Wednesday 3rd February 2021

DERBYSHIRE County Council

High Peak North Dales

Covid-19 - Community updates

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

Name: Mikey Heald
Contact details Tel: 07929851143
Email: Mikey.heald@derbyshire.gov.uk

Name: Lynne Allen
Contact details Tel: 07812503449
Email: Lynne.Allen@derbyshire.gov.uk

Click on a category below to go directly to that page.
To return to this page please click on the home icon

Contents:

- Foodbanks
- Money and Finance/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 Local info.

Use the home button to return to this page

DERBYSHIRE County Council

High Peak North Dales Foodbanks:

*Referral only: signpost parents' to CAB to refer if they can't get hold of school/children's services

***Matlock, Bakewell Areas (Jigsaw Foodbank)**

www.churchinthepeak.org Tel: 01629 584783 Email: jigsaw@churchinthepeak.org

***Buxton, Chapel, Hope Valley Areas**

www.highpeakfoodbank.co.uk Tel: 07811 684299 Email: hello@highpeakfoodbank.co.uk

New Mills, Whaley Bridge, Hayfield Areas

Tel: 07425 177999 Email: helpinghandsnewmills@gmail.com

Glossop Area

Tel: 07811 684282 www.glossopdalefoodbank.org.uk

If anyone needs a parcel in Gamesley, please email maggs@g52.org.uk or ring the G52 mobile which is 07745642482 during office hours.

High Peak foodbank

By 'phone: 07977 618232

Email: sarah@zink.org.uk

Post:
High Peak Foodbank
C/O United Reformed Church
Hardwick Square East

High Peak Foodbank covers Buxton, Chapel en le Frith, The Hope Valley and northern Derbyshire Dales. Other foodbanks cover New Mills, Whaley Bridge and Glossopdale.

Facebook: High Peak Foodbank
Twitter: Highpeakfoodbnk

Zink Employability run three employment programmes across the High Peak and Derbyshire Dales - details of these and the logo are on the attached, the programmes are: SPRING, BBO Towards Work and RISE.

Advice @ZInk: based at High Peak Foodbank and supporting people to overcome issues that cause poverty related to welfare, personal finance Including utilities) or housing.

Anyone using foodbanks can also be referred to advice@zin.org.uk to discuss wider issues that led them to using a foodbank

For the ones requiring a referral if no worker can call CAB on 0300 456 8390

DERBYSHIRE County Council

New Mills Community Pantry

Offering deliveries to older people, those with mobility issues and those shielding. Based in the indoor market , Market Street , New Mills, High Peak

It's £5 per year membership and £2.50 per shop. If people want to call in an order they can ring 07377892125. New Mills Youth and Community Project info@nmycp.co.uk

Hadfield Coming Together Group (Bellies not bins). Covers Hadfield , Padfield , Tintwistle . Call 07549 307 720 for details , food etc

Chapel Foodbank . Part of High Peak Foodbank. Call 07977 618 232

Chapel Good Neighbour Food Distribution Network 01298 881 067

People of Whitfield /Whitfield Food Club

People Of Whitfield (POW) 'Creating a local impact..' | Facebook

High Peak Clothes Bank

Referrals and Donations can be arranged through details below;

Contact -

info@nmycp.co.uk

cath@nmycp.co.uk

www.nmycp.co.uk

Facebook—New Mills Youth and Community Project

Foodbanks:

GOV.UK

Cash support for food redistribution during coronavirus outbreak

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

Website

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

---

Trussell Trust

Website

enquiries@trusselltrust.org

Rural Action Derbyshire

Website

Phone: 01629 592970

They have an alphabetical list of all food banks.

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

Wednesday 3rd February 2021

DERBYSHIRE County Council

Universal Infant Free School Meals (UIFSM)

In 2014 the UIFSM policy was introduced. All children in reception, year 1 and year 2 were entitled to a free meal regardless of personal circumstances. This is subject to change with government policy but has been confirmed for the academic year 2019 to 2020. To get your free meal please ask at your child's school.



Website

Free school meal entitlement

All children aged 3 to 18 at Derbyshire nurseries or schools can get a free meal if they qualify.
Qualifying criteria:

- Universal Credit, provided they have an annual net earned income not exceeding £7,400 (£616.67 per month)
- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- support under Part 6 of the Immigration and Asylum Act 1999
- the guarantee element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190) as assessed by HMRC

Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)

Universal Credit has begun to be rolled out in Derbyshire and will affect all areas of Derbyshire by the end of 2022.

Most families will not be affected by the new criteria. Families who are currently claiming free school meals, but fail to meet the new criteria, will continue to receive free school meals until the end of the Universal Credit rollout period, even if they continue to appear as no longer eligible on future reports. The rollout period is currently scheduled to end in March 2022.
Once Universal Credit is fully rolled out, pupils will keep their free school meal entitlement until the end of their current phase of education, that is, primary or secondary.
Read more about free school meals guidance for schools and local authorities.

Young people age 16 to 18 who receive the benefits or tax credits in their own right are also entitled to receive free school meals.
Even if you meet any or all of the criteria, families will not be eligible if they are claiming Working Tax Credit.

Applying for free school meals

You can sign up for free school meals at any time of year.
You or your partner can claim for your children, as long as you live at the same address.
You do not have to fill in a separate form for each child, even if they go to different schools. Just name the child and which school they go to.
If another of your children starts school and one of your children already has free school meals, we can add them to the application you already have. Just call the free school meals team tel: 01629 536400 or 01629 536481.
Apply for free school meals

If your circumstances change or you stop getting some benefits, you must contact us, tel: 01629 536481.

DERBYSHIRE County Council

Money and Finance: High Peak North Dales

CAB (Citizens Advice) across High Peak and North Dales

Tel: 0300 456 8390 http://www.ddcab.org.uk

(main bases in Glossop, Buxton and Matlock)

citizens advice Derbyshire Districts

Citizens Advice Derbyshire Districts runs a **Universal Credit 'help to claim' project**. This is to support people with applying for Universal Credit and any other issues up to receiving first payment. We are now based in all job centres across Derbyshire Districts, to speak to one of our advisers contact us on our

help to claim helpline: 0800 144 8 144



DERBYSHIRE County Council

CALL FREE ON **0800 328 0006**

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in the privacy of your own home and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 300 CAP Debt Centres. **So why don't you ring us today and begin your journey to becoming debt free?**

Does it cost anything?

No. Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We monitor our services to ensure that everybody receives the same caring service regardless of race, nationality, religion, age, gender, marital status, or disability.

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.

1. ### Home visits
After you call CAP, a Debt Coach from a local CAP Debt Centre will visit you in your own home.

2. ### An effective budget
Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.

3. ### CAP Plan
In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.

4. ### Severe debt
If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy. We can help you to fill out the forms and even attend court with you.

5. ### Debt free
You can use your CAP Plan to pay your bills and debt repayments until you are debt free.



DERBYSHIRE County Council

Money and Finance/ Welfare Benefits

Derbyshire Welfare Rights Service

Welfare Benefits

Thousands of people in Derbyshire are missing out on benefits that are theirs by right.

Sometimes the system doesn't make it easy for you to understand the rules about benefits or how to claim the benefits you are entitled to.

We can help with advice and can take on any representation that you may need.

- We deal with welfare benefits and tax credits, sometimes referred to as social security.
- We can give advice over the phone about which benefits to claim and how to claim them.
- We can send out claim forms and advise on how to challenge decisions by the benefits authorities.
- We can assist with benefits appeals, including representing Derbyshire claimants at tribunal hearings.

If you disagree with a benefits decision you only have one month in which to challenge the decision, so you need to seek advice right away.

If you need help filling in benefit claim forms, your local Citizens Advice Bureau can help.

Contact us

Email welfarebenefits@derbyshire.gov.uk or phone our benefits helpline, 11am-4.00pm, Monday,

Tuesday, Thursday, Friday, on 01629 531535.

If your call isn't answered right away, please leave a message and we'll call you back.

Additional information can be found on our website, visit www.derbyshire.gov.uk/welfarebenefits

Benefits Helpline – 01629 531535 or email

welfarebenefits@derbyshire.gov.uk

Monday, Tuesday, Thursday, Friday

11.00am – 4.00pm

DERBYSHIRE
County Council



Winter Pressure Single Contact Point

The 'Winter Pressure Single Contact Point is a signposting, referral and advice service open Nov - March 2020, by professional referral only.

Areas covered include:

- Housing including cold homes, emergency heating and fuel poverty.
- Financial and employment concerns, access to food, pharmacy deliveries and social connection.
- Practical help including reducing slips and falls, and links to other support offers. Please note some support services have eligibility criteria.

For a referral form:

- Go to **derbyshire.gov.uk/winterpressures**
- Or email **ASCH.CommunityResponseUnit@derbyshire.gov.uk**
- For Derby City residents visit **derby.gov.uk/cold-weather** or call **01332 640000**.

To find out more go to **Healthy, Warm and Well in Derbyshire**.

DERBYSHIRE
County Council







DERBYSHIRE County Council

Derbyshire Discretionary Fund

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

Website

Phone number : 01629533 399

Covid-19 Cyber and Fraud Information Sheet

This advice has been collated by EMSOU and is intended for wider distribution within the East Midlands Region to raise awareness among businesses and the public.
Advice and information is changing daily as we navigate our way through the COVID-19 pandemic, so please ensure you only take information from reputable sources.

Website

Website

Benefits during the Coronavirus

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

The Information is updated daily

website

Department for Work & Pensions

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

website

DERBYSHIRE County Council



Family Fund Familyfund.org.uk Helping Disabled Children

Grants available for families raising disabled or seriously ill child or young person aged 17 or under and on

Useful website . worth contacting to check if qualify for a grant. Holidays , equipment , PCs etc

DERBYSHIRE County Council

Support for deaf claimants accessing Universal Credit

The Good Things Foundation have let us know about a resource recently launched by gov.uk to help provide support to deaf Universal Credit claimants.

"The service…is already available for people accessing other disability benefits and the Access to Work scheme".

People can access British Sign Language interpreters as part of a free video relay service - Sign-Video Live - through their tablet, smartphone, computer or laptop, and use the service to make a new Universal Credit claim or manage an existing claim.

- To **find out more about the service** click on the link below to visit the gov.uk website Website
- Here is **a link to the SignVideo website**: https://www.signvideo.co.uk/

Click on Downloads (near the top right of the screen) to find out more about how to download the SignVideo app on different devices.

You can video call SignVideo via a link on their website, or contact them on ask@signvideo.co.uk, help@signvideo.co.uk,
Tel: 0208 463 1120

You can **watch a trial of the service** by clicking on the link Trial

Virgin Media to offer Broadband with No Contract @ £15pcm exclusively for UC customers.

Website

Family Fund

Familyfund.org.uk

Grants available for families raising disabled or seriously ill child or young person aged 17 or under and on certain benefits or low income etc .

Useful website . worth contacting to check if qualify for a grant. Holidays , equipment , PCs etc
Helping Disabled Children

Money Advice Service

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

website

Online chat, whats app, call 0800138 7777

Citizens Advice

There is general advice specifically about COVID-19 on the national Citizens

Advice website here:

We cover a wide range of issues including…
Housing (renting and home ownership)
Debts and Money Problems
Family and Relationships Health and Social Care
Energy Efficiency
Employment
Consumer
Benefits

Our advice is free, confidential, impartial and independent.

