



EREWASH COMMUNITY UPDATE

MARCH 2021

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

Name: Joanne McGuire

Contact details Tel: 07810815980

Email: jo.Mcguire@derbyshire.gov.uk

Name: Leanne Parry

Contact details Tel: 07580466668

Email: Leanne.Parry@derbyshire.gov.uk

Contents:

- ♦ [Foodbanks](#)
- ♦ [Money and Finance/welfare Benefits](#)
- ♦ [Housing](#)
- ♦ [Mental Health/ Emotional wellbeing/ Staying active](#)
- ♦ [Domestic Abuse](#)
- ♦ [Sexual Abuse](#)
- ♦ [Parental Support](#)
- ♦ [Safeguarding](#)
- [Education](#)
- ♦ [Employment/ Training](#)
- ♦ [Community Support](#)
- ♦ [Addiction Support](#)
- ♦ [Support for Children and Young People](#)
- ♦ [Volunteering](#)
- ♦ [Any other Local info.](#)
- ♦ **Online Directories**

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

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Foodbanks: Erewash

Contact: <https://www.trusselltrust.org/>

info@longeatonsawley.foodbank.or

0795 054 7671

If you are a DCC employee please contact your Youth & Community Engagement Workers to support with referrals.

Sawley:
165 Wilmot Street
Sawley
Long Eaton
Nottingham
NG10 3EL

Saturday 09:00 – 11:00



Long Eaton:
Christ Church Methodist
Church
1 College Street
Long Eaton
Nottingham
NG10 4NE

Tuesday 10:00 – 12:00

Friday 10:00 – 12:00

Cotmanhay Community Network [Wednesday 11:00—13:00](#)

Contact: cotmanhaycommunitynetwork@gmail.com

FREE fruit/veg and low priced foods including pasta, fresh meat, tinned food, bread and lots more for anyone to access.

The community shop is open Wednesdays from 11:00 – 13:00 at 39 Vernon Street (The old bennerly school site).



Arena Church Foodbank Ilkeston

Food and essentials for all in need. This food bank requires information about the individual/family to sign them up to the scheme. People using the service can still go to the foodbank but strict distancing procedures are in place.

Contact details:

Belfield St,
Ilkeston
DE7 8DU
Telephone - 0115 944 2996 opt 2
Email - admin@arenachurch.co.uk

Opening times: Now open Monday – Friday 9:30 – 3:45 each day.



Manna Food Boxes, located in Long Eaton and Sawley and serves people within these and the surrounding areas. It dedicated to helping people manage the weekly shopping bills and ensure that families can eat well—Sign up to receive a weekly food box for just £6 per a week



Contact us to see how we can support you and your family: mannafood-boxes@gmail.com

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Kirk Hallam Community Hall

This community shop is open to the public and enforcing the strict guidelines around social distancing. Free food and small donations are welcome. There are many affordable products to buy between 50p – £2.00 including meat, vegetables, drinks, hand soap etc.



Kenilworth Dr,
Kirk Hallam,
Ilkeston
DE7 4EX
Telephone - 0115 8371380
Facebook page - <https://www.facebook.com/BigKirkHallamCC/>
Wednesday's 13:00 – 16:30

The haven Church and Community Centre Stapleford Food bank

Currently the FoodBank opens on Mondays, Wednesdays and Fridays 9:30a.m. – 11:30am Church at Montrose Court and on Tuesdays and Fridays 10.00 a.m. – 12.00 at the Haven Church and Community Centre

If you are in need you can contact the Haven Church and Community Centre for FoodBank directly on;

0115 824 0287 option 2

foodbank@havencentre.co or Church at Montrose Court via messenger or by calling 07941367911.



West Hallam Food Bank

Friday 10am—12:00 noon.

07729 665754

West Hallam Methodist Church

High Lane West

DE7 6HP(adjacent to the bottle bin)



Petersham Community Hall

Free Food Mondays: The free food giveaway is back again this Monday morning at the Petersham Hall 10-12. All the food is free no referral needed. Please remember to social social distance wear a mask.

Petersham Community Hall Grasmere Road NG10 4dz



Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****Foodbanks:****GOV.UK**

Cash support for food redistribution during coronavirus outbreak

For more information visit the website

[Cash support for food redistribution during coronavirus outbreak - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cash-support-for-food-redistribution-during-coronavirus-outbreak)

**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

**Universal Infant Free School Meals (UIFSM)**

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](https://www.gov.uk/free-school-meals-guidance-for-schools-and-local-authorities)

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

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

[Foodbanks](#)[Money, Finance and Welfare Benefits](#)[Housing](#)[Mental Health, Emotional wellbeing, Staying active](#)[Domestic Abuse](#)[Sexual Abuse](#)[Safeguarding](#)[Parental Support](#)[Education](#)[Employment/ Training](#)[Community Support](#)[Addiction Support](#)[Support for Children and Young People.](#)[Volunteering](#)[Any other Information](#)[Online Directories](#)

Money, Finance and Welfare Benefits: Erewash

Are you worried about your Financial situation during the current Pandemic?

