bsl.co.uk
- Facebook: <https://www.facebook.com/BSLcommunicationunlimited/>

Communication Unlimited provide sign language interpreting in a range of situations, they are still open during COVID-19 and can help if you have a health appointment, if you need to get a repeat prescription or need to call the doctor etc. They cover the whole of Derbyshire.

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

We know that the closure of schools due to the Covid-19 pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers across Derby and Derbyshire. We are pleased to be able to offer services to support the whole family. You will find information attached. We would again be most grateful if you could support us in sharing this information.

If you have any questions or concerns then please do not hesitate to contact us: ddccg.enquiries@nhs.net

New from Parent Info: active gaming and Roblox guide

Gaming can be an active experience for children and young people. A new Parent Info article explores [how active gaming](#) works and the games available that help them stay active.

Parents and carers asking for advice on Roblox? Share [Parent Info's guide](#) which takes a look at how the platform is used and how it can be made safer for children.



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>

On line safety

<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>

Hot Topics....

<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>

Education

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.



Website



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/Saveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873
- Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadincote) contact Chris Ellerington 07896 804096
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Becky Stancil 07767 670797



CALLING ALL YEAR 11, 12 & 13 PUPILS!

National Careers Service COVID-19 Activities

Have you been unable to sit your exams? Are you unsure of your options and what to do next? We can help and support you with this.

Careers support is also available to anyone over 16 with no upper age limit.

Please contact ncs.scans@derbyshire.gov.uk or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020



National Careers:
Please see the ne National careers video below showing what services Nation Careers caches are offering.
[You tube link](#)



Adult Community Education News

Love learning locally
**Adult Community
Education News**



Silly Squad Summer Reading Challenge

A fun and free reading challenge for children aged 4-11 running from June to September. Celebrating funny books, happiness and laughter. Children are asked to share or read books, comics, jokes anything that makes them happy. These can be books they have at home or books that are downloaded for free from Derbyshire Libraries. They can join in the fun at the Silly Squad website where there are lots of games and quizzes as well as book recommendations and reviews written by children.



Delivered by the Reading Agency and supported by Derbyshire Libraries. Contact Anna Cotsell, Childrens Services Manager, Libraries and Heritage.

www.sillysquad.org.uk

[www.derbyshire.gov.uk/
summerreadingchallenge](http://www.derbyshire.gov.uk/summerreadingchallenge)

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

website

This website covers groups and support nationwide.

<https://covidmutualaid.org/local-groups/>.

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.



Website



July Open Days 1pm – 6pm

BURTON – *Bricklaying Levels 1, 2 & 3*

Units B & C Rolleston Industrial Estate
Burton on Trent DE14 1PT

Wednesday 15th July

SWADLINCOTE – *Levels 1, 2, 3 Plastering, Level 2 Tiling & Level 1 & 2 Motor Vehicle Maintenance, CSCS Training & Testing*

4a Boardman Industrial Estate
Swadlincote DE11 9DL

Monday 20th July

BARLBOROUGH – *Level 1 & 2 Plastering, Level 2 Tiling, CSCS Training*

Unit 2 Magnet Business Park
High Hazels Road
Barlborough S43 4UZ

Friday 3rd July

STAVELEY – *Level 1 & 2 Bricklaying*

Unit 1B Hartington Industrial Estate
Deepdale Close
Staveley S43 3YF

Tuesday 7th July

RIPLEY – *Level 1 & 2 Bricklaying*

Victoria Place
Ripley DE5 3FW

Thursday 9th July

PINXTON – *Level 1 & 2 Plastering, L2 Tiling, CSCS Training*

Unit 2
42 Brookhill Industrial Estate
Pinxton NG16 6NT

Monday 20th July

Derbyshire County Council Libraries

Please see this link for more information and details of services that are currently available: [Website](#)

Derbyshire Libraries are to roll out a phased reopening with safety a priority.

Some libraries are reopening during the week beginning Monday 6th July, with reduced services and other temporary measures in place to keep customers and staff safe during this time.

The due date for any books or items that are out on loan is now the 30th of September.

The libraries to reopen throughout the week are:

- Heanor, Matlock, Swadlincote (Monday 6 July)
- Dronfield (Tuesday 7 July)
- Chesterfield (Wednesday 8 July)
- Buxton, Long Eaton (Thursday 9 July)

From their opening date, all 7 will then be open from 10am to 4pm Monday to Friday, and 10am to 2pm on Saturdays until further notice.