Call our Derbyshire Districts Advice line:
Monday to Friday 9.00am - 4.00pm
0300 456 8390
(See reverse for call charges)
website

Money Saving Expert

'Cutting your costs
Fighting your corner'

website

Step change

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

0800 138 1111

Website

Warmer Derby & Derbyshire helpline is open

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

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

The Warmer Derby & Derbyshire number is still available:

0800 677 1332

Contact Charis Grants for more information about the scheme.
Charis Grants Ltd
Telephone: 0330 555 9424
Monday to Friday, 9am to 5:30pm (closed on bank holidays)
Find out about call charges

Website

Warm Home Discount Scheme

Overview

You could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme.
The money is not paid to you - it's a one-off discount on your electricity bill, between September and March.
You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.
The discount will not affect your Cold Weather Payment or Winter Fuel Payment.

Eligibility

There are 2 ways to qualify for the Warm Home Discount Scheme:
you get the Guarantee Credit element of Pension Credit - known as the 'core group'
you're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'

How you apply for the Warm Home Discount Scheme depends on how you qualify for the discount.

Pre-pay or pay-as-you-go meters

You can still qualify for the discount if you use a pre-pay or pay-as-you-go electricity meter.
Your electricity supplier can tell you how you'll get the discount if you're eligible, for example a voucher you can use to top up your meter.

Park (mobile) homes

You apply a different way if you live in a park home.
Park home applications for winter 2020 to 2021 are now closed.
Fill in the Park Homes Warm Home Discount application form to be contacted when the scheme reopens.

The Stop Loan Sharks Helpline Service

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

0300 555 2222
Text a report
07860022116
shark@stoploansharks.uk
website

Suspicious Email Reporting Service (SERS)

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

National Cyber Security Centre

Website

Digital MOT

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

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



website

Money Sorted in D2N2

Visit the website for financial help in your area.

Money Sorted in D2N2 provides support and personally tailored interventions for people experiencing the greatest financial difficulty. It will enable individuals to take control, build their confidence and skills and help them tackle barriers and problems in order to improve their financial well-being.

Website

Main office 0115 9085134

Email info@moneysortedinn2d2.org

Action Fraud

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

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

Release Financial Charity Newsletter

0300 123 2040

Website

DERBYSHIRE County Council

Housing: HPND

High Peak Borough Council

working for our community

High Peak Borough Council website: www.highpeak.gov.uk/article/199/Housing

High Peak Homeless Help

Email: hphomelesshelp@yahoo.com

07908 008 016 emergency accommodation

Website: www.hphh.co.uk/

HPHH accepts referrals from agencies who work with young people, such as Citizens Advice Bureaux, Schools, Churches and local voluntary groups. A condition of referral is that there is a plan in place for continued support for the service user the following morning. Referrals are taken over the phone.

HP HH High Peak HOMELESS HELP

DERBYSHIRE County Council

Housing:



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

Morrisons Foundation – Covid 19 Homeless Support Fund

The Morrisons Foundation has announced a Homeless Support Fund aiming to fund charities caring for the homeless during the Covid 19 out-break and ensure help gets to those who need it. The Foundation recognises that homeless people are particularly vulnerable to Covid 19 because of underlying health conditions and are less able to access basic sanitation.
There is a total of £500,000 for this fund and awards of up to **£10,000** are available. Smaller requests will allow more charities to be supported from the fund.
Registered charities that care for the homeless can apply to cover the broad areas:

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

Applications can be made at anytime.

website

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.

Website

DERBYSHIRE County Council

Weighed down by debt?



CALL FREE ON **0800 328 0006**

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in the privacy of your own home and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 300 CAP Debt Centres. **So why don't you ring us today and begin your journey to becoming debt free?**

Does it cost anything?

No. Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We monitor our services to ensure that everybody receives the same caring service regardless of race, nationality, religion, age, gender, marital status, or disability.

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.

1. **Home visits**
   After you call CAP, a Debt Coach from a local CAP Debt Centre will visit you in your own home.
2. **An effective budget**
   Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.
3. **CAP Plan**
   In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.
4. **Severe debt**
   If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy. We can help you to fill out the forms and even attend court with you.
5. **Debt free**
   You can use your CAP Plan to pay your bills and debt repayments until you are debt free.



Step Up provides accommodation and support for 16-24 year olds in Derbyshire. The service supports looked after children, care leaves and homeless young people under 21 in accommodation. The service also supports 18-24 year olds who need help with tenancy sustainment or who are at risk of becoming homeless receiving a floating support service. Referrals are accepted up to some ones 25th birthday. Contact framework on 0115 9986635 or 01298 73798 or email stepup@frameworkha.org

Wednesday 3rd February 2021

DERBYSHIRE County Council

Mental Health
Emotional wellbeing/
Staying active

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives, as the government and the NHS take necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention.
It may be difficult, but by following guidance on social distancing, or staying at home, you are helping to protect yourself, your family, the NHS and your community.
During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

Derbyshire Community Response Unit

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

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

DERBYSHIRE County Council

Website

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

Monday to Friday from 9am to 5pm

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

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

NHS

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

NHS Derby and Derbyshire Clinical Commissioning Group

There are many resources available on the Joined up Care Derbyshire website: https://joinedupcarederbyshire.co.uk/ which brings together information from Health across Derby and Derbyshire.
I would also like to highlight the new accessible information that has just become available which you can find here:

website

DERBYSHIRE County Council

Derbyshire Recovery & Peer Support Service

The Power of Small

A small coversation has the power to make a big difference

time to change
time to talk day
04/02/21



Let's start talking

Together we will end mental health stigma

#TimeToTalk

Online Zoom Group

Chat and Quiz



Thursday 4th February
6pm -7pm

For more information or to join in
call: 07436 039285
or the DRPSS 01773 734989

DERBYSHIRE County Council



If you live in a Coalfields area, Relate Chesterfield & North Derbyshire can now offer you free counselling with the help of The Coalfields Regeneration Trust. We can offer the following services:

Relationship Counselling, Family Counselling, Individual Counselling, Young People's Counselling (11-18) and Sex Therapy.

For more information, or to book an appointment, please contact us:
Email: admin@relatechesterfield.org.uk
Phone: 07384 762 877 / 07401 343 817

the coalfields regeneration trust relate



If you are a Key Worker, Relate Chesterfield & North Derbyshire can now offer you free counselling with the help of The Postcode Neighbourhood Trust. We can offer the following services:

Relationship Counselling, Family Counselling, Individual Counselling, Young People's Counselling (11-18) and Sex Therapy.

For more information, or to book an appointment, please contact us:
Email: admin@relatechesterfield.org.uk
Phone: 07384 762 877 / 07401 343 817

POSTCODE NEIGHBOURHOOD TRUST relate

Every Mind Matters

Every Mind Matters is the new national platform for good mental health, from Public Health England. It aims to make it easier for everyone to look after their own wellbeing and improve their mental health, by providing a digital hub full of advice, tips and resources and a new online tool to help everyone create their own action plan.

website

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

Qwell

Can join the service for ongoing support

Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website.

website

Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends

Derby and Derbyshire: Emotional Health and Wellbeing.

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

Website

Samaritans

What support do they offer? Offering mental health support and can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

website

Healthwatch Derbyshire

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

Website

Telephone—01773 880786

10am-3:30pm Mon– Fri

Email—

enquiries@healthwatchderbsyhire.co.uk

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

As further pandemic restrictions take effect in England, 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.The month-long campaign, 'Something's Not Right', encourages young people to recognise different forms of abuse, report it and get help.

The campaign will see animated adverts aimed at secondary school pupils aged 13+, running across Instagram, Snapchat and Facebook. Young people will be directed to a dedicated page on the NSPCC service Childline where they can access information and seek support.

The campaign follows evidence suggesting that young people faced a greater risk of sexual abuse, criminal exploitation and domestic abuse due to the impact of coronavirus. The monthly average number of Childline counselling sessions about domestic abuse and abuse increased by 20% and 22% respectively in April to July 2020, compared to pre-lockdown levels.

The Internet Watch Foundation revealed that there were almost 9 million blocked attempts to access child sexual abuse material during the first month of restrictions alone. This trend has continued, with the charity

Website

Telephone: 01773 734989



Derbyshire Recovery and Peer Support Service - Service Update January 2021

The Derbyshire Recovery and Peer Support Service provides person-centred mental health support across Derbyshire helping individuals achieve small practical goals to support them to better manage their mental health independently. The service also supports a network of peer led support groups, provides a package of support and training to potential volunteers, runs an emotional support helpline and launched pilot scheme 'Tech Buddies' prior to Christmas which aims to address digital exclusion across Derbyshire helping those experiencing isolation become connected to digital support services.

07487 257 187 / 07939 323 365
lwltc@citizensadvicemidmercia.org.uk



The programme helps you take control of your long term health conditions, helping you live well. anyone can join this free 6 week course to help you manage day to day

DERBYSHIRE County Council

Targeted Support

Individuals must be able to identify a practical support goal or an area of their life that they are currently struggling with to receive support. There should be a willingness to want to engage in further support.

You can refer on behalf of an individual with consent via our single point of access on 01773 734989 or electronically by filling in the attached referral form and returning it to derbyshirerecoverypeersupportservice@rethink.org

If you would like to discuss a referral prior to making it then email directly at Hannah.staton@rethink.org

Due to current restrictions, the majority of support will be conducted via telephone and zoom, however if there is an apparent need our workers will review each referral on a case by case basis for face to face support in the community. No home working is currently permitted.

Peer Support Groups

As per the government guidelines

https://www.gov.uk/guidance/tier-4-stay-at-home?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae our peer support groups are able to remain open following strict social distancing measures. However some venues have decided to remain closed at present.

Our team of group development workers are working relentlessly to ensure each of our peer support groups have access to appropriate PPE, guidance and support to allow them to operate as safely and efficiently as possible.

Our team covers all Derbyshire Districts and for the most up to date information about groups in your area please contact the following below:

High Peak and Derbyshire Dales – @April Parker

South Derbyshire and **Erewash - @Martine Roebuck**

Amber Valley, Bolsover, Chesterfield and North East Derbyshire - @Mark Hudson

We are currently support 2 online support groups over zoom, for information about how to access these please get in touch.

Peer Supporters

@Ellie Scott is our Volunteer and Peer Support Coordinator who provides a package of support to the facilitators of our peer support groups. The package of support includes training, supervision and personal development opportunities. We are always looking for more peer supporters to join our existing groups or to explore the development of new groups in lacking areas. Please contact Ellie to discuss these opportunities further.

Emotional Support Helpline

We will be continuing to offer our Emotional Support Helpline until at least March. The helpline is open 9am – 7pm Monday to Friday and 9am – 5pm Saturday and Sunday. This helpline is open to anyone, but is NOT a crisis support line. Referrals into service can be made over the helpline.

Tech Buddies

Our first volunteers for the Tech Buddies scheme are almost finished their training and will be ready to pair up with an isolated individual towards the end of January. We will still be recruiting volunteers, but will open up referrals for recipients of this scheme over the next few weeks. If you would like any more information about Tech Buddies, then please contact @Ellie Scott

If you would like to discuss anything further contact Hannah Staton Team Leader Hannah.Staton@rethink.org

Men-Talk

Men-Talk is all around the subject of improving men's mental health, raising awareness, removing the stigma and ultimately reducing male suicide. Men-Talk are continuing to offer mental health support to anyone who needs it. They are providing talks, listening, sharing and signposting online.

mentalkmeeting@gmail.com

Derbyshire County Community Trust

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

Website

Borderline Derbyshire

Newsletter of the
Derbyshire Borderline Personality Disorder
Support Group

Newsletter

NEWS: First Steps coping guides & COVID 19 Psychological Therpies Pathway

Eating Disorders support

To find out more and follow the links to join in click HERE

Coming this 2021

Comedy for Coping!
This January we are standing up to mental health with Dave Chawner as he delivers his six week comedy course through First Steps ED to break through the taboo and intense stigma of mental health. It's a great way to build confidence, lift your spirits and share your story in a light hearted and relatable way! So if you want to put a positive spin on your history of mental health, why not give it ago?! Just email info@DaveChawner.co.uk or info@firstepsed.co.uk to join on either the 19th or 20th January... and, oh yeah, it's completely **FREE**!

