

Bolsover and North East

Covid-19 - Community updates

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

Name: Michelle Higgins

Email: michelle.higgins@derbyshire.gov.uk

Mobile: 07881824640

Name: Tina Eltringham




Email: tina.eltringham@derbyshire.gov.uk

Mobile: 07785381128

Contents

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

Foodbanks

<u>Local Info</u>	
	<p>Clay Cross Foodbank (Voucher required from referrer) www.claycross.foodbank.org.uk Community of Christ Church, Thanet Street, Clay Cross. Operating only as a delivery service. Phone: 07899878398 (All enquiries) Email: info@claycross.foodbank.org.uk Please use email address where possible not phone number.</p>
	<p>Freedom Community Project www.fcgroup.org.uk Due to Coronavirus disease (COVID-19) all centres will be closed until further notice. The food bank is still operating and they are delivering to people that are isolated. They are offering the advice service over the phone and via video link. Phone: 0300 302 0334 Email: info@fcgroup.org.uk</p>
	<p>Grace Food Bank www.gracefoodbanksheffield.org.uk 240, Lowedges Road, Sheffield. Referral - Email form on website. Phone: 07580516512 (Referrals) Phone: 07964896283 (General enquiries)</p>
	<p>Limestone House www.limestonehousecreswell.com Food bank open Monday to Friday 10:00am – 2:00pm Limestone House Foodbank service including Creswell, Hodthorpe, Whitwell and Bakestone Moor. Phone: 01909 724061 Email: creswell_res_point@yahoo.co.uk</p>
	<p>Living Hope Food Bank – Holmewood Abundant Life Christian Centre, Tibshelf Road, Holmewood Open Wednesdays 12:00pm – 1:30pm They offer a 24/7 emergency service. Lead contact: Tokkie Haywood Phone: 07940845805 Email: tokkie@uwclub.net</p>

	<p>Mickley Infant School Offering food to the community. Collection from outside of the school.</p>
	<p>Morton Food Hub 2 Main Road, Morton, Alfreton DE55 6GT Open Monday, Wednesday and Friday 10:00am – 12:00pm Food parcel collection by prior arrangement – please don't just turn up. Referrals accepted by other organisations. Phone: 01773874324 – Only during food bank opening hours</p>
	<p>New Hope Food Bank (Referral from agency) www.newhopefoodbank.org.uk Norwood Industrial Estate, 3, Rotherham Close, Killamarsh. Area's covered: Creswell, Clowne, Dronfield, Eckington, Killamarsh & Renishaw. Phone: 07939950713 (All enquiries) Email: michelle@newhopefoodbank.org.uk</p>
	<p>Shirebrook Christian Centre www.thebrookcc.co.uk/foodbank.php The Brook Community Church and Centre Food Bank is open: Friday 9-5pm Phone: 01623 744371 Mobile: 07726223557 Email: enquiries@brookcc.co.uk</p>
	<p>South Normanton Foodbank (Voucher required from referrer) www.southnormantonarea.foodbank.org.uk St Michael and All Angels Church, Church Street, South Normanton. Open Tuesdays 1:30pm – 2:30pm and Friday 1:30pm – 2:30pm Phone: 07999551691 Email: info@southnormantonarea.foodbank.org.uk</p>
	<p>Tibshelf Infant & Nursery School www.tibshelf-inf.derbyshire.sch.uk Food bank open Monday to Friday 10:00am – 2:00pm In addition there is a shoe bank and library outside school for the community to access. Phone: 01773 872571 Email: headteacher@tibshelf-inf.derbyshire.sch.uk</p>

Cash support for food redistribution during coronavirus outbreak

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

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

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



Trussell Trust

www.trusselltrust.org

enquiries@trusselltrust.org



Rural Action Derbyshire

www.ruralactionderbyshire.org.uk

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



Rhubarb Farm

Fresh vegetable bags



£3 for Regular feed 2 x adults



£4 for Large 2 x adults 1 x child or Family

Referral to anita@rhubarbfarm.co.uk.