Are you currently experiencing Financial Difficulty?



If you are struggling to pay your rent, our Financial Inclusion team is here to support you. Simply call us on 0300 123 6000, select option 4, and leave your name and address along with brief details. We will call you back.

Citizens Advice—10am—
2pm

Castledine House

5 Heanor Road

Drop in to receive help from
trained advisors using our
new video kiosks.

Ilkeston

DE7 8DY

0300 456 8390

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health,](#)
[Emotional wellbeing,](#)
[Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

Money, Finance and Welfare Benefits:

Welfare Benefits

www.derbyshire.gov.uk/welfarebenefits

Help and advice with welfare benefits and tax credits.

Contact us

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

Derbyshire Discretionary Fund



[Derbyshire Discretionary Fund \(DDF\) - Derbyshire County Council](#)

Phone number : 01629533 399

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

Benefits during the Coronavirus



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

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

The Information is updated daily

Department for Work & Pensions

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



Department for Work & Pensions

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

Covid-19 Cyber and Fraud Information Sheet



[Website](#)

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

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Winter Pressure Single Contact point

Signposting, referral and advice service.

professional referrals only.

ASCH.CommunityResponseUnit@derbyshire.gov.uk

Call 01332 640000

Visit the website for more information.

[Winter Pressures - pathway for professionals - Derbyshire County Council](#)

CAP debt help

Free debt counselling.

Call free on—0800 328 0006

[Free debt counselling | Christians Against Poverty \(capuk.org\)](#)

christians
against
poverty

Citizens Advice

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

Call Monday to Friday 9am-4pm —0300 456 8390

[Citizens Advice Derbyshire Districts \(ddcab.org.uk\)](#)



Family Fund

Helping Disabled Children.

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

[Family Fund](#)

Money Advice Service

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

Online chat, whats app, call 0800138 7777

[Free and impartial money advice, set up by government - Money Advice Service](#)



Money Saving Expert

‘Cutting your costs Fighting your corner’

[Coronavirus Self-Employed & Small Limited Company Help \(moneysavingexpert.com\)](#)



[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

Step change

Call—0800 138 1111

[StepChange Debt Charity - Free Expert Debt Advice.](#)



Contact the UK's leading debt charity to get expert debt advice and fee-free debt management to help you tackle your debts. Step Change Debt Charity.

Warmer Derby & Derbyshire helpline is open

The Warmer Derby & Derbyshire number is still available:

0800 677 1332



Charis Grants Ltd—Warm Home Discount Scheme

Telephone: 0330 555 9424

Monday to Friday, 9am to 5:30pm (closed on bank holidays)



[Warm Home Discount Scheme - GOV.UK \(www.gov.uk\)](#)

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

The Stop Loan Sharks Helpline Service

STOPLOANSHARKS
Intervention . Support . Education

Ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship is fully operational during the COVID-19 pandemic.

Call—0300 555 2222, Text a report 07860022116

shark@stoploansharks.uk

[Home - Stop Loan Sharks](#)

Suspicious Email Reporting Service (SERS)

[Phishing: how to report to the NCSC - NCSC.GOV.UK](#)



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

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Digital MOT

[Welcome to your Digital MOT
\(saferderbyshire.gov.uk\)](https://saferderbyshire.gov.uk)



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

Money Sorted in D2N2

Visit the website for financial help in your area.



Main office 0115 9085134

Email info@moneysortedinn2d2.org

[Help where you live – Money Sorted in D2N2](#)

Action Fraud

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

Call—0300 123 2040

[Action Fraud](#)



Housing: Erewash

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

EMH Homes

Housing Support within the Erewash Area.

Telephone: 0300 123 6000

Email: enquiries@emhhomes.org.uk

Website: www.emhhomes.org.uk



Erewash Borough Council – Housing Support

Preventing homelessness, and providing temporary homes to qualifying households if they do become homeless. We do this by working with tenants, housing associations (such as EMH Homes), private landlords and other organisations to help people stay in their home or find alternative housing.

Telephone: 0115 907 2244

Website: www.erewash.gov.uk/index.php/for-you/housing-menu.html



DHA – Direct Help and Advice Housing Ilkeston

What support do they offer? FREE specialist housing advice.