'Being Creative' Art Workshops!
We are so excited to get creative in 2021 with the lovely Lorna! Art is often underrated for how it helps to shut out worries and distractions; to slow things down and stop the noise. You don't need to be any Banksy, it's all about expressing yourself through shapes, patterns, colours and getting away from any anxieties or pressures of day to day life. Make sure you keep your eyes peeled on our social media for dates and other info about Lorna's 'Being Creative' workshops.

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

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

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

Kooth

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

website

Action for Children

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

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

website

Child line

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

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

Telephone: 08001111

Online Chat: Available on their website

Winston's Wish

Supports grieving children AND parents

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

WINSTON'S WISH
Giving hope to grieving children

Website

The Mix

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

Website

Active Derbyshire/Notts Guide to Staying at Home

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

Website

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.

Website

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, all beginning with the letter C.

Website

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

website

Vita Minds

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

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

For referrals

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

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



A facebook chatroom run by volunteers



Derbyshire Dementia Support Service
To view information please click link below

Flyer

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

Adult and Relationship
Improving Access to Psychological Therapies (IAPT)

Children & Young People

Family

Sex Therapy

Living Well with Autism

Website

Please contact us on

01332 349177 or

07741193484

info@relatederby.org.uk.

Wednesday 3rd February 2021

DERBYSHIRE County Council

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/

Joined Up Care Derbyshire https://

A broad range of advice, support and information on emotional wellbeing and mental health:

NHS DERBYSHIRE County Council Derbyshire GP Alliance Derby City Council

joinedupcarederbyshire.co.uk/public-info-covid-19/your-wellbeing-during-pandem

Mental Health Services for Children and Young People

Mental Health Support Line - A new mental health support line run by the NHS and operating seven days a week between the hours of 9am and midnight (24/7 coming soon) has been set up to provide access to support for people of all ages in Derby and Derbyshire. Call 0800 028 0077 for free where mental health professionals will be on hand to help.

i
Download Leaflet

headspace

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

There are a lot of unknowns in the world right now. But one thing is certain — **Headspace is here for you**. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.
These are part of a larger collection in the Headspace app — free for everyone — called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

Derbyshire LGBT+

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

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

Telephone: 01332 207704

Email:

INFO@DERBYSHIRELGBT.ORG.UK

Access to Work Mental Health Support Service

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

Specialist advisers provide:

- Tailored work-focused mental health support for nine months
- Suitable coping strategies
- A support plan to keep them in, or return to work
- Ideas for workplace adjustments to help them fulfill their role

Practical advice to support those with a mental health condition.

Please note

To be eligible for this service, individuals need to be in permanent or temporary employment and have a mental health condition (diagnosed or undiagnosed) that has resulted in workplace absence, or is causing difficulties to remain in work





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

Children, young people and grief
Share this: **Share on Facebook Share on Twitter Other Sharing**
In these pages we have information 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 recognise potential complicated grief.

Many of our Cruse services across England, Wales and Northern Ireland offer support to children and young people. Find your local branch and contact them to see what is offered in your area. Our website Hope Again is a website designed for young people by young people. It includes information and message boards where young people can share their experiences.
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 training

For more information contact:
Dr Sharon McDonnell
Tel: 01706 827 359
Email: sharon.mcdonnell@suicidebereavementuk.com
Website: https://suicidebereavementuk.com

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

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

The charity offers weekly support groups for men to talk, listen and connect in a non-clinical way that can be accessed online - meaning you can get the support in the comfort of your own home.

The service is completely free of charge - the only requirement is you are male aged 18 or over and want to make a positive change in your life no matter how big or small.

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

Find out more about Mentell

DERBYSHIRE County Council

Joined Up Care Derbyshire

NHS Derby and Derbyshire Clinical Commissioning Group

MENTAL HEALTH SUPPORT IN DERBY AND DERBYSHIRE FOR CHILDREN, YOUNG PEOPLE, PARENTS AND CARERS



We understand that things may be tough at the moment. If you find yourself feeling anxious, stressed or overwhelmed, we want you to know support is ready and available to help.

Kooth and Qwell

With friendly counsellors available to speak to via a text messaging service from 12 noon-10pm Monday to Friday and 6pm-10pm on weekends, Kooth and Qwell provide great online counselling service options

kooth

- Available for all 11-25 year olds in Derby and Derbyshire
- Free, anonymous and confidential
- Participate in forum discussions and read articles written by other young people

Please visit Kooth.com to sign up

Qwell

- Available for all parents and carers in Derby and Derbyshire whose child is under 18 years old
- Free, anonymous and confidential
- Participate in forum discussions and read articles written by other parents and carers

Please visit www.qwell.io/ to sign up

Joined Up Care Derbyshire

NHS Derby and Derbyshire Clinical Commissioning Group



Emotional Health and Wellbeing Website

The new Derby and Derbyshire Emotional Health and Wellbeing website has been set up to support the mental health and wellbeing of children, young people, parents/carers and professionals in Derby and Derbyshire. On the website you can find a range of information including local and national support, training and resources.

- Get access to local 1 to 1 and group therapy support
- Regularly updated information about local offers in your area to support mental health and wellbeing
- Information to support parents, carers and professionals
- Strategies and guidance to maintaining emotional wellbeing at home

For more information, please visit:
https://derbyandderbyshireemotionalhealthandwellbeing.uk/

Mental Health Support Line

A new mental health support line run by the NHS and operating seven days a week between the hours of 9am and midnight (24/7 coming soon) has been set up to provide access to support for people of all ages in Derby and Derbyshire.

Please call 0800 028 0077 for free where mental health professionals will be on hand to help.

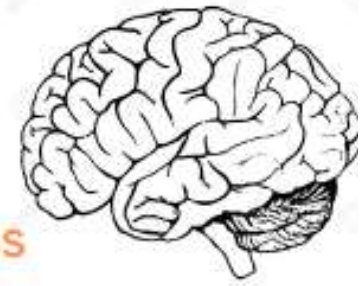


- Run by experienced mental health professionals who are equipped to provide mental health support and advice.
- Support for people experiencing immediate distress or to their families or carers
- A professional point of contact for health and social care partners to support any individuals in mental distress.

For more information, please visit:
https://www.derbyshirehealthcareft.nhs.uk/support-line

Mental Health and Suicide Prevention Programme

It's Everyone's Business



DID YOU KNOW?

- Men are 3 times more likely to take their own life than women.
- In Derbyshire 80% of people living with a mental illness never seek tratment.
- Poor mental health costs workplaces up to £45billion per year.
- Less than 1 in 5 men take time off work due to poor mental health.

OUR AIM

Erewash Voluntary Action are delivering this programme across Derbyshire (including Derby Cit
on behalf of Derbyshire County Council. Our aims are:

- To increase awareness of mental health problems in targeted populations.
- To reduce male suicide rates, particularly in young to middle aged men.
- To embed a positive culture for mental health and wellbeing within Rugby Clubs.
- To reduce self-harm.

OUR OFFER

- Fully funded Mental Health Awareness and Suicide Prevention Training.
- Expert support to develop a tailored Mental Health Policy and Action Plan.
- Exclusive access to a Mental Health and Suicide Prevention Toolkit.
- Support in signing up to national mental health charters and accreditations.

OUR FOCUS

The programme will support young people and young to middle aged men in non-clincal settin
such as:

- Amature football, rugby and cricket clubs.
- Independent boxing gyms and fitness centres.
- Routine and manual workplaces
- Volentary organisations i.e. food banks and credit unions.

If your organisation needs mental health support, take advantage of this fully fun
package today!

For more information please contact Christie
Phone: 0115 9466740
E-mail: christie@erewashcvs.org.uk
Website: erewashvoluntaryaction.org.uk

Volunteer Centre

Joined Up Care

If your organisation needs mental health support please take advantage of this fully funded package.

The Mental Health and Suicide Project is commissioned through Derbyshire County Council and ran by Erewash Voluntary Action. The aim is to increase awareness of mental health, suicide prevention and self-harm, promote a positive culture for mental health and wellbeing within organisations and support a reduction in male suicide rates across all ages in particular young to middle age men.

The project focuses on **but not limited to**: amateur grass roots sports clubs, independent boxing gyms and fitness centres, workplaces including voluntary, routine and manual places and finally anyone affected by COVID-19 i.e. foodbanks, credit unions.

If you'd like to find out more please contact Christie on 0115 9466740 Christie@erewashcvs.org.uk

Wednesday 3rd February 2021

DERBYSHIRE County Council

Mental Health
Emotional wellbeing/
Staying active -
High Peak North Dales

The **Targeted Intervention Community Triage** has been set up as an interim service to direct referrals for well-being services across Derbyshire in relation to Covid-19.

https://derbyandderbyshireemotionalhealthandwellbeing.uk

Derbyshire Mental Health Helpline: 0300 790 0596 (all ages)

The CAMHS service in North Derbyshire (***apart from the Glossop Area***)

https://www.camhsnorthderbyshire.nhs.uk

NHS Chesterfield Royal Hospital NHS Foundation Trust

Child and Adolescent Mental Health services in **Glossop**: Healthy Young Minds

https://healthyyoungmindspennine.nhs.uk/find-us/tameside-and-glossop

HEALTHY YOUNG Minds
A CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

Derwent Rural Counselling Service (16+)

Tel: 0800 047 6861 Email: admin@drcs.org.uk Website: https://drcs.org.uk/

Derbyshire NHS Talking Therapies (16+)

Tel: 0300 555 5582 to self-refer or visit their website:

Website

INSIGHT HEALTHCARE

DERBYSHIRE County Council



High Peak Community Arts Social Arts Exchange

The Social Arts Exchange is a new creative mentoring service, supporting young people age 8+, who have been especially affected by all the impacts of Covid-19.

Young people referred may have existing additional needs which have influenced their resilience to the changes seen since March 2020, and finding return to school and social settings difficult.

The activity itself is a person-centred, regular session with an experienced creative practitioner delivered wherever suits the young person – i.e. school or community setting. The young person has dedicated time to use as they wish, setting their own interests and aims and no pressure to produce finished work. Our creative practitioner can introduce a programme of themes, if appropriate, e.g.

- Positive impact of nature
- Response to change
- Sense of self as an anchor in uncertainty

Beginning

Each mentoring relationship begins with a start point record - speaking to a parent / carer, referring partner and the young person to identify measurable changes they hope to see from taking part.

During

Each session is recorded, and concerns and updates communicated to the referring partner.

End

The length of the programme will vary for each young person, with an average of 8 sessions, following which there is the opportunity to sign up for our weekly Film Cuts Club (hoping to re-start face-to-face in 2021).

Covid-secure

The activity has been risk assessed to be Covid-secure, socially distanced in a well-ventilated room, with boxed materials and equipment only used by each young person.