They can be collected or £1 delivery charge to local villages (Shirebrook, Langwith, Whitwell, Clowne)

Money and Finance

Local Info	
	<p>Citizens Advice www.nedcab.org.uk Webchat is available between 10:00am–2:00pm Monday to Friday. Telephone Line: 0300 4568437 Our advice line is open 10:00am – 2:00pm Monday to Friday. NED CAB will continue to provide a service via GP surgeries but this will be by telephone advice only. Contact is via the GP surgery to book a telephone appointment with an advisor.</p>
	<p>Release www.releaseonline.org.uk Release is open for telephone help and support during the crisis with finances, budgeting and more. Email: info@releaseonline.org.uk Phone: 01773 306289 Text: 07932088331</p>

 Department for Work & Pensions	<p>This website gives the most up to date government information for benefits, Universal Credits etc.</p>	<p><u>website</u></p>
 <p>Help where you want it, when you need it... Registered Charity No.1094369</p>	<p>Citizens Advice</p> <p>There is general advice specifically about COVID-19 on the national Citizens Advice website here:</p> <p>We cover a wide range of issues including...</p> <ul style="list-style-type: none"> Housing (renting and home ownership) Debts and Money Problems Family and Relationships Health and Social Care Energy Efficiency Employment Consumer Benefits <p>Our advice is free, confidential, impartial and independent.</p>	<p>Call our Derbyshire Districts Advice line: Monday to Friday 9.00am - 4.00pm 0300 456 8390 (See reverse for call charges)</p> <p><u>website</u></p>



Covid-19 Cyber and Fraud Information Sheet

East Midlands Special Operations Unit



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.

	Benefits during the Coronavirus This link has the most up to date information for benefits, Universal Credits etc. The Information is updated daily.	<u>website</u>
	Money Advice Service The Money Advice Service gives guidance and help with how to manage your money better.	<u>website</u>
	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.	<u>website</u>
	Money Saving Expert Employment Help	<u>website</u>
	The Stop Loan Sharks Helpline Service - Ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship is fully operational during the COVID-19 pandemic-	24/7 hotline 0300 555 2222 Text a report 07860022116 <u>shark@stoploansharks.uk</u> <u>website</u>

	<p>Step change</p> <p>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.</p>	<p><u>Website</u></p>
	<p>Warmer Derby & Derbyshire helpline is open</p> <p>Our energy bills/cold homes phone line service is still running, albeit in a modified form. The Warmer Derby & Derbyshire number is still available 0800 677 1332, while home visits will be replaced by conference/video calls where appropriate, and/or postage of information leaflets & materials.</p> <p>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.</p> <p>As households around Derbyshire stay at home, our energy bills are set to rise as gadgets become essential for staying in touch and the heating needs to be on during the day. Keep ahead of the game by calling an Energy Advisor at Warmer Derby & Derbyshire on 0800 677 1332.</p> <p>You can call for advice about:</p> <ul style="list-style-type: none"> • energy bills • switching tariff • how to make your home more energy efficient • how to apply for grants for heating systems and insulation <p>We also have a small crisis fund for vulnerable households with acute problems affected by COVID-19 and associated difficulties in contacting suppliers. Please call us for more information. Freephone: 0800 677 1332 or email wdd@mea.org.uk</p>	

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 worries 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 (or 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.



Housing

Local Info

	<p>Bolsover District Council Many of the council's services can be accessed through using the website forms which can be found at www.bolosver.gov.uk Phone us on: 01246 242424 Email: enquiries@bolsover.gov.uk</p>
	<p>Rykneld Homes www.rykneldhomes.org.uk Online form available for enquiries Phone: 01246 217670 Email: contactus@rykneldhomes.org.uk</p>

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

Morrison's Foundation – Covid 19 Homeless Support Fund. The Morrison's 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. www.morrisonsfoundation.com/latest-news/covid-19/


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.