Tel: 0115 930 0199

Website: <https://www.dhadvice.org>

<https://www.facebook.com/DHACommunities/>



Forces in the community are a charity based in Beeston. The charity delivers tailored employment guidance, housing advice, mental health support and counselling, and benefit and welfare advice.



Telephone as soon as possible on 0115 907 2244 ext 3590 or email homelessness@erewash.gov.uk.

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

Housing:

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



[Covid-19 \(morrisonfoundation.com\)](https://www.morrisonfoundation.com)

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

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

[Preventing homelessness - Derbyshire County Council](#)

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

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



[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

Mental Health Emotional Wellbeing/ Staying Active:

Derbyshire Community
Response Unit



[Community response unit - Derbyshire County Council](#)

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

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

Monday to Friday from 9am to 5pm

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



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

[Covid-19 health and wellbeing resources - posters in different languages :: Joined Up Care Derbyshire](#)

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

Every Mind Matters

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

[Anxiety](#) | [Every Mind Matters](#) | [One You \(www.nhs.uk\)](#)



Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Qwell

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



website

Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday

Derby and Derbyshire: Emotional Health and Wellbeing.

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

[Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)



Samaritans

Offering mental health support. 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.



Samaritans of Derby

Healthwatch Derbyshire

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



Telephone—01773 880786

10am-3:30pm Mon– Fri

enquiries@healthwatchderbsyhire.co.uk

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

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



Derbyshire Recovery and Peer Support Service

[Derbyshire Recovery and Peer Support Service \(rethink.org\)](http://Derbyshire Recovery and Peer Support Service (rethink.org))

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

Telephone: 01773 734989



Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****Men-Talk**mentalkmeeting@gmail.com

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

**Derbyshire County Community Trust**[Homepage](#) | [Derby County Community Trust](#)

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

**Kooth**

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

[Home - Kooth](#)**Online chat: Available****Action for Children**

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

[Action For Children](#) | [Children's charity](#) | [For safe and happy childhoods](#)**Child line**

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



Telephone: 08001111

Online Chat: Available on their website

Winston's Wish

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

[Winston's Wish - giving hope to grieving children](#)

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

The Mix

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

[The Mix - Essential support for under 25s](#)



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



Active Derbyshire/Notts Guide to Staying at Home

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

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

[Self Referral | Trent PTS](#)



Telephone: 01332 265659 Derbyshire

0115 896 3160 Nottingham

To discuss integrated referral routes

jhopkins@trentpts.co.uk

Dr Radha's five mental health tips for lockdown

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

[Coronavirus: Dr Radha's five mental health tips for lockdown - BBC News](#)



Chat Health

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

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



[Home Page - ChatHealth](#)

Vita Minds

For referrals

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

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



Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****Derbyshire Dementia Support Service**

To view information please click link below

Flyer

yes to a healthier you

Visit: lifelibetterderbyshire.org.uk

Live Life
BETTER
DERBYSHIRE

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

relate
the relationship people

[Relate Derby and Southern Derbyshire - Relationship Counselling - Derby, Southern Derbyshire & Burton](#)

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

01332 349177 or

07741193484

Derbyshire Mental Health Support

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

Samaritans

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

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



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

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

Derbyshire LGBT+

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

Telephone: 01332 207704

Email:

INFO@DERBYSHIRELGBT.ORG.UK

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



[Derbyshire LGBT+ – Lesbian, Gay, Bisexual & Trans* Specialist Support and Advocacy Service](#)

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Access to Work Mental Health Support Service

Call—0300 456 8114

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

a2wmhss@remploy.co.uk

www.remploy.co.uk/mentalhealth



DRCS | Your Counselling Service
Operating throughout Derbyshire

Time to talk?
We're here to listen

Telephone
Treatments



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

Offer support on:

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



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

Derby: 01332 332098
Derby@cruse.org.uk

Suicide Bereavement UK specialise in the following:

Suicide bereavement research;

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

Developing and delivering evidence-based suicide bereavement support.
sharon.mcdonnell@suicidebereavementuk.com



suicidebereavement*

Tel: [01706 827 359](tel:01706827359)

Website: <https://suicidebereavementuk.com>

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



Please remember that if you're worried about your mental health, you should make an appointment to see a doctor or call the free [Derbyshire Mental Health Support Line](tel:08000280077) on 0800 028 0077. The support line is open 24 hours a day, 7 days a week.

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

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

Mental Health Emotional Wellbeing/ Staying Active: Erewash

Erewash Voluntary Action are pleased to announce the launch of a brand new Mental Health and Suicide Awareness Project.