High Peak Community Arts will be working with up to 12 High Peak partners to identify around 4 young people per partner. Partner organisations can be primary or secondary schools, Multi Agency Teams or community groups.

offers 10 sessions 1:1 with a young person building up their confidence , gaining skills around art/ digital mediums/ film etc and then leads on to joining the young Persons Film Club in Glossop and if they live elsewhere in the High Peak may be able to assist with transport etc

DERBYSHIRE County Council



If you live...
...in Tameside

When:
Wednesdays between 4 - 8pm

Where:
216 - 218 Katherine Street Ashton-u-Lyne OL6 7AS

How:
Ring 0161 330 9223 or drop in on the day

mind for better mental health
Tameside, Oldham and Glossop

The Hive

*If you are under 13 you will need to be with a parent or carer

If you live...
...in Glossop

When:
Mondays between 4 - 8pm

Where:
Glossop Primary Care Centre, George Street SK13 8AY

How:
Call 0161 330 9223 for available sessions

- A safe and confidential space for you to talk.
- We are here to listen.

: www.togmind.org
: office@togmind.org

DERBYSHIRE County Council

MOVE MORE Explore your Park

Howard Park



STORY WALKS No. 2

Harriet of Howard Park

By Helen Thornhill



Read all about **Harriet the Hedeghog and her friends** as you explore Howard Park.

Look out for the markers as you follow in her footsteps around the park - reading and enjoying the adventures.

Walk leaflets are available from the dispenser situated in the Carpark and inside the swimming pool foyer.

MOVE MORE Glossop

MOVE MORE Explore your Park

Manor Park



STORY WALKS No. 3

Manny the Manor Park Mole and the Giant Pumpkin



Read all about **Manny the Mole and his friends** as you explore Manor Park.

Look out for the markers as you follow in his footsteps around the park - reading and enjoying the adventures.

Walk leaflets are available in the dispensers located on the welcome boards at both main entrances to the park.

MOVE MORE Glossop

DERBYSHIRE County Council

WAGS (women and girls safe) This is part of Crossroads Derbyshire but is a specific service 'supporting young women and girls age 13 -24 years who have concerns about domestic abuse or controlling behaviour in their intimate relationships '

Can deliver a drop in service and /or group work as well as tailored 1:1 sessions . work throughout High Peak

melissa@crossoradsderbyshire.org 01457 858586 / 07817 270 229

https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire/contact-us-refer-yourself

Talking Mental Health Derbyshire . online referral or call 0300 123 0542 for talking therapies

The Mix https://www.themix.org.uk/ 0808 808 4994

Free confidential support for young people under 25 via online, social and mobile

DERBYSHIRE County Council

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/

Derbyshire Domestic Abuse Support Line

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

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

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

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

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



Website

Call 08000 198 668

Email derbyshiredahelpline@theelmfoundation.org.uk

Text 07534 617252

The National Domestic Abuse Helpline

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

website

0808
2000
247

24 hours a day

Free Calls

DERBYSHIRE County Council

Salcare
Here to make a difference

Escape

LGBTQ+ Support

Supporting members of the LGBTQ+ community who have experienced domestic abuse.

The aims and actions of the service:

- 1:1 action planning and goal setting for members of the LGBTQ+ community.
- Offers impartial advice, information and support catered specifically to the needs of the client.
- Providing a supportive and empowering environment the service encourages healthy friendships and relationships.
- To build client's self-esteem and confidence.
- Empower clients to identify goals and plans for the future.
- Complete risk assessments, safety plans and referrals to the necessary services.

How to get in touch: olivia.gibson@salcare.org.uk

Phone: 01773765899

Where: Salcare Escape, 59 Ray Street, Heanor, DE75 7GF

CHARITY NO. 1064715

DERBYSHIRE
County Council

Salcare
Here to make a difference

McKenzie
Friend
Service

Salcare ESCAPE Domestic Abuse Service can support you with a McKenzie Friend Service

Being taken to court due to a family conflict?

Finding it too expensive to engage a solicitor?

Don't qualify for legal aid?

The Family Court has for some years allowed people to represent themselves and this is where a McKenzie Friend comes in. They are there to provide support and guidance, help with the drafting of documents, be an asset in questioning, take notes, help complete Court documents and give moral support.



FUNDED BY DERBYSHIRE COUNTY COUNCIL

CONTACT US TO FIND OUT MORE

Salcare
59 Ray Street
Heanor
DE75 7GF

Tel: 01773 765899
Email: mckenziefriend@salcare.org.uk
www.salcare.org.uk
CHARITY NUMBER: 1064715

The Men's Advice Line

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

website

0808 801 0327

Women's Aid

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

website

Galop

Domestic Violence support for members of the LGBT+ community

Respect

Support if you are worried about hurting some-one

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

website

0808 8024040

Safer Derbyshire

Derbyshire 24/7 helpline

website

08000 198 668

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

- Blue Sky .. It is Bright Sky .

A useful resource as also has info available in urdu, punjabi, polish



Website

Derbyshire County Council

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

website

Salcare

Domestic abuse support for all genders from all communities

We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday

website

enquiries@salcare.org.uk

01773 765899

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

DERBYSHIRE County Council



CEASE.

What is CEASE?

Based around the course creator's personal experience of supporting her best friend through an abusive relationship that ended in tragedy, CEASE is a 4 session educational programme which aims to:

- Help young people recognise the subtle indications of an abusive relationship
- Have an understanding of the options available to them should they encounter or witness such behaviour
- Identify local sources of socialist support and support access to those services
- Create Empowerment And Self Efficacy

Why do we need it?

"A survey showed that 40% of teenage girls would consider giving their boyfriend another chance if it hit them, and one third said that cheating justified the use of violence."

In short, to save lives. To challenge abusive views and behaviour.
To question negative social norms in youth relationships.

What is the outcome?

The desired outcome of the programme is for young people to have an understanding of these key points:

- What you could do if you suspect or personally experience domestic abuse
- Who you could talk to if you suspect or personally experience domestic abuse
- Why a person cannot "just leave" an abusive relationship
- Domestic abuse is a behavioural choice on the perpetrator's part
- What local sources of specialist support are available? And how can they be accessed?

How is it delivered?

The programme is delivered over 4 sessions. Each session encourages active dialogue within the group and uses various methods to provoke discussion. These include advert clips, handouts, statistics, music videos, newspaper articles and group brain storming.

What is the cost?

This will depend on the number of courses required. It is important to note that the course is being delivered by Remedi on a 100% 'not for profit' basis and will be facilitated at 'cost'.

Who do I contact to find out more?

In the first instance please contact our CEASE lead Keely Grainger via keely.grainger@remediuk.org

The programme is a good thing because not everyone is brave enough to speak up for themselves.
Young Person, Nottingham

The programme really helped me.
Young Person, Mansfield

The programmes were very good and helpful. I'm going to try and help someone who I think is going through the same thing.
Young Person, Nottingham

CEASE. is delivered by remedi

www.remediuk.org

DERBYSHIRE County Council

Domestic Abuse

High Peak

North Dales

If you are in immediate danger call the police 999

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

There is 1 helpline number in Derbyshire for reporting or discussing domestic abuse

Tel: 0800 0198 668

Glossop, High Peak and North Dales areas are supported by

Crossroads DERBYSHIRE

Good News Family Care (Homes) Ltd. (GNFC) is a registered charity providing a safe-haven, for women and children affected by debilitating circumstances such as domestic violence, homelessness or substance abuse. We provide accommodation and practical help, with the objective to empower the individual to live life to their maximum capability, in a secure, supportive and non-judgmental environment.



If you would like to know more about any of the services, continue to the relevant sections of this website or please contact us by telephone: 01298 24761 or email: mail@gnfc.org.uk.

Address: Charis House, Hardwick Square E, Buxton SK17 6PT

Website-

DERBYSHIRE County Council

Sexual Abuse

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

1:1 counselling

ISVA (independent sexual violence advisor)

Art and Drama therapy

Group therapy

Move on support group

Helpline 0800 028 2678

Sail SURVIVING AND THRIVING

Website

Advice Line

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

SV2 Supporting Victims of Sexual Violence

Website

Children and Young People's Therapy

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

ISVA and ChISVA Support

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

SARC

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

Adult Therapy

Adult Therapy referrals now being accepted.

DERBYSHIRE County Council

Safeguarding



For concerns that are not immediate you can contact Derbyshire police using any of the below methods:
Facebook – send them a private message to / Derbyshire Constabulary
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.

DERBYSHIRE CONSTABULARY

Supporting vulnerable children and young people during the coronavirus outbreak

Hollie Guard - Personal Safety

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

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

Hollie Guard

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



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

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

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



Website

SafeToNet
To view information please click link below
Online



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

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

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

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

On a train text British Transport Police on 61016.

Otherwise contact Crimestoppers on 0800 555 111.

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.

It is a term used to describe: human trafficking, slavery, forced labour and domestic servitude, slavery practices, such as debt bondage, sale or exploitation of children and forced marriage.

If you are worried, or suspect, that a person may be a potential victim of modern slavery or trafficking, please report it.

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

Call Derbyshire on 01629 533190 (24hr Adults & Children) Children triaged via Starting Point

Derby City Council: 01332 640777 and refer to social care

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

Safe and Sound support vulnerable young people at risk of exploitation across Derby and Derbyshire

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

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.

ACT

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

Child Line

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

website

NSPCC

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

website

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

Wednesday 3rd February 2021

DERBYSHIRE County Council

Parental Support
High Peak North Dales

High Peak North Dales Children's Centre Facebook

www.facebook.com/High-Peak-and-North-Dales-childrens-centres-523794021083518

Early Help Parenting Support – please contact your child's school or Health visitor in the first instance and ask for an Early Help Assessment

Autism Outreach



Free transition resources:- Website

Sensory Course about home for parents – only £5:- Website

Link to free Social Stories:- Website

THE AUTISM OUTREACH TEAM

Holbrook Centre for Autism

Portway

Belper

Derbyshire

DE56 0TE

01332 880208

Peak School

Buxton Road

Chinley

High Peak

Derbyshire

SK23 6ES

01663 750324

Home-Start High Peak has been supporting local families since 2004, growing successfully through the efforts of a team of committed volunteers under professional guidance. Over that time, our unique brand of non-judgemental emotional and practical support means we have been invited in to thousands of homes, have been trusted to provide advice and relied upon to provide confidential help when it's needed.

Whether a family needs support because they are struggling to cope with a child's disability or economic hardship; whether there's been a relationship breakdown or postnatal illness; whether a parent is having problems dealing with a child's behaviour and routines or a family is feeling isolated and una-

Families - Home-Start High Peak

DERBYSHIRE County Council

Parental Support

What support do they offer?

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

Schools

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

Local Authorities

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

parentzone
The experts in digital family life

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.

Since the beginning of the pandemic, Family Fund has continued to provide vital support to families, and has seen a significant increase in applications. Research indicates that half of the families they support have lost income as a result of the pandemic.

In May, in response to this extra need, the Department for Education provided a further £10 million in additional funding to the £27.3 million it had already committed to Family Fund, which has allowed them to support thousands more families.

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.

DERBYSHIRE County Council

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

Visit: **www.derbyshire.gov.uk/fcc**
(have your National Insurance number handy)

Text* 'Child' to **86555**

Email: **freechildcare@derbyshire.gov.uk**

Call our team on **01629 539316** or **01629 539319** (weekdays 9am to 5pm)

To find a childcare provider in your area you can visit **www.derbyshire.gov.uk/eysearch** email our Families Information Service at **info.fis@derbyshire.gov.uk** or call them on **01629 535793**

Your chosen provider will need to be graded 'Good' or 'Outstanding' by Ofsted.