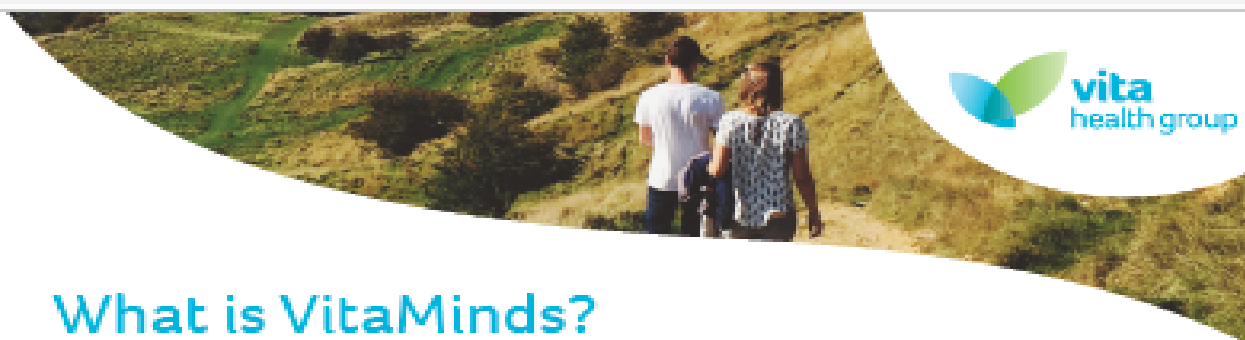
<u>Local Info</u>	
 <p>4Positive COMMUNITY INTEREST COMPANY young people Serving Young People And Communities</p>	<p>P4YP – Positive 4 Young People www.p4yp.org.uk Free 1-2-1 Phone Counselling KS3 & KS4 Wendy Majhen Mobile: 07909117442 Email: w.majhen@p4yp.org.uk</p>
 <p>Specialist Child and Adolescent Mental Health Services CAMHS Derbyshire Healthcare NHS Foundation Trust</p>	<p>Specialist Community Advisors – CAMHS Bolsover – Sophie Tipple CAMHS Duty Team Phone: 0300 123 9164 Weekdays 9:00am – 5:00pm</p>

	<p>Dr Radha's five mental health tips for lockdown</p> <p>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.</p> <p>Sticking to a routine, making sure we take care of ourselves, and using our creativity in new ways are all ways she suggests we can ease the psychological toll that staying inside is having on all of us.</p>	<p><u>Website</u></p>
---	---	------------------------------

	<p>Derby and Derbyshire: Emotional Health and Wellbeing.</p>	<p><u>Website</u></p>
	<p>Kooth</p> <p>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.</p>	<p><u>website</u></p> <p>Online chat: Available</p>
	<p>Qwell</p> <p>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.</p>	<p><u>website</u></p> <p>Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends</p>
	<p>Derbyshire LGBT+</p> <p>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.</p> <p>Online chat: Available on Facebook www.facebook.com/derbyshirelgbt/</p>	<p><u>website</u></p> <p>Telephone: 01332 207704 Email: info@derbyshirelgbt.org.uk</p>
	<p>The Mix</p> <p>Essential support for under 25's, including mental health, housing and relationships</p>	<p><u>Website</u></p>
	<p>Winston's Wish</p> <p>Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times.</p>	<p><u>Website</u></p>

	<p>Every Mind Matters</p> <p>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.</p>	<p><u>website</u></p>
	<p>Samaritans</p> <p>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.</p>	<p><u>website</u></p> <p>Telephone: 116123</p>
	<p>Place2Be</p> <p>Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They have lots of online resources for professionals to support through the covid-19 pandemic.</p>	<p><u>website</u></p> <p>Telephone: 020 7923 5581 Out of hours: 07850 265681</p>
	<p>Action for Children</p> <p>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.</p> <p>Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet https://www.actionforchildren.org.uk/support-for-parents/</p>	<p><u>website</u></p>
	<p>Men-Talk</p> <p>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.</p>	<p>Email: mentalkmeeting@gmail.com</p>

 ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111	Child line 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
	Rethink Mental Health We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. We do this by offering targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire, and also peer support groups where there is a need.	<u>Website</u> Telephone: 01773 734989
	Deaf-initely Women What support do they offer? Definitely Women have created a new group for women who are deaf, deafblind, 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.	<u>Website</u>
	Vita Minds 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 . 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 Movement, 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 0053 495 | iapt.derbyshire@nhs.net | vitahealthgroup.co.uk/vitaminds


Derby and Derbyshire
Clinical Commissioning Group

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 wellbeing 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](#)

YOUNGMiNDS

Young Minds

www.youngminds.org.uk

Parents Helpline: 0808 802 5544

Monday – Friday 9:30am – 4:00pm


Young person in crisis text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help text YM to 85258

Online Support Schedule

Activities are running everyday via zoom or Social Media Platforms. You can get engaged with some Mindfulness sessions, learn new skills at Mental Health Training, get creative at Art Workshops or join one of our fantastic wellbeing groups where you can talk and discuss different topics with other people

See below



Online Support Schedule

Monday

9:00-9:20
Mindfulness Monday Morning

with Clair, Mindfulness Practitioner and Specialist Support Officer

11:00-12:00
Art Workshops

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

Tuesday

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

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

19:00
Live Stream Mindfulness sessions

with Clair via Facebook and Instagram

Wednesday

16:00-17:00
Feeling Good Wednesday!

with Sam, our Specialist Support Officer

Themed session which will allow time for discussion.

Registration required.

Please contact: samr@firststepsed.co.uk

Thursday

15:00-15:30
Mental Health Training

with Maria, Training and Events Manager

18:45-19:45
ALTERNATIVE WEEKS

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

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

Friday

11:00-12:00
Art Workshop

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

14:00-14:30
Stress Free Friday

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

ChatED

Live Chat Support via Facebook available Monday-Friday 9-10, 12-13, 15-16 [@firststepsedchated](https://www.facebook.com/firststepsedchated)

Saturday

11:00-12:00
Start the Weekend Right

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

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

Monday, 11 May 2020



**START
SOMETHING**

Healthy minds
that talk.



Next online
workshop
20 - 21 May

These free online workshops for young people aged
16-30 will help grow mental health resilience,
communication skills and teamwork.

For more information
andrew.hebron@princes-trust.org.uk
07806785032

Co-created in
partnership with

YOUNGMiNDS

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>

Local Info



The Elm Foundation
www.theelmfoundation.org.uk
For advice and support
Phone: 01246 540464
Text: 07377400279

	The National Domestic Abuse Helpline Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.	<u>website</u> 0808 2000 247 24 hours a day Free Calls
 The logo for Safer Derbyshire, featuring a purple square with a white dot pattern and the text 'Safer Derbyshire' in white, with 'The website for community safety in Derbyshire' in smaller text below.	Safer Derbyshire Derbyshire 24/7 helpline	<u>website</u> 08000 198 668
 The logo for Women's Aid, featuring a pink square with the text 'women's aid' in white, lowercase letters.	Women's Aid Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.	<u>website</u>
	Respect Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.	<u>website</u> 0808 8024040

	<p>Salcare</p> <p>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</p>	<p><u>website</u></p> <p>enquiries@salcare.org.uk 01773 765899</p>
	<p>Galop</p> <p>Domestic Violence support for members of the LGBT+ community</p>	<p><u>website</u></p> <p>0800 999 5428 help@galop.org.uk</p>
	<p>The Men's Advice Line</p> <p>A confidential helpline for male victims of domestic abuse and those supporting them.</p>	<p><u>website</u></p> <p>0808 801 0327</p>

Safeguarding

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




Independent
Office for
Police Conduct

Supported by

women's aid
and women & children are safe

NPCC
National Police Chief's Officer



	<p>Derbyshire County Council</p> <p>If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/Starting Point.</p>	<p><u>website</u></p> <p>Call Derbyshire 01629 533190 Starting Point 01629 535353</p>
	<p>NSPCC</p> <p>Support for Children and parents in regard to mental health, safety, bullying etc.</p>	<p><u>website</u></p>
	<p>Child Line</p> <p>If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.</p>	<p><u>website</u></p>

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.