This trailblazer project will offer fully funded support and guidance to Derbyshire amateur sports clubs and targeted workplaces throughout the county, including access to mental health awareness and suicide prevention training.

For more information please contact Andrew or Christie at mentalhealth@erewashcvs.org.uk

Counselling and Emotional Support Service for children and families dealing with bereavement

<https://www.treetopshospice.org.uk/our-services/therapeutic-services/counselling-emotional-support-service/counselling-emotional-support-for-children-families/>



Erewash Walking 4 Health Groups

A number of Erewash Walking 4 Health groups are starting back.

Mondays: Long Eaton Town Walk 10.00 am meet at Long Eaton Town Hall.

Monday: Strollers 10.15 am meet at Victoria Park Car Park Ilkeston.

Tuesdays: Stanley Health Walk 10.00 am meet near Stanley Post Office.

Anybody that would like to attend **MUST** contact Dan Whetton at Erewash Borough Council, **do not turn up**. Contact Dan by email daniel.whetton@erewash.gov.uk or telephone: 0115 907 22 44 **Extension: 3963**

Lets Walk and Talk—Lets get out and get active. Let's make talking about mental health normal.

Every Sunday, Inclusive of all ages.—USE #LETSWALKANDTALK
#AMILEINMYSHOES on Social Media.



The Living with A Long Term Condition—On Line Programme

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

Email - lwltc@citizensadvicemidmercia.org.uk

Karen Ziglam 07487 257187 or Leonie O'Connell 07446 226038

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****Mental Health and Suicide Prevention Programme.**

This program will support children, young people in non clinical settings such as amateur football/ rugby clubs, Independent boxing gyms etc..

If your organisation needs mental health support, take advantage of this fully funded package work over £1000.

For more information call 0115 9466740

Mentalhealth@erewashcvs.org.uk

Healthwatch Derbyshire

Telephone support line for people looking to access health or care services



www.joinedupcarederbyshire.co.uk/public-info-covid19

01773 880786—10am—3:30pm mon-fri

Email—enquiries@healthwatchderbyshire.co.uk

[Foodbanks](#)[Money, Finance and Welfare Benefits](#)[Housing](#)[Mental Health, Emotional wellbeing, Staying active](#)[Domestic Abuse](#)[Sexual Abuse](#)[Safeguarding](#)[Parental Support](#)[Education](#)[Employment/ Training](#)[Community Support](#)[Addiction Support](#)[Support for Children and Young People.](#)[Volunteering](#)[Any other Information](#)[Online Directories](#)

Domestic Abuse:

If you are in immediate danger call the police 999

**Silent Calls to the police
(if you can't speak) – 999 55**

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

Derbyshire Domestic Abuse Support Line

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

Mon – Fri 8.00am – 7.00pm

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

[Haven](#) | [Derbyshire Domestic Abuse Helpline](#)



Call 08000 198 668

Text 07534 617252

derbyshiredahelp-
line@theelmfoundation.org.
uk

The National Domestic Abuse Helpline

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

[Home \(nationaldahelpline.org.uk\)](http://Home(nationaldahelpline.org.uk))

0808 2000 247

24 hours a day

Free Calls

Derbyshire County Council

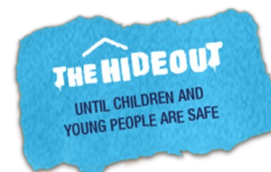
If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/Starting Point.

STARTING POINT
A new way of working in Derbyshire.

[website](#)

The Hideout

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



[Website](#)

Cease

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

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****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

Salcare— Escape Domestic Abuse Service

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

Phone—01773 765899

mckenziefriend@salcare.org.uk

www.salcare.org.uk

The Men's Advice Line**website**

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

0808 801 0327

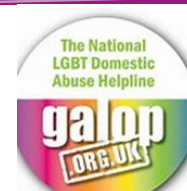
Women's Aid

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

women's aid

website**Galop**

Domestic Violence support for members of the LGBT+ community

**Respect****website**

Support if you are worried about hurting someone

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

0808 8024040

Safer Derbyshire

Derbyshire 24/7 helpline

**website**

08000 198 668

Domestic Abuse: Erewash

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

The Freedom Programme

Raising awareness of Domestic Abuse, for help and support please call 07907 806715

Sexual Abuse:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

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.