*texts cost 10p

FREE childcare for 2-year-olds

40% of families now eligible

Worth almost **£3,000 a year**

Check if you qualify.

Apply now at **www.derbyshire.gov.uk/fcc**



Are you a parent or carer of a 2-year-old?

If so you could qualify for up to 15 hours of free childcare a week.

Your 2-year-old can get free childcare if you receive working or childcare tax credits or certain benefits. You can find the 2-year-old eligibility criteria here **www.derbyshire.gov.uk/fcc**

We also offer free childcare to 2-year-olds who:
- Are children in care
- Have an Education, Health and Care Plan
- Have left care through special guardianship, an adoption placement or child arrangement order (residence order)
- Are receiving Disability Living Allowance

The funding can be used with a range of providers including:
- Childminders
- Pre-schools
- Nurseries

When will the funding start?

Funding will start the term after your child's second birthday – see examples below:

My child is 2 between:	When do they get free childcare?
January 1 – March 31	After the Easter holidays
April 1 – August 31	In September
September 1 – December 31	In January

When you've completed your online application

If you qualify, you'll receive confirmation which will include a unique six digit code and start date.

You'll need to present your six digit code to your chosen childcare provider before your child can take up a funded place.

The funding will stay in place until your child becomes eligible for 3 and 4-year-old funding regardless of any changes in your circumstances.

Early education and childcare is great for children as they can learn through play, make new friends, try different activities and get a good start in education.

DERBYSHIRE County Council

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

Getting help with a crying baby

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

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

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

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

Wednesday 3rd February 2021

DERBYSHIRE County Council

Website

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 by following the above link.

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.

This course will help you:

- understand more about what you eat, diet advice and food portion sizes

find suggestions for activities and ideas for developing this learning with children

Apply if you are:

- parents or carers
- early years and childcare staff
- health and social care staff
- children's centre staff
- foster carers
- food bank staff
- primary school and nursery staff
- NHS staff

Volunteers working in these services

Please follow the link to register your interest:
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

You can also register your interest in future courses once we are delivering face to face. Courses will include: HENRY healthy families - right from the start, HENRY starting solids, Healthy eating and active workshop and HENRY a healthy start in childcare. All details can be found by following the above link.

Due to Covid-19 HENRY (Health Exercise and Nutrition for the Really Young) we are not facilitating courses but working on this being delivered virtually or sign-posting families to interactive E-learning courses. We are also developing family cookery sessions to offer on the other side of this pandemic. Please follow the below link to register interest for families to access future courses (please scroll to the bottom of the page to register interest):

Website

DERBYSHIRE County Council

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

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

The Breastfeeding Network

It's a strange and unsettling time for everyone right now, especially new parents.

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

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

Website

Mother Hub

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

Website

Coronavirus updates

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

website

Cooking on a budget

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

website

Contacting your Dentist

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

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

Communication Unlimited 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.

Communication Unlimited

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

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

We know that the closure of schools due to the Covid-19 pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers across Derby and Derbyshire. We are pleased to be able to offer services to support the whole family. You will find information attached. We would again be most grateful if you could support us in sharing this information.
If you have any questions or concerns then please do not hesitate to contact us: ddccg.enquiries@nhs.net

New from Parent Info: active gaming and Roblox guide



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

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

Parental Support online magazine

Website

early years alliance

Wednesday 3rd February 2021

DERBYSHIRE County Council

Anna Freud National Centre for Children and Families

Are you feeling worried about how the children in your setting will cope with the return back to nursery?
As we move closer to babies and young children returning to nursery, we need to consider how their experiences over the past months will have affected them, and what impact this may have on their transition back into childcare.
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/

Online Safety Resources- https://www.thinkuknow.co.uk/professionals/

A reminder for parents on how to keep their children safe online as we are in Lockdown 2 and heading for long dark nights of winter. Please share the website link on your own circulation to parents…Christmas is coming and more buying of video games and X Boxes….great as a reminder.

OCD UK

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

www.ocduk.org

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

DERBYSHIRE County Council

Are you unemployed, on low income, a lone parent or a young family?

The following items are being donated by Tommee Tippee to help support the local community:

- Baby Bottles
- Drinking Cups
- Soothers (Dummies)
- Advanced Nappy Disposal System



tommee tippee DHA Direct Help & Advice The Derby Law Centre

Weekly virtual drop ins

Monday 10am Long Eaton Breastfeeding Support
Tuesday 11am BEARS Amber Valley
Tuesday 1.30pm South Derbyshire Breastfeeding Brunches (alternate weeks)
Thursday 11am Cradles Ilkeston
Thursday 8:30pm Breastmates Breastfeeding Support
Friday 10am Ashbourne Mum2Mum
Friday 1:30pm Feeding Together Bolsover.

For more info go to
www.breastfeedingnetwork.org.uk/derbyshire/

the Breastfeeding network

DERBYSHIRE County Council

Information See Hear Respond

The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, 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.

Its aim is to provide early intervention before these children reach the threshold for statutory intervention.

See, Hear, Respond does not replace your usual referral process for children who meet a statutory threshold for significant harm: such referrals must be made to your local authority safeguarding team using your usual safeguarding procedures.

The See, Hear, Respond Partnership has been created specifically to help children and young people in England who are experiencing harm and increased adversity during coronavirus, by providing support to those who are not being seen by schools or other key agencies. There is no minimum threshold for referral. We will support children from pre-birth up to 18 years of age and those with special educational needs under the age of 25.

See, Hear, Respond will contact every referral made to us, so no child gets missed. We'll then find a partner best placed to support the most isolated and at risk children in your area. They'll get help in one or more of four ways:

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

an online hub of support and information
online counselling and therapy
face-to-face support for those most affected and at risk of some of today's most pertinent issues, such as criminal exploitation, and
helping children and young people reintegrate back into school.

We especially want to invite referrals for families who are most isolated from support due to Covid-19, including:

Under 5s with a specific focus on under 2
Those with Special Educational Needs and Disabilities and where there are concerns about their welfare e.g. online safety
Children who may be at increased risk of abuse, neglect and exploitation inside or outside of the home
Black, Asian, Minority Ethnic and Refugee children who experience barriers to accessing services
Young carers

Children, young people, families and professionals can find out more information about how we can help, how to contact us and more about our referral forms by using the links below.

Ante natal and Post-natal apps

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

Healthzone App

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

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

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

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

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

On line safety

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

Keeping under 5's safe online….

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

Hot Topics….

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

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

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

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!

British Society of Paediatric Dentistry

Website

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 County Council

DERBYSHIRE County Council

Derbyshire Libraries: Online Events

Join us on Facebook and Twitter

- 'Coffee and Cake Club', first Tuesday of the month, 12.30pm
- 'Reminiscence Reverie', fourth Wednesday of the month, 12.30pm
- 'Learn Something New', second Monday of the month, 12.30pm
- International Games Week 8th to 14th November
- 'Reader Recommendations', third Friday of the month, 12.30pm
- 'Foodie Pitstop', last Thursday of the month, 12.30pm

facebook.com/DerbyshireLibraries @DerbyshireLibs

DERBYSHIRE County Council

Children's Online Events

Join us on Facebook and Twitter

- Monday, 10am - Celebrate 'books and reading' at Storytime
- Wednesday, 10am - Sing your favourite songs at Rhymetime
- Baby Babble, Thursday 12th November, 10am for 5 weeks
- Family Bookshare, Fridays, 6pm
- Activity Club every Saturday, 10am

facebook.com/DerbyshireLibraries @DerbyshireLibs

DERBYSHIRE County Council

Education

National Careers:

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

You tube link



National Careers Service

Website

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

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Employment and Education Officers

Information about our service during the Covid-19 outbreak

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

Derbyshire County Council Employment and Education Officers are continuing to work to support Derbyshire residents aged 16 to 18 and are open to referrals. This support will be via telephone, Skype, text and / or email.

Please get in contact with your local Employment and Education Officer as listed below:

- Amber Valley contact: Susan Richards 07891 540718 / susan.richards@derbyshire.gov.uk or Irene Wells 07824 889112 / irene.wells2@derbyshire.gov.uk
- Bolsover and North East Derbyshire contact: Lesley Jones 07805 748875 / lesley.jones@derbyshire.gov.uk, Louise Bedford 07794 242826 / louise.bedford@derbyshire.gov.uk or Jayne Tuck 07794 242644 / jayne.tuck@derbyshire.gov.uk
- Chesterfield contact: Mandy Wall 07769 953908 / mandy.wall@derbyshire.gov.uk
- Erewash contact Lisa Sayers: 07976 734337 / lisa.sayers@derbyshire.gov.uk
- High Peak and North Dales contact: Yvonne Cano-Flatt 07765 896681 / yvonne.cano-flatt@derbyshire.gov.uk
- South Derbyshire and South Dales contact: Luke Gray 07799 644289 / luke.gray@derbyshire.gov.uk

DERBYSHIRE County Council

How to access Goggle classroom from an Xbox and PS4

PS4

1. Turn on PS4
2. Use your controller to scroll to the far right of the bar with games to *Library*
3. Select *Library* application
4. Within the library use the search bar to type in *Internet*
5. Select the *Internet Browser* app
6. Start Internet Browser and press the triangle button on the controller to search
7. Once on the internet, type in the search box *Google Classroom* and select the first link that comes up: Classroom: manage teaching and learning Google for Education - link below' https://edu.google.com/products/classroom
8. Select *Go to Classroom.* Then log in using student email and password.

XBOX

1. Go to Home Menu
2. Select *My Games and Apps*
3. Scroll down to Apps
4. Go to *Microsoft Edge* application
5. Type in a search for Google Classroom
6. Select *Go to Classroom*
7. You will need to log in using your student email address and password.



TED Ed

TED Talks are short videos usually last up to 18 minutes each and cover a huge range of subjects and can be watched anywhere, any time via the website or the TED app.

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.

Website

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

website

'Massive Open Online Course'

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

This website covers groups and support nationwide.

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

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

All training courses are FREE.

Website

Derbyshire Countywide Library service

Email : ask.library@derbyshire.gov.uk

Tel : 01629

Derbyshire Library Service looks forward to welcoming you.

Please check our website for opening hours and updated safety measures.

You can visit a library without an appointment. There may be a short wait due to restrictions on numbers.

Please wear a face covering, unless exempt. If you need to use a computer, please ring the library.

Find out more and join online from our website - **www.derbyshire.gov.uk/libraries**

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

From 5/11/20 Derbyshire Libraries are open on a **Book & Borrow** basis in line with the current government restrictions.

Due to the restrictions, we are currently unable to open Melbourne Library. This will be monitored so it can be reopened as soon as this is possible.

Libraries are currently open for their regular hours but will close at 5pm on any day/s they normally open later.

All books and other items currently on loan will be automatically renewed until 11 January 2021 and will not incur any overdue charges.

To use Book & Borrow, you will be asked to:

- ring or email the library you want to collect books from to make an appointment. You will be given a date and time for a collection slot. If you email, please include a phone number so you can be called back to arrange a time.
- provide the name and library card number for each person who wants to borrow books, plus a contact phone number.
- give information on the type of books you would like – i.e. genre, examples of authors, format, or opt for a 'lucky dip'. Maximum 10 items per person for each collection slot.
- bring your library cards or card numbers for all the people you are collecting for, when visiting for your pre-booked slot
- bring your own bags.

wear a face covering, as you would in a shop, unless you are in one of the exempt groups.