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

Parental Support

<u>Local Info</u>		
	<p>Junction Arts</p> <p>https://junctionarts.org/community-projects/voyage-of-discovery/</p>	
	<p>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.</p> <p>Phone: 01332 369920 FAX: 01332 369459 SMS: 07812300280 Email: bookings@cu-bsl.co.uk</p>	<p>Facebook: https://www.facebook.com/BSLcommunicationunlimited/</p>
	<p>Parent Zone What support do they offer?</p> <p>We offer information and support in understanding the digital world, to help raise resilient children. Our services include <u>Parent Info</u>, and the Parent Lounge, which gives access to our <u>Parenting in the Digital Age training course</u>.</p> <p>Schools Parent Zone's <u>Digital Schools Membership</u> 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 <u>Parent Info</u> service (offering articles and advice for parents, to run free of charge on school websites), and <u>in-school training sessions</u>.</p> <p>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.</p>	<p><u>Website</u></p>

	<p>The Breastfeeding Network</p> <p>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.</p> <p>We will update this document as things develop but here's what you can expect from us over the coming weeks.</p>	<p><u>Website</u></p>
	<p>Newsround</p> <p>What support do they offer? Relevant news and information for young people aged 6-16. They also offer information and advice on topics like Covid-19, managing feelings etc.</p>	<p><u>website</u></p>
<p>Cooking on a budget</p> <p>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.</p>		<p><u>website</u></p>
<p>Coronavirus updates</p> <p>Lockdown help with the latest information on supermarkets, MOT's and more.</p>		<p><u>website</u></p>
<p>DIY Haircuts</p>		<p><u>website</u></p>
<p>Covid-19 Entertainment</p> <p>Keep your family informed and entertained during the coronavirus shutdowns with parenting articles, study tips, science experiments, homework resources, cute videos, and more.</p> <p>https://www.nationalgeographic.com/family/in-the-news/coronavirus/</p> <p>https://www.familyfuntwincities.com/boredom-busters/</p> <p>https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resourceskids</p> <p>https://www.telegraph.co.uk/family/life/things-do-kids-home-ideas-bored-childrenentertained-self-isolation/</p>		

Education

Primary School Resources	<u>website</u>
Secondary School Resources	<u>website</u>
Digital Skills	You can find support with digital skills from the Good Things Foundation at: Learn My Way: www.learnmyway.com and Make it Click: https://makeitclick.learnmyway.com/directory
Indoor Activities	English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578 Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=287903f4-9808-4e87-a633-49a4306cfd6f
Outdoor Activities	English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=fd30d8de-fc23-45d8-93f1-d2eead8f13bf Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=22d0d143-98c4-4aca-b829-f65d11bbf6fc
Kitchen Activities	English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=a4aa24ed-ed26-4bd5-a2eb-be11fddde0bb Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=17c6ad2e-afb5-43a2-8ff1-000d2da05901
Make it activities	English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d



National Careers Service

Information of our service during the Covid-19 outbreak

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873
- Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadlincote) contact Chris Ellerington 07896 804096
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald 07967 308905