[Website](#)

Helpline 0800 028 2678

Advice Line

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



Sexual Abuse:

Foodbanks

**Money, Finance and
Welfare Benefits**

Housing

**Mental Health,
Emotional wellbeing,
Staying active**

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

**Support for Children
and Young People.**

Volunteering

Any other Information

Online Directories

Safeguarding:

Foodbanks

**Money, Finance and
Welfare Benefits**

Housing

**Mental Health,
Emotional wellbeing,
Staying active**

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

**Support for Children
and Young People.**

Volunteering

Any other Information

Online Directories

Safeguarding:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

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



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



DERBYSHIRE
CONSTABULARY

Phone – call them on 101.

www.derbyshire.police.uk/Contact-Us.

Twitter – direct message their contact centre on @DerPolContact

Facebook – send them a private message to /Derbyshire Constabulary

Hollie Guard - Personal Safety

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

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



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

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

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

[Anti-social behaviour \(saferderbyshire.gov.uk\)](http://saferderbyshire.gov.uk)



SafeToNet

To view information please click link below

[Online](#)



Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

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

On a train text British Transport Police on 61016.

Otherwise contact Crimestoppers on 0800 555 111.

Don't wait. Report it.



Modern slavery

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

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

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



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

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

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



Child Line

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

childline

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

[website](#)

NSPCC

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



[website](#)

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

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>



Parental Support: Erewash

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Erewash Children's Centre Virtual support.

One-to-One Advice, Guidance and Support

Baby Buddies

Little Learners

Cradles Breastfeeding Group, Ilkeston

To inform, support and empower women to breastfeed their baby as long as they wish, and to provide accurate breastfeeding information to all.

<https://www.facebook.com/cradlesilkeston/>



Baby Basics

Baby Basics is a volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. Baby Basics Long Eaton started in May 2019, and will support families across Long Eaton and the surrounding area, working with a wide range of frontline health and social care professionals and local charities.

Call 07783 016237

Trinity Methodist Church, Cross Street, Long Eaton

http://www.trinitylongeaton.org.uk/baby_basics

babybasicslongeaton@gmail.com



Home-Start Erewash is a non-statutory service, offering non-judgmental support where other services may not succeed. We therefore welcome referrals from agencies within the Erewash area, who feel that our support would benefit a family in need.

Telephone: 0115 9304640 Email: office@home-starterewash.co.uk www.home-starterewash.co.uk



Umbrella receives funding from Derby City Council to provide fun activities to children aged 5-18 years. Umbrella can offer one to one support in the home/community as well as fun and exciting social groups including week-end day trips and school holiday play schemes



embracing abilities

Our aims:

To promote and enhance the care of people with ASC...

- To assist the carers of people with ASC...
- To raise awareness of ASC...
- To raise awareness of the differences...
- To provide support, information and guidance...



**DERBYSHIRE
AUTISM SERVICE**

Parental Support:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

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



[Website](#)

Grants for families raising disabled children are available now from Family Fund

Family Fund is a UK-wide charity that provides grants for essential items to families on low incomes raising disabled or seriously ill children.

This funding is still available, and families can apply for a grant right now by visiting the [Family Fund website](#). All families can apply online, by downloading an application pack, or by ordering a pack to be sent to them. [Find out more.](#)

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

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

Tik Tok: a guide for parents



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

Free Childcare for 2 year old's.

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

Www.derbyshire.gov.uk/fcc

Text 'Child' to 86555

Email freshchildcare@derbyshire.gov.uk

Call 01629 539116 or 01629 539793

Cry-sis Helpline

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

Getting help with a crying baby

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

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

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

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



[Website](#)

Healthy eating and lifestyles for families

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

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

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



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

**Website****The Breastfeeding Network**

We've had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there's still lots of support we can offer you.

We will update this document as things develop but here's what you can expect from us over the coming weeks

Mother Hub

[Website](#)

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

**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](#)

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

Communication Unlimited



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.

- Tel: 01332 369920
- SMS: 07812300280
- Fax: 01332 369459
- Email: bookings@cu-bsl.co.uk

Parental Support online magazine

[Website](#)

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

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

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

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



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

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

www.ocduk.org

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

Or call us on our freephone number:

0800 157 7015

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

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

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****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/>

[Website](#)



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

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

TINY Happy PEOPLE
Your words build their world

[Website](#)

Derbyshire Libraries—Online events

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

www.facebook.com/derbyshireLibraries

Education:

[Foodbanks](#)

[Money, Finance and
Welfare Benefits](#)

[Housing](#)

[Mental Health,
Emotional wellbeing,
Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children
and Young People.](#)

[Volunteering](#)

[Any other Information](#)

Online Directories

Education:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

National Careers

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



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

[You tube link](#)

Spring Term 2021 Learning for Leisure

Online brochure to access details go to :

www.derbyshire.gov.uk/coursesearch

NLT Step into Employment

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

Call—07947 550571

Janice.parker@nlt-training.co.uk

Www,nlt-training.co.uk

Employment/ Training:

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

TED Ed

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



[Lessons Worth Sharing | TED-Ed](#)

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

'Massive Open Online Course'

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

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

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

All training courses are FREE.