Our request service is also available for customers who wish to reserve books from other libraries. You will still need an appointment to collect requested items. All books will be issued until 11 January. We are currently unable to offer access to public computers in any of our libraries.
This is all subject to change due to the nature of the COVID-19 pandemic and the government guidance that we need to follow.

Spring Term 2021 **Learning for Leisure**

Online brochure to access details go to :

www.derbyshire.gov.uk/coursesearch

DERBYSHIRE County Council

Community Support

High Peak

North Dales

COVID 19 – Dales Directory of resources across the Derbyshire Dales area.

https://ddcvs.org.uk/dales-directory/

Derbyshire Dales Council for Voluntary Service

Coronavirus Support directory for Covid-19 community response across HPND

highpeakcvs.org.uk/directory.asp

High Peak CVS

Glossop: https://the-bureau.org.uk

New Mills/Hayfield/Chinley/Whaley Bridge: https://new-mills-helping-hands-group.co.uk/

Most areas have Facebook pages set up in response to Covid-19 mutual aid/support



DERBYSHIRE
County Council

Derbyshire
Fire & Rescue Service

Dear Partner

We are open for business and ready to continuing working with you to protect our communities from the risk of fire.

The last couple of months have been a particularly challenging time for Derbyshire Fire & Rescue Service with our fire crews responding to several serious and fatal fires. These fires highlight why we must continue to deliver our face-to-face services to the communities of Derbyshire, working to prevent similar tragic incidents in the future.

As a Service we recognise the continued challenges the pandemic has imposed on all of our working practices, however I want to reassure you we are 'open' and encourage you to continue to make all necessary referrals into our Service. To protect our communities it is essential you continue reporting any concerns you have around vulnerable adults and children, our Prevention team can then prioritise these cases and work with individuals to keep them safe from fire.

I want to reassure you that we are very much open and back-to-business and the Service is keen to hear from you if you know, support or care for someone that you believe may at risk of fire due to:

- **Careless Smoking**
- **Overloaded sockets/poor electrics**
- **Hoarding**
- **Dangerous heat sources**
- **Dangerous cooking methods**
- **Limited mobility**

I urge you to encourage your staff to think about the people you work with – ask the questions:

- Do they have working smoke alarms?
- If activated would the individual be able to react and get out of their property and to safety?

If the answer to either of these questions is 'No', then we need to hear from you.

It's easy to make a referral. Please get consent and call one of the numbers below:-

South Area Admin – Derby City, Erewash, South Derbyshire - 01332 777850
East Area Admin – Amber Valley, North East Derbyshire, Bolsover, Chesterfield - 01246 223500
Buxton Area Admin – High Peak and Derbyshire Dales - 01298 608720

As the pandemic continues there are still many challenges we will no doubt face, but I wanted to take this opportunity to assure you that Derbyshire Fire & Rescue Service is still committed to working with you to protect our communities as we work to 'Make Derbyshire Safer Together'.

Area Manager Clive Stanbrook
Prevention and Inclusion

DERBYSHIRE County Council

Community Support

Living Well with Dementia Online Programme

Here is a link to an online version of the Living Well with Dementia Programme: https://surveys.derbyshcft.nhs.uk/s/LivingWellWithDementia/
It has been developed by Derbyshire Community Health Services & Derbyshire Healthcare NHS Foundation Trust who are currently unable to provide their face to face Living Well with Dementia groups due to COVID-19. This resource could be helpful to people with mild dementia and their carers & families. It has some useful links to activity ideas & resources towards the end of the course.

Neighbourhood Watch Network

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

Website

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.

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.

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.

DERBYSHIRE County Council

The Government's Covid Winter Grant Scheme to help support children on Free School Meals and other vulnerable people in our communities, has now been translated to a local offer. Please follow this link for more information and share with the families you support this Christmas.

DCC Covid-19 Winter Grants



DERBYSHIRE
County Council



Winter Pressure Single Contact Point

The 'Winter Pressure Single Contact Point is a signposting, referral and advice service open Nov - March 2020, by professional referral only.

Areas covered include:

- Housing including cold homes, emergency heating and fuel poverty.
- Financial and employment concerns, access to food, pharmacy deliveries and social connection.
- Practical help including reducing slips and falls, and links to other support offers. Please note some support services have eligibility criteria.

For a referral form:

- Go to **derbyshire.gov.uk/winterpressures**
- Or email **ASCH.CommunityResponseUnit@derbyshire.gov.uk**
- For Derby City residents visit **derby.gov.uk/cold-weather** or call **01332 640000**.

To find out more go to **Healthy, Warm and Well in Derbyshire**.

Wednesday 3rd February 2021

DERBYSHIRE County Council

As lockdown eases, we're expecting a rise in burglaries. Get practical tips to burglar-proof your home at https://www.ourwatch.org.uk/crime-prevention/crime-prevention-toolkits/burglary-prevention



Derbyshire now

Press Release 11.09.20
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 join us in a creative writing and embroidery project.

Arts Derbyshire is running a remote embroidery and creative writing project where participants receive weekly* one to one phone calls with artists 'arthur + martha'. The artists will guide people through the process of creating beautiful embroidered stars or creative writing themed around lullabies, for free.

The embroidered stars will be brought together to create a quilt which will be exhibited alongside the creative writing and lullaby soundtrack around Derbyshire's cultural venues in 2022.

A Necklace of Stars hopes to increase confidence and wellbeing, reduce loneliness, forge connections and re-ignite creativity.

If you are interested in taking part in this project (whether you have no experience or plenty), or know of someone who might enjoy getting involved, please contact Sally Roberts on 07395 904386 or email sallyartsderbyshire@gmail.com

A Necklace of Stars is an Arts Council England supported collaboration between Arts Derbyshire, DCC Public Health, Derbyshire Library Services and arts organisation arthur+martha.

* Weekly phone calls for approximately 4 weeks or until you are happy with the work you have created.

arts derbyshire
STRATEGIC ARTS DEVELOPMENT

DERBYSHIRE County Council

Derbyshire LGBT+
Lesbian, Gay, Bisexual, Trans*

Covid 19 Update

Groups Running Virtually

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

Youth Groups take place at different times during the week.

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

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

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

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, to sup-

DERBYSHIRE County Council

Derbyshire's Autism Alliance: *supported by Autism Information & Advice and Living Well with Autism.*

Have you been diagnosed with Autism Spectrum Condition? Are you the parent/carer/friend of someone living with Autism? Do you want to meet like minded people and benefit from peer support? Do you want to have an input into Derbyshire's support services? *If so, our Autism Alliance is the group for you!*

The meetings will be a safe and positive space where experiences, ideas, thoughts and feelings can be shared openly – however, if talking is not for you, you can simply come along and listen in. Everyone is welcome. Each meeting will also have a special guest speaker and takes place quarterly.

Here is the schedule of meetings up until July 2021:

Wednesday 20th January 2021 – Special guests Felicity Rosslyn, family and relationship therapist, who will talk about Women and Girls and Autism, as well as Citizens Advice Mid Mercia's digital learning coordinator who will talk about what online financial and benefits resources individuals may be eligible for.

Wednesday 21st April 2021 – Special guest Dr Simon Bignell – Senior Lecturer in Psychology at the University of Derby, who specialises in research into Autism, ADHD, and Technology-Enhanced Learning. Simon will talk about the research the university have been doing into ASC and what developments are in progress to further support individuals living with ASC.

Wednesday 21st July 2021 – Special guest Laurie Morgen – author of *Travelling by Train: The Journey of an Autistic Mother*. Laurie will be talking about her experiences as an Autistic mother and mother of children living with Autism and how she has turned her experiences into a career as an author, speaker and workshop facilitator specialising in Autism.

The meetings will all be held over Zoom and take place at 15:00 (3pm).

Interested in joining? Simply email or call:
Email: autismservice@citizensadvicemidmercia.org.uk
Tel: 01332 228 790

Autism Information & Advice · relate the relationship people · DERBYSHIRE County Council · Derby & Southern Derbyshire · citizens advice Mid Mercia · Living Well with Autism

DERBYSHIRE County Council

Derbyshire's *NEW* Autism Alliance: *supported by Autism Information & Advice and Living Well with Autism.*

Have you been diagnosed with Autism Spectrum Condition? Are you the parent/carer/friend of someone living with Autism? Do you want to meet like minded people and benefit from peer support? Do you want to have an input into Derbyshire's support services? *If so, our Autism Alliance is the group for you!*

The Autism Alliance is an informal and non-judgemental quarterly meeting, where individuals living with ASC, parents, family and friends, carers, and professionals can meet to share their experiences of ASC and benefit from peer support, meet a visiting speaker and learn a little more about ASC, meet the teams behind Autism Information & Advice and Living Well with Autism, and feed into what support is available in Derbyshire.

The meetings will be a safe and positive space where experiences, ideas, thoughts and feelings can be shared openly – however, if talking is not for you, you can simply come along and listen in. Everyone is welcome.

The first Autism Alliance meeting is on Wednesday 21st October 2020.

Following meetings will be held on:
Wednesday 20th January 2021
Wednesday 21st April 2021
Wednesday 21st July 2021

The meetings will all be held over Zoom and take place at 15:00 (3pm).

Interested in joining? Simply email or call:
Email: autismservice@citizensadvicemidmercia.org.uk
Tel: 01332 228 790

The first meeting will host visiting speaker Ben Holmes – founder of Autism & Neurodiversity Coaching in Chesterfield.
He will be talking about ASC & ADHD.

Autism Information & Advice · relate the relationship people · DERBYSHIRE County Council · Derby & Southern Derbyshire · citizens advice Mid Mercia · Living Well with Autism

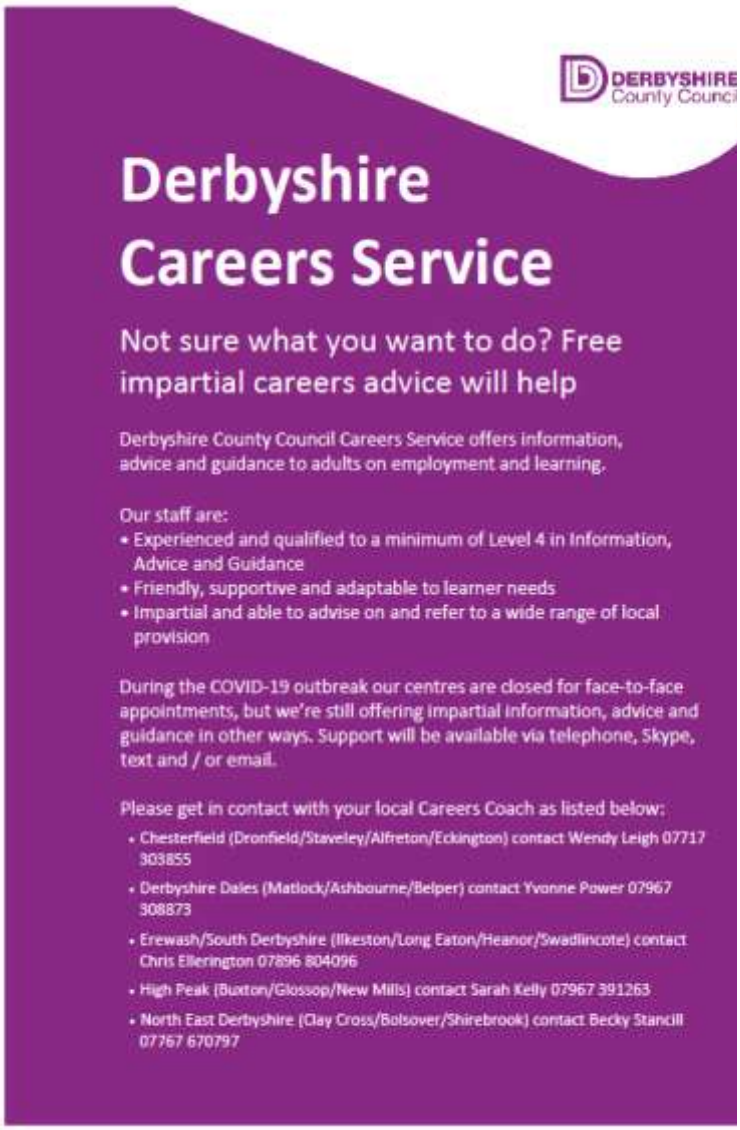
DERBYSHIRE County Council

Employment/ Training

National Careers Service

Website

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





DERBYSHIRE County Council



DERBYSHIRE
County Council



AMAZING CONSERVATION TRAINING OPPORTUNITY

Are you passionate about wildlife and nature? Do you want to work in conservation, but haven't got the practical experience and qualifications?