Library contact details:

Buxton Library - Tel: 01629 533460, email: buxton.library@derbyshire.gov.uk

Chesterfield Library - Tel: 01629 533400, email: chesterfield.library@derbyshire.gov.uk

Dronfield Library - Tel: 01629 533450, email: dronfield.library@derbyshire.gov.uk

Heanor Library - Tel: 01629 533795, email: heanor.library@derbyshire.gov.uk

Long Eaton Library - Tel: 01629 531470, email: longeaton.library@derbyshire.gov.uk

Matlock Library - Tel: 01629 533837, email: matlock.library@derbyshire.gov.uk

Swadlincote Library - Tel: 01629 533 013, email: swadlincote.library@derbyshire.gov.uk

Dates will shortly be announced for the second phase of library reopenings affecting the following libraries: Alfreton, Ashbourne, Belper, Bolsover, Glossop, Ilkeston and Ripley.

You can also find out more about our services, and join Derbyshire libraries online, by visiting our website: www.derbyshire.gov.uk/libraries

You can email enquiries to ask.library@derbyshire.gov.uk

You can leave a message, with enquiry and contact details, on the Library Information Service call back service by ringing: **01629 533444**

A member of staff will return your call as soon as possible.



Community Support
Amber Valley



Covid-19
Mutual Aid UK

Register with a local Covid-19 Support Group:

<https://covidmutualaid.org/local-groups/>

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

Living Well with Dementia Online Programme



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

It has been developed by Derbyshire Community Health Services & Derbyshire Healthcare NHS Foundation Trust who are currently unable to provide their face to face Living Well with Dementia groups due to COVID-19. This resource could be helpful to people with mild dementia and their carers & families. It has some useful links to activity ideas & resources towards the end of the course.

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 Our-Watch website on the link below and enter your postcode.

Website

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

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.

Especially in this difficult time with Coronavirus, they want to support you to prevent you feeling isolated and lonely. They want all deaf and hard of hearing women to be included to discuss various topics, drop in chat or even just a quick hello!

They will be setting up Zoom topic group, and will include caption/voiceover/BSL.

Visit their website <https://www.deafinitelywomen.org.uk/> to find out more.

You can also read the latest Deaf-initely Women newsletter [HERE](#).

Deaf-initely Women Community Support Group



Employment/ Training



Website

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.



Have you recently been furloughed?

National Careers Service COVID-19 Activities

Do you need help to make decisions on learning, training and work opportunities?
The service offers confidential and impartial advice.
This is supported by qualified Careers Coaches.

Please contact ncs.scans@derbyshire.gov.uk or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020



National Careers Service

Do you need help to discover your digital skills and to look for online learning/courses?

Derbyshire County Council National Careers Service offers information, advice and guidance to adults on employment and learning.

Our staff are:

- Experienced and qualified to a minimum of Level 4 in Information, Advice and Guidance
- Friendly, supportive and adaptable to learner needs
- Impartial and able to advise on and refer to a wide range of local provision

During the COVID-19 outbreak our centres are closed for face-to-face appointments, but we're still offering impartial information, advice and guidance in other ways. Support will be available via telephone, Skype, text and / or email.

Please get in contact with your local Careers Coach as listed below:

- Chesterfield (Dronfield/Staveley/Alfreton/Edkington) contact Wendy Leigh 07717 303855
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07987 308573
- Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadlincote) contact Chris Ellerington 07896 884086
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 381263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald 07967 308805 or Becky Stancill 07767 870797



Princes Trust
Website



Prince's Trust



2 DAYS ONLINE

FREE BUSINESS WEBINAR:

CALL 0800 842 842

Learn all about self-employment
AND how to setup and run your
own business.

Includes marketing, invoicing, taxation,
finances, skills for business and funding.

RHGCONSULT
challenge ... inspire ... succeed

Join us on the
22nd & 23rd JUNE 2020
9.30am-4.30pm

START SOMETHING

European Union
European Regional
Development Fund

Working Ways 

Intensive Personalised Employment Support

**Effective
employment
support**

For people with a disability

15 months of free personalised support for
people with a health conditions or disabilities.

Socially-distanced and safe support available
during the Covid-19 outbreak.

Full details about our range of support
available at workingways.co.uk

Eligibility

Participants must:

- Have a disability under Equality Act 2010 definition
- Want to work
- Have complex barriers to work
- Be more than 12 months from employment
- Require more intensive support to transition into
work / whilst in work

To refer someone call
0800 015 5332

REED
IN PARTNERSHIP

Remploy
Putting ability first

disability
confident
LEADER

**Department
for Work &
Pensions**
in partnership with



DERBYSHIRE CARERS ASSOCIATION



Are you a Carer or concerned about a Carer during the Covid-19 crisis?