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



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

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

Tel: 01629 533444

Email: ask.library@derbyshire.gov.uk

Conservation Training Opportunity

Full time, funded traineeship based at Derbyshire Wildlife Trust—Interested?

Email—enquiries@derbyshirewt.co.uk

Call—01773 881188

Free online massage, Health and Wellbeing Course

ITEC Level 2 Diploma in Complimentary therapies

Duration—10 weeks, day, 15 weeks evening

Manchester@whiterosebeautycollege.co.uk

0161 236 7181,

Employment/ Training: Erewash

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

WCG

Princes trust teen programme,

FREE 12 week personal development program.

Contact us for more details

Www.wcg.uk 03004560049 info@wcg.ac.uk



Prince's Trust

Erewash Careers Service is a voluntary group set up by local residents, Paul Maginnis and Lisa Blatherwick. We are qualified careers advisers who will help two core groups:

- Year 10/11
- 16-24 year olds

<https://www.facebook.com/ErewashCareers>

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

These course are all FREE to health, social and community staff and volunteers working with adults in Derbyshire and can be booked at <https://alcoholadvice.eventbrite.com>

**Derbyshire
Recovery
Partnership**

**Working Ways**

Working Ways 
Intensive Personalised Employment Support

Effective employment support for people with a disability.

For full details visit the website below or call on 08000155332

Website

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



Website

Towards Work

Work coaches, personal budget , job brokers etc

[Www.towardswork.org.uk](http://www.towardswork.org.uk)

Community Support: Erewash

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Facebook page - <https://www.facebook.com/groups/sandiacrehelpinghands/>

We are offering assistance to the elderly and the vulnerable and to key workers in a number of ways: - help with shopping and medicines/prescriptions - facilitating welfare calls and neighbor-to-neighbor contact - distribution of perishable food and non-

Main Tel: 07908800077

Andy: 07813724685

Dean: 07985371312

sandiacrehelpinghands@outlook.com



Free Deaf and hard of hearing women.

Telephone 01773 828233

info@deafinitelywomen.org.uk

[Www.deafinitelywomen.org.uk](http://www.deafinitelywomen.org.uk)



Active Lives Kirk Hallam

The Active Lives Kirk Hallam Project is a new local initiative to develop opportunities and to support the community.



Follow and Message us on Instagram— [Active_Lives_Kirk_Hallam](#)

Email jen.rawson@erewash.gov.uk

Helping Hooves Derbyshire CIC -Equine led development centre working with people of all ages who have mental health and wellbeing issues

We will be re opening to 1:1 and bubble groups as of Wednesday.

We do still have some fully funded placements for people across Erewash, and we are able to offer a community car pick up for sessions if needs be.

Anyone wanting more information about the service or available sessions please contact us on hello@helpinghooves.co.uk

<https://www.facebook.com/helpinghoovesderby>



The Autism Information and Advice Service website has been updated with new Autism Alliance events planned for the year, please take a look and share with any friends, family, and colleagues that may be interested - please see <https://www.autisminformationservice.org.uk/autism-alliance-special-events/>

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Rural Action Derbyshire

We have trained 'Cyber Buddy' volunteers who can help people across Derbyshire who would benefit from one to one digital support

Get in touch

01629 592970 (please leave a message)

J.dugdale@ruralactionderbyshire.org.uk

Www.ruralactionderbyshire.org.uk



Elephant Rooms – Anxiety Course

The Elephant Rooms in Draycott have an another online anxiety course starting on 3rd March 2021. Every Wednesday through March 10-11am. To book call 07375 46800

The Elephant Rooms are still seeing clients for counselling via telephone, online or face to face when needed.

Autism Support Helpline—Daisy Chain Autism

We can offer, strategies, resources, signposting, advice and supportive listening,

0800 031 5445

Lines open mon-thu 9am-8pm

Fri 9am-5pm—

NATIONWIDE SUPPORT



In Our Thoughts—Art Support Sessions

Artcore, 3 Charnwood Street, Derby, DE1 2GT
10am—2pm

4th & 18th March 2021

1st, 15th & 29th April 2021

13th & 27th May 2021

10th & 24th June 2021

8th & 22nd July 2021

Community Support:

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

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/>

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

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.