We're excited to offer full-time, funded traineeships based at Derbyshire Wildlife Trust to gain a level 2 qualification in environmental conservation and a bursary of over £11,000.

No previous qualifications are required – you just need to be over 18, have enthusiasm for the natural world and be ready to learn new skills.

Interested?

Find out more at www.derbyshirewildlifetrust.org.uk/working-nature and if it sounds like an opportunity for you, fill out the expression of interest form.

If you have any questions please contact us on enquiries@derbyshirewt.co.uk or 01773 881188

Working for Nature

HERITAGE FUND

www.derbyshirewildlifetrust.org.uk/working-nature

Delivering wildlife, restoring landscapes, inspiring people

TOWARDS WORK
BUILDING BETTER OPPORTUNITIES

GROUNDWORK
CHANGING PLACES CHANGING LIVES

COMMUNITY FUND

European Union
European Social Fund

DERBYSHIRE County Council

ABOUT TOWARDS WORK

The Groundwork Greater Nottingham **Towards Work** project is part of the national Building Better Opportunities Programme.

Jointly funded by the National Lottery Community Fund & the European Social Fund, the programme is delivered throughout Nottingham, Nottinghamshire, Derby and Derbyshire by a partnership of local organisations who specialise in supporting people into work.

We aim to support with those first vital steps towards gaining employment through a personalised service and support to overcome barriers an individual may face.



THE TOWARDS WORK COMMITMENT

We will:

Support people to overcome personal barriers to employment and training, by providing an all-inclusive package of support to those most at risk of social exclusion.

Provide an In-Work Support service to ensure employment is sustained.

Provide a person-centred, tailored service particularly for:

- People out of work or economically inactive
- People aged over 50
- Young people not in education, employment or training
- Women returning to work or who have never worked

Offer specialist support from our partnering BAME organisations, mental health and disability specialists for those in need of additional provisions.

OUTCOMES

Towards Work offers bespoke, personalised and tailored solutions to support an individual's journey towards personal progression and employment. Individuals are linked with specialist local support and continued In-Work services, resulting in job retention.

Having enrolled on to the programme **Towards Work** successful participants will;

- Secure employment
- Access education or training
- Become economically active

THE TOWARDS WORK JOURNEY

Through our network of partners and their dedicated Towards Work team, participants will be supported into work through;

WORK COACHES

Each participant will be supported by their own Work Coach who will assess their needs and provide personalised support to develop confidence, self-belief and motivation, forming the basis of the journey to employment, education or training.

PERSONAL BUDGET

Recognising that there are a number of barriers to overcome, a budget is available for each participant. This can be used to help with equipment, clothing, childcare, transport, training etc to support them in accessing and preparing for work.

JOB BROKERS

A team of dedicated Job Brokers will work with local companies to secure job and placement opportunities for the participants of the **Towards Work** programme.

DERBYSHIRE County Council



DERBYSHIRE
County Council



Take steps towards your future career

Step into Employment is a FREE 6-week employability programme for people in Derbyshire who are not in employment, education or training.

Covering:

- CV preparation
- Interview techniques
- Job search support
- Practical work experience

Delivered by NLT Training Services, this funded programme aims to give you the skills and practical support to gain paid employment.

Combining classroom tutoring with in-company work experience, this course is designed to increase your employability options.

Our experienced tutor will work with you to help you overcome barriers to employment.



Places are limited

Priority given to 16 – 24 year olds

Get in touch to find out more and register:

T : 07947 550571

E : janice.parker@nlt-training.co.uk

www.nlt-training.co.uk

Skills Funding Agency

Futures

DERBYSHIRE
County Council



http://magazine.decisionz.co.uk/books/qdus

DERBYSHIRE County Council

Free courses in Derbyshire and Derby City. For anyone living with a long-term health condition; helping you live well, gain confidence and learn new skills.

Take control of your life.

Contact Us

Citizens Advice
114 Church Street
Church Gresley
Swadlincote
Derbyshire
DE11 9NR

07487 257 187 or 07939 323365

lwltc@citizensadvicemidmercia.org.uk

citizens advice

Living with a Long-Term Condition Programme



The Living with a Long-Term Condition Programme aims to help you take control of your long term health conditions, helping you live well.

The programme is for anyone living with any long term health condition(s). Join this FREE 6 week course to help you manage your day-to-day life.

This programme is for you if:

- Your illness is affecting your everyday life
- You want things to change for the better.
- You want to achieve the best quality of life despite your condition

We work with patients, carers and healthcare professionals to create a community of people that have the skills and knowledge to help you gain confidence and live a fuller life.

The Course

People with long-term conditions face many similar issues such as fatigue, pain, frustration, stress and depression.

The course looks at how to manage these whilst working alongside your healthcare providers. By joining the course you will:

- Learn new skills to manage your health condition better
- Feel confident and more in control of your life
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with health professionals.

The six-week course can help you take control of your health. It focuses on what you *can* do rather than what you can't. Each session is 2.5 hours, once a week where you will learn:

- How to deal with symptoms like pain and tiredness
- How to cope with depression or feeling low
- Relaxation techniques
- Appropriate physical activity
- Healthy eating
- How to effectively communicate with family, friends and health professionals
- How to plan for the future
- How to set realistic goals and pacing yourself.

The programme is run by two trained tutors who themselves live with long-term conditions and can give you practical advice based on their own life experiences.

Call us on 07487 257187 or 07939 323365 for more information. If you would like to make a referral, than call or email lwltc@citizensadvicemidmercia.org.uk

My confidence, self-esteem & feeling of self-worth are growing daily & for me the course has been a life changing experience.

DERBYSHIRE County Council

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

In an effort to get you some extra skills and give you the opportunity to help get your local communities back on their feet, National Citizen Service (NCS) will be running "Keep Doing Good".
NCS this summer will be a 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.
Week 1 will give you brand new skills such as leadership, team building, presentation skills and the chance to plan your very own social action project. This will include workshops and activity sessions.
Week 2 will allow you to create and carry out your very own social action and volunteering projects. Helping the community where it needs it the most.

It's an exciting opportunity and the best thing is…it's completely free. So if you're looking for a new challenge or a chance to get out the house and make a difference, visit wearencs.com and register today! Don't worry this won't stop you from doing the autumn 2020 or summer 2021 programmes.

Website

Decisionz magazine for young people offering advice and support.. http://magazine.decisionz.co.uk/books/qdus

DERBYSHIRE County Council

Opportunity and Change. D2N2 Framework

To find out more information about Opportunity and Change visit our website or give us a call.
OPPORTUNITY AND CHANGE 0115 850 4086 www.opportunityandchange.org opportunityandchange@frameworkha.org
FB Opportunity and Change

Our project supports unemployed or economically inactive individuals, referred to as participants, experiencing at least two of the following: • Being homeless or vulnerably housed • Problematic substance or alcohol misuse • At risk of offending or reoffending • Mental ill-health • Domestic Abuse By engaging with individually-tailored and holistic packages of support, training and therapeutic interventions, our participants are supported to: • Develop social networks • Increase self-confidence and motivation • Improve health and wellbeing • Learn new skills • Increase em-

Opportunity and Change offers employability to those furthest away from the labour market alongside support to address their complex needs. Opportunity and Change records results for: • Securing employment • Enrolling in education or training • Moving from economically inactive into job searching

Towards Work

WWW.TOWARDSWORK.ORG.UK

Work coaches, personal budget , job brokers etc

Provide an In-Work Support service to ensure employment is sustained. Provide a person-centred, tailored service particularly for: People out of work or economically inactive People aged over 50 Young people not in education, employment or training Women returning to work or who have never worked

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Derbyshire Careers Service

Have you been made redundant and need help finding new employment?

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/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 Becky Stancill 07767 670797

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Derbyshire Careers Service

Do you need help updating your CV and uploading this to job search sites?

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/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 Becky Stancill 07767 670797

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Derbyshire Careers Service

Not sure what you want to do? Free impartial careers advice will help

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/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 Becky Stancill 07767 670797

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Derbyshire Careers Service

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

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/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 Becky Stancill 07767 670797

DERBYSHIRE
County Council

DERBYSHIRE
County Council

Derbyshire 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 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 Becky Stancill 07767 670797

DERBYSHIRE County Council

Addiction Support

High Peak North Dales

Buxton based charity for people wanting freedom from drugs, substance or alcohol abuse

www.freedom2live.org.uk/index.html



Chapel based intervention service specialising in handling substance abuse

www.forward-together.org.uk

Tel: 07506012208

Forward Together

Good News Family Care (Homes) Ltd. (GNFC) is a registered charity providing a safe-haven, for women and children affected by debilitating circumstances such as domestic violence, homelessness or substance abuse. We provide accommodation and practical help, with the objective to empower the individual to live life to their maximum capability, in a secure, supportive and non-judgmental environment.



If you would like to know more about any of the services, continue to the relevant sections of this website or please contact us by telephone: 01298 24761 or email: mail@gnfc.org.uk.

Address: Charis House, Hardwick Square E, Buxton SK17 6PT

Website-

Addiction support

Change Grow live

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

website

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

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.

DERBYSHIRE County Council

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

online help for problem gamblers

gambling therapy

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



https://www.ygam.org/

DERBYSHIRE County Council

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.



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

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.

DERBYSHIRE County Council

Support for Children and Young People HPND

High peak Community Arts

Social Arts Exchange

Sophie 07881 905 457

sophie@highpeakarts.org

Creative mentoring service supporting young people aged 8+ Any child struggling at this time, ie with return to school, social settings etc

Regular 1:1 time with creative practitioner, average 8 sessions /. Lead into the weekly film club

Looking to set up partnerships with schools, early help , community groups etc

16 Eagle Parade, Buxton, Derbyshire SK17 6EQ

Tel: 01298 23970

connexi Community Support

Connex 1 : 1 support

Morning Lynne.

The majority of our work is 1:1 support either in the home or out in the community.

All staff are back at work after a period of Furlough and we do have some availability for new clients.

Please do not hesitate to contact me if I can be of any further assistance.

Best regards

Julie McDonald

Operations Manager – Children and Younger People



MIND THE GAP

14-18 YR OLDS

These sessions are aimed at young people who struggle with feelings of low self-esteem and anxiety or have other mental health difficulties.