Derbyshire Carers Association support Carers who look after a friend or family member who, due to illness, disability, mental health problems or an addiction cannot cope without their help or support. We are commissioned by Derbyshire County Council to be the lead provider of Carer Services across Derbyshire.

To help us to better support our most vulnerable Carers during these difficult times Derbyshire Carers Association are offering a new supportive service to connect Carers to vital support services within their community.

We can contact carers to help them with a wide range of issues as we have 30 years of experience of working with carers

Types of help

- Help /advice to source practical help
- We have direct links with Social care
- Advice and links where to get legal and financial help
- Practical advice
- Help to make an emergency plan
- Links to befriending support, and peer support to help with wellbeing and resilience
- Specialist advice for conditions and links to other specialist services e.g. those with Dementia or Parkinson's disease and mental health

Specific help and support for Young Carers – which includes social, practical and emotional support for them and their families.

We are accepting referrals for Adult and Young Carers. To make a referral please email derbyshire.carers@nhs.net or phone 01773 833 833



[Psychological First Aid & COVID - PHE & Future Learn free online course](#)



[4 page flyer for Summer online courses](#)



Alcohol and Substance misuse support



[website](#)

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](#)



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

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.





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

[Website](#)



CAMHS - Supporting bereaved children during the outbreak of

Covid-19

The outbreak of Covid-19 means that many aspects of our lives have changed. School is closed for most, lots of families are working from home, and we are all having to spend more time apart. The news is full of talk of the virus and the effect it is having.

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

UNICEF for Every Child

Website



ONLINE Postal Condoms

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

ChildLine – 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





Text: 07507 327104-Response Time: Within 24 hours 9am – 5pm, Monday to Friday (except bank holidays)

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

Volunteering
Amber Valley



Amber Valley CVS

<https://avcvs.org/>

Register with a local Covid-19 Support Group:

Website

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

please contact: Helen McAra –

Youth and Community Engagement Worker

07919 227984 / helen.mcara@derbyshire.gov.uk

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 Carers Telephone Befriending

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.



The DCA Telephone Befriending service is continuing to run in the usual manner throughout the COVID-19 period. DCA established Volunteer callers are continuing to make their calls from home, as usual, to Carers they have previously been matched with, as well as any new Carers needing a chat. DCA Peer Support staff are also helping to provide befriending calls to isolated Carers during this time of increased need.

During the COVID19 period DCA are able to continue to offer support from their Telephone Befriending service to those Carers who are, or have become, more isolated or who are extremely vulnerable. Support and signposting can also be provided during the calls, where the Carer is in need of other information and local support.

If you feel you as a Carer would benefit from telephone support, or wish to discuss the Telephone Befriending, please contact DCA on: 01773 833833

British Red Cross online training course for coronavirus volunteers

Whether you're volunteering with a charity or lending a hand to a neighbour, this step by step guide tells you how to look after yourself and others. This training was designed by the British Red Cross for anyone who is responding to the coronavirus outbreak. Whether you've been deployed by a charity or have decided to lend a hand to a neighbour, it tells you what you need to know to look after yourselves and others. The content of this course will be regularly updated to reflect the latest situation and advice from government.



[Website](#)





Any other Local info.
Amber Valley

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

Alfreton 01629 533066

Langley Mill 01629 533677

Heanor 01629 532616



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





Any other Local info.

Library News

Some libraries across Derbyshire are to begin reopening from next week with several temporary changes in place to keep customers and staff safe.

[County libraries to roll out reopening with safety a priority](#)





FREE ONLINE EVENT
for deaf & hard of hearing women only

ABSTRACT ART

WITH BSL SIGNER
RUBBENA AURANGZEB-TARIQ

MONDAY 13TH JULY
10AM- 3PM

Learn abstract art
Watch or paint with Rubbena
via Zoom

A well known deaf artist nominated
for the National Diversity Awards 2019
as a Positive Role Model

Book your place now by email
booking@deafinitelywomen.org.uk
or Text BOOK&RUB (your name) 07421 827 162
BSL subtitles and voiceover are available.







[Ashgate Hospicecare](#) have announced that this year's Sparkle Night Walk will be a virtual event called the 'Markovitz Virtual Sparkle Night 2020' and will go ahead on Saturday 19th September 2020.

For more details and to sign up for this year's Markovitz Virtual Sparkle Night visit
<https://sparklenightwalk.org.uk/>