Deaf-ininitely Women Community Support Group



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

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

Arts Derbyshire - A Necklace of Stars

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



Derbyshire Autism Alliance

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

For more information or if you are interested in joining

Call 01332 228 790

Or email autismservice@citizenadvicemercia.org.uk

[**Foodbanks**](#)
[**Money, Finance and
Welfare Benefits**](#)
[**Housing**](#)
[**Mental Health,
Emotional wellbeing,
Staying active**](#)
[**Domestic Abuse**](#)
[**Sexual Abuse**](#)
[**Safeguarding**](#)
[**Parental Support**](#)
[**Education**](#)
[**Employment/ Training**](#)
[**Community Support**](#)
[**Addiction Support**](#)
[**Support for Children
and Young People.**](#)
[**Volunteering**](#)
[**Any other Information**](#)
[**Online Directories**](#)

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

For links to join the groups/drop-ins, email [in-fo@derbyshirelgbt.org.uk](mailto:info@derbyshirelgbt.org.uk) or message us on our Facebook page.

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

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

Addiction Support:

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Change Grow live

Supporting young people who are using drugs or alcohol, feel they have a problem and want some help. We're not here to judge you or tell you what to do, but we can help you make the changes you want to make.



**Change
Grow
Live**

[website](#)

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



[Website](#)

Derbyshire Recovery and Peer Support Service

The Derbyshire Recovery and Peer Support Service has set up a helpline.

Monday to Friday - 09.00 - 17.00

(Will be reviewed regularly and times/days could be expanded).

Telephone:

01773 303646

Email: derbyshire@cgl.org.uk.

National Gambling Helpline

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

For both harmful gamblers and affected others.

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

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

0808 8020 133

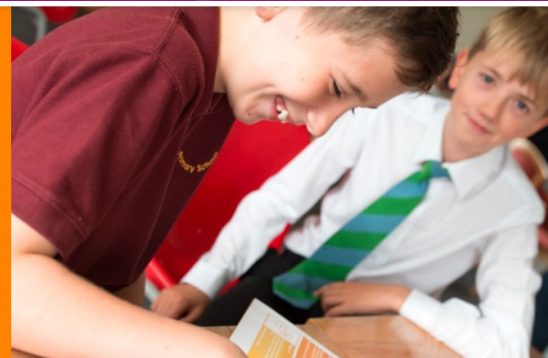
<https://www.gamblingtherapy.org/en/gambling-therapy-presents-gt-app>

online help for problem gamblers

**gambling
therapy**

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories**

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



<https://www.ygam.org/>

GamCare Midlands partner Aquarius



gambling@aquarius.org.uk

0300 456 4293

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

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



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

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

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Support for Children and Young People: Erewash

Sawley Youth Club offers an opportunity for 11-15 year olds within the Sawley community to have fun, engage in their community and learn new skills.

The club runs each Monday 16:00 – 17:30.

Please follow our facebook page - <https://www.facebook.com/Sawley-Youth-Club-107406071016229/> and contact paul.maginnis@erewash.gov.uk



[Website](https://www.facebook.com/Sawley-Youth-Club-107406071016229/)

Monkey trouble playgroup - Kirk Hallam

Stay and play sessions for children 0-4 years. The group is to provide support with socialising and preparing for nursery within a community group setting.



<https://www.facebook.com/groups/371986503378256/>

The session runs every Friday within the Kirk Hallam community hall.

£1 per Adult and £1 per child – slots being allocated due to covid-19 restrictions.

Zumbini—Beeston Rylands Community Centre

Every Tuesday

10am—10:45am.

Call Kirsie 07957 234 474

John West Hallam Girls Diamonds

Training Thursdays 17:45—
18:45—Kirk Hallam Academy

To register your child's Interest -
Mark 07368648817

westhallamifc@gmail.com



Boogie Beat Music and Movement - Enriching Communities CIC

New Class, Perfect for babies up to 6 years old.

Music, Movement Classes—10am Tuesdays

Emma— 07896 759 024

enrichingcommunitiescic@gmail.com
emma@boogiebeat.co.uk



Christ Church Hall Cotmanhay,
4 Vicarage St. Ilkeston, DE7 8QL

Foodbanks**Money, Finance and Welfare Benefits****Housing****Mental Health, Emotional wellbeing, Staying active****Domestic Abuse****Sexual Abuse****Safeguarding****Parental Support****Education****Employment/ Training****Community Support****Addiction Support****Support for Children and Young People.****Volunteering****Any other Information****Online Directories****She Will—Female Youth Empowerment**

Our Aim is to create a safe, welcoming, relevant, empowering for young women age 15-19.