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

Employment/ Training

<u>Local Info</u>		
	<p>Acorn Training Ltd www.acorntraining.co.uk Suite 1A, Stephenson Chambers, 6-8 Corporation Street, Chesterfield, S41 7TP Telephone: 01246 520530 Email: info@acorntraining.co.uk</p>	
	<p>This website covers groups and support nationwide. https://covidmutualaid.org/local-groups/.</p> <p>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.</p>	<p><u>Website</u></p>
	<p>Inspire</p> <p>What support do they offer? Aged 16-24 and unsure what you are doing from September? Inspire Learning Study Programmes are ENROLLING NOW!</p>	<p><u>Website</u></p>
<p>Bassetlaw CVS Tel: 01909 476118 Email: admin@bcvs.org.uk</p>		<p><u>website</u></p>
<p>Links CVS Tel: 01246 272844 Email: info@linkscvs.org.uk</p>		<p><u>website</u></p>
<p>Learn through Volunteering Learn new skills through volunteering, working to protect our country-side or help others.</p>		<p><u>website</u></p>
<p>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</p>		<p><u>website</u></p>

Community Support

<u>Local Info</u>	
	<p>Bolsover District Council – Community Support Team www.bolosver.gov.uk Online form to register if you are self-isolating</p>
	<p>Derbyshire Community Response Unit CRU We're co-ordinating a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak. We're calling on Derbyshire's strong network of community groups, voluntary organisations and businesses to help by joining the Derbyshire Community Response Unit. Do you belong to a business or group that could help supply goods or services? The Community Response Unit will help those in need by delivering services such as:</p> <ul style="list-style-type: none"> • food shopping and delivery • checking up on people who are isolated with a phone call or online help to prevent loneliness and check whether there is anything they need • collecting and delivering prescriptions • preparing meals. <p>Residents who could be helped by the Community Response Unit include those who are self-isolating because they, or a member of their household, is at risk from coronavirus. Support will be offered to residents struggling to meet their basic needs because of financial, social and health restrictions – including pregnant women, people with some underlying health conditions and those aged 70 or over. If you're involved in a community group, voluntary organisation or business and you have members who are below the age of 70 who are fit and well then we want to hear from you. If you have any questions, please do not hesitate to contact us via email: help.offered@derbyshire.gov.uk</p>
 <p>North East Derbyshire District Council</p>	<p>North East Derbyshire District Council – Community Support Team www.ne-derbyshire.gov.uk Online form to register if you are self-isolating</p>
<p>Kindness works https://m.facebook.com/groups/2361989460758159/?notif_t=groups_member_joined&notif_id=1584225147539987&ref=m_notif</p>	

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 OurWatch website on the link below and enter your postcode.

Website

Deaf-initely Women Community Support Group



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](#).

Alcohol and Substance misuse support

 Change Grow Live	Change Grow live Supporting young people who are using drugs or alcohol, feel they have a problem and want some help. We're not here to judge you or tell you what to do, but we can help you make the changes you want to make.	<u>website</u> Telephone: 01773 303646 Email: derbyshire@cgl.org.uk.
 Rethink Mental Illness.	Derbyshire Recovery and Peer Support Service The Derbyshire Recovery and Peer Support Service has set up a helpline. Monday to Friday - 09.00 - 17.00 (Will be reviewed regularly and times/days could be expanded).	Helpline Number: 01773 734989

Support for Children and Young People

Childrens guide to Coronavirus

Website

Covid-19 Packs for Children

Website



Action for Children - www.actionforchildren.org.uk

What support do they offer? We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources.

Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet

Website

childline

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

ChildLine – Website

What support do they offer? Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.

Telephone: 0800111 **Online Chat:** Available on their website



UNICEF for Every Child

Website

ONLINE Postal Condoms

Website

Volunteering

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

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



Derbyshire
Fire & Rescue Service

Derbyshire Fire and rescue Service – Befriending Service - Website

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

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.

https://rise.articulate.com/share/bOiebd5nNsS8qqBvYouYG_Ompki_m61e#

Any other Local info.

<https://weareundefeatable.co.uk>

We Are Undefeatable is a campaign supporting those with long term health conditions to be more active.

<https://www.activederbyshire.org.uk>
info@activederbyshire.org.uk

Active Derbyshire is a local organisation who promote physical activity across the area