Join us to explore calming, focused art activities in a small, non-judgemental, confidential setting.

You will be able to help choose what we do – it may be glass painting, clay, textile work, or portraits and much more.

Sessions are free and run by a qualified, experienced Youth worker and experienced volunteer.

For more info or to book a space please text, call or email Elle on

07821873424 or Elle@glossopartsproject.org

Or have a look at Glossop Arts Project on Facebook or Instagram.

Please note that sessions are run in line with Government Covid-19 guidelines.

Fridays 12:45-2:45pm Starting 9th October (term time only)

Can work with young people virtually at this time and may be able to support young person with travel to / from Glossop when return to face to face sessions so please contact Elle to discuss options

DERBYSHIRE County Council

Junior Rangers

Junior Rangers: Peak District National Park
Learning.discovery@peakdistrict.gov.uk
https://www.facebook.com/peakjuniorrangers

Still running during lockdown on line. Email or go to the fb page for more info
Three is a good resources page for teachers too :
Resources for Teachers: Peak District National Park

Where do they work?

There are six Junior Ranger groups run by the Peak District National Park

and three run by our partners:

Carsington Water (run by Derbyshire Wildlife Trust)
Eastern Moors (Barbrook Moor and Froggatt) (run by Eastern Moors Partnership)
Edale (run in partnership with Moors For the Future)
Hardwick Hall (run by the National Trust)
Longdendale (near Glossop)

Marsh Farm (Tittesworth Reservoir)

Millers Dale (near Bakewell and Buxton)

Langsett

Buxton (run in partnership with South West Peak)

High peak Community Arts
Social Arts Exchange

Sophie 07881 905 457
sophie@highpeakarts.org

Creative mentoring service supporting young people aged 8+ Any child struggling at this time, ie with return to school, social settings etc

Regular 1:1 time with creative practitioner, average 8 sessions /. Lead into the weekly film club

Looking to set up partnerships with schools, early help , community groups etc

---

Connex Care and support -children and younger people

01298 23970
careandsupport@connex.org.uk

!:! support in home or community . Children with physical, sensory or learning disabilities

Covers High Peak and North Derbyshire Dales

DERBYSHIRE County Council

Support for Children and Young People

CAMHS - Supporting bereaved children during the outbreak of

Covid-19

The outbreak of Covid-19 means that many aspects of our lives have changed. School is closed for most, lots of families are working from home, and we are all having to spend more time apart. The news is full of talk of the virus and the effect it is having.
Many children and young people will have questions and worries about the virus, but those who have experienced the death of someone important or who have an ill family member might be particularly worried.
This has been created to provide information to help professionals feel more informed about how best to support children, young people and their families with bereavement.

To view full information please click link below

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

Childrens guide to Coronavirus **Website**

UNICEF for Every Child

Website

ONLINE Postal Condoms **Website**

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

Telephone: 0800111 **1**

Online Chat: Available on their website

ChildLine – **Website**

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

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

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.

Website

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

You can read the new leaflet here.

https://lonelynotalone.org/

DERBYSHIRE County Council



DERBYSHIRE County Council

Mermaids

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

Website

Talk to us on
0808 801 0400

Helpline Open Monday to Friday, 9am to 9pm

Calls to Mermaids are confidential and any details recorded will not be shared with a third party. All staff, trustees and volunteers are required to comply with our Privacy and Confidentiality policies.

If you wish to know more about our Confidentiality, Privacy and Safeguarding policies please see below.

New online access for Sexual Health Services

Your Sexual Health Matters @ Home! Derby and Derbyshire Sexual Health Services now have a number of services that you access from the comfort of your own home.

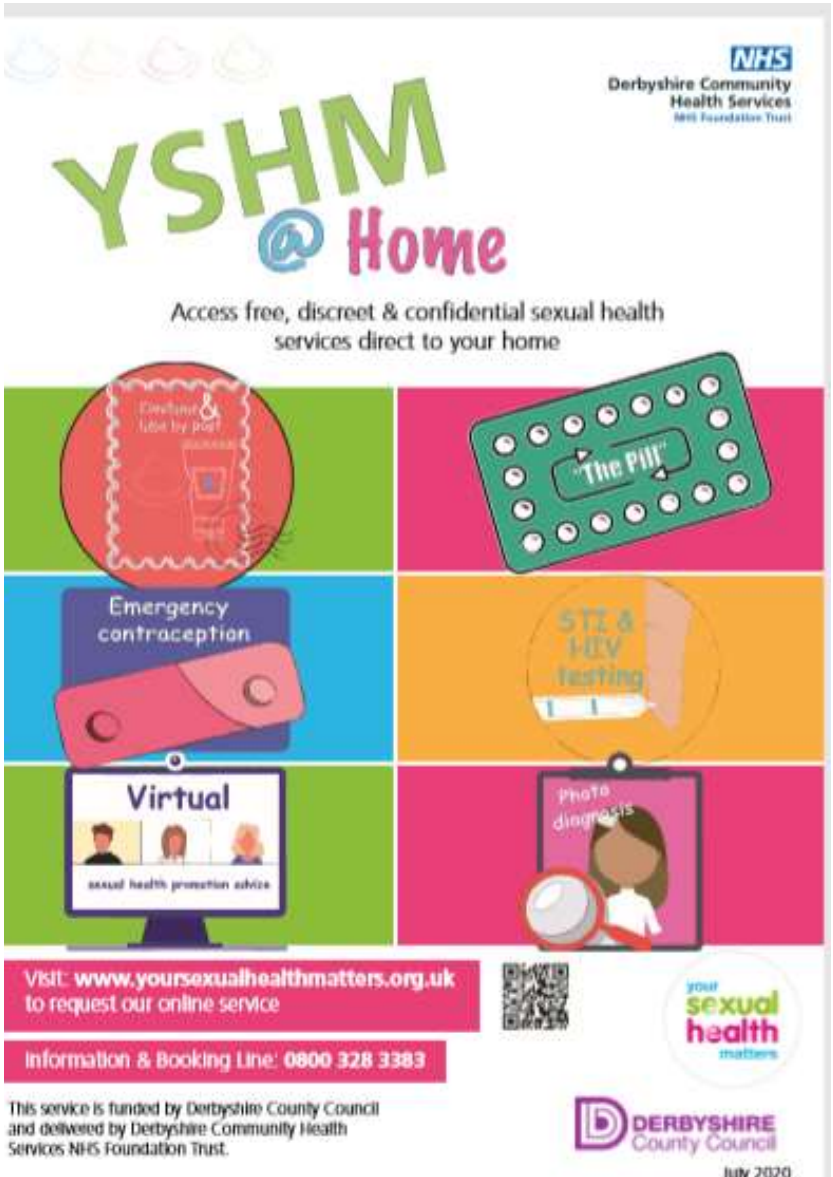
The following new services are free, confidential and non-judgemental:

- 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)

For more information visit the website: www.yoursexualhealthmatters.org.uk
or Information and Booking line: 0800 328 3383.

DERBYSHIRE
County Council





DERBYSHIRE County Council

Derbyshire LGBT+

YOUTH GROUP

Derbyshire's ONLY Specialist LGBT+ Youth Service

We are running a new weekly online sessions for young people who are 11 to 13 years old and live within Derbyshire.

Contact Sally for more information:

sallyh@derbyshirelgbt.org.uk

11-13 years old?

Live within Derbyshire?

Get in touch with us to find out more information.

DERBYSHIRE County Council

01773 833 833
youngcarers@derbyshirecarers.co.uk
www.derbyshirecarers.co.uk

DERBYSHIRE YOUNG CARERS

COVID-19 PANDEMIC SERVICE

SUMMER / AUTUMN 2020

The Young Carers Service is still operating and taking on new referrals.

Young Carers on the service might receive:

- Telephone calls with their support worker
- Video calls with their support worker
- Video calls with other young carers to take part in games and activities
- Activity packs through the post
- Home visits outdoors in gardens or on doorsteps with their support worker
- School visits, or video calls, while at school with their support worker
- Family support telephone calls or text messages
- Email resources and information

Group activities and outings are not currently operating due to COVID-19, but will re-start as soon as they can be done safely.







Please get in touch:

Email	youngcarers@derbyshirecarers.co.uk
Facebook	@dcayoungcarers
Twitter	@derbyshirecarer
Instagram	@youngcarersderbys

DERBYSHIRE
County Council

Are you worried about a child during Covid-19 in England?

There's now one co-ordinated response centre: See, Hear, Respond

In England, **call 0800 157 7015** or visit **barnardos.org.uk/see-hear-respond**

Funded by the Department for Education and managed by Barnardo's, See, Hear, Respond will contact every referral so no child gets missed.

We'll then find a partner best placed to support the most isolated and at risk children in your area.

They'll get help in one or more of four ways:

- ☑ a self-service online hub of support and information
- ☑ online support including advice, guidance, and one to one and group therapy
- ☑ direct, face to face intervention, or
- ☑ helping children and young people reintegrate back into school.

Don't hesitate to call between 9am-9pm Monday-Friday, and 10am-6pm on Saturday and Sunday.



Funded by
Department for Education

Believe in children
Barnardo's

Is Covid-19 hurting your family?

Struggling to cope?

Feeling isolated?

Worried for your children?

There's somewhere safe to get help and support.

Call us free on 0800 157 7015

We're there **9am-9pm Monday to Friday, and 10am-6pm at weekends.**

Or visit **barnardos.org.uk/c19**



Believe in children
Barnardo's

DERBYSHIRE
County Council

Is lockdown making you worried or sad?

Family finding it tough?

Nervous about going back to school?

There's somewhere safe to get help and support.

Call us free on 0800 157 7015

We're there **9am-9pm Monday to Friday, and 10am-6pm at weekends.**

Or visit **barnardos.org.uk/c19**



Believe in children
Barnardo's

DERBYSHIRE County Council

Volunteering

HPND

Looking to do something different in 2021?

Willing volunteers are sought to help with the work of the Imperial Rooms Good Food Lunch Club, and also with the Out and About Lunch Club in 2021.

Chris Smith is looking at the post Covid-19 period when she hopes to restart the clubs, and needs help with the club's very important work. Most members of these clubs are retired residents of Matlock who very much look forward to their meals with friends and volunteers at the clubs.

There are various volunteer roles, such as serving food /washing up, helping members to their seats, as well as being a volunteer driver – to collect members of the Out and About Lunch Club on their visits to local cafes and eating places.

If you are interested, in the first instance you should contact Derbyshire Dales CVS by emailing enquiries@ddcvs.org.uk or by telephone 01629 812154.

Follow the link to read more about the clubs https://www.matlockoapclubs.co.uk/do-som ...

DERBYSHIRE County Council

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 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.

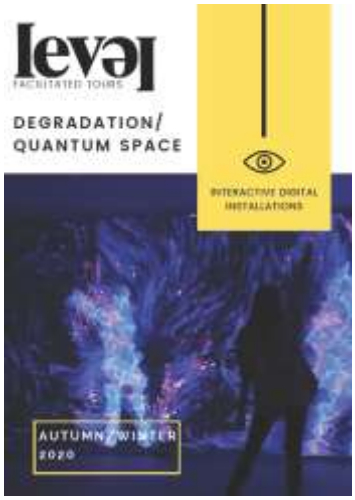
British Red Cross

Website

DERBYSHIRE County Council

Any other Local info.

HPND



https://levelcentre.com/

LEVEL is an Arts Council England National Portfolio Organisation challenging perceptions and traditional notions of art