Email SheWillFYE@outlook.com

Are you a Young Carer aged 5-18 living in Kirk Hallam area?

For more information contact 07739 237 147/ 07545 925847

ayckirkhallamreferrals@carersfederation.co.uk www.aycnotttingham.co.uk

Easter Egg Hunt

Find all the eggs, find the letters and claim a prize

Ilkeston Methodist Church

Www.ilkestonmethodistchurch.co.uk

Every week till Easter a new Coloured egg will appear, find, click and reveal the letter, keep as it will reveal a word.

Go now and find the Orange Egg. More next week

If you just started you can still find All eggs

Clues for orange egg on Home and Easter page, other eggs you need to search.

Also, take part - design a T shirt, Egg, colouring sheets and videos to explore each week. Also a challenge for older children and adults

Youth Voice—Have your say

Do you want to be more involved in shaping what goes on in Kirk Hallam for your age group?

Meeting 16th April—2pm—Kirk Hallam Community Centre

Follow and DM: Active Lives Kirk Hallam

Email—jen.rawson@erewash.gov.uk

Support for Children and Young People:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

CAMHS - Supporting bereaved children during the outbreak of

Covid-19

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

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

To view full information please click link below

[CAMHS - Supporting bereaved children during the outbreak of Covid-19](#)

Childrens guide to Coronavirus
[Website](#)

Covid-19 Packs for Children
[Website](#)

UNICEF for Every Child
[Website](#)



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 1

Online Chat: Available on their website

ChildLine – [Website](#)

childline

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

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



Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

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](http://www.actionforchildren.org.uk)

[Website](http://www.papyrus.org.uk)



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus

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

ChatHealth

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



Mermaids

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

0808 801 0400

Helpline Open Monday to Friday, 9am to 9pm



[Website](http://www.mermaids.org.uk)

New online access for Sexual Health Services

The following new services are FREE,

Condoms by post – this includes C-Card for 13-24 year olds and 24 years+

Oral contraception – virtual assessment and prescriptions posted out

Postal emergency contraception (over 16s only). Under 16s can still contact the service to request emergency contraception via our information and booking line

STI & HIV testing – including treatment for chlamydia by post

Virtual sexual health promotion advice

Photo diagnosis for lumps, bumps and warts (18 years old and over)

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



Foodbanks

**Money, Finance and
Welfare Benefits**

Housing

**Mental Health,
Emotional wellbeing,
Staying active**

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

**Support for Children
and Young People.**

Volunteering

Any other Information

Online Directories

Derbyshire LGBT Youth Group

11-13 year old's who live within Derbyshire

sallyh@derbyshirelgbt.org.uk



Volunteering: Erewash

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

If your Interested in volunteering in Erewash.

Please contact Erewash Youth and Community Engagement Workers:

Name: Joanne McGuire

Contact details Tel: 07810815980

Email: jo.Mcguire@derbyshire.gov.uk

Name: Leanne Parry

Contact details Tel: 07580466668

Email: Leanne.Parry@derbyshire.gov.uk

Volunteering:

[Foodbanks](#)

[Money, Finance and Welfare Benefits](#)

[Housing](#)

[Mental Health, Emotional wellbeing, Staying active](#)

[Domestic Abuse](#)

[Sexual Abuse](#)

[Safeguarding](#)

[Parental Support](#)

[Education](#)

[Employment/ Training](#)

[Community Support](#)

[Addiction Support](#)

[Support for Children and Young People.](#)

[Volunteering](#)

[Any other Information](#)

[Online Directories](#)

Derbyshire Carers Telephone Befriending

01773 833833



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

British Red Cross online training course for coronavirus volunteers

[Website](#)



Any other local info: Erewash

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

Rydale

Stanley Village Preschool

Stanley Village Hall,

Park Avenue

DE7 6FF

Large space available which offers a wide range of engaging experiences including out doors.

Qualifies, experienced and first aid staff

07927819185

rydalestanleyvillagepreschool@outlook.com

Any other local info:

Foodbanks

Money, Finance and Welfare Benefits

Housing

Mental Health, Emotional wellbeing, Staying active

Domestic Abuse

Sexual Abuse

Safeguarding

Parental Support

Education

Employment/ Training

Community Support

Addiction Support

Support for Children and Young People.

Volunteering

Any other Information

Online Directories

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



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

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

EU Citizens living in the UK

Protect your rights by applying to the EU settlement scheme.

01827 909101

census 2021

For more information, visit census.gov.uk.

Households across Derbyshire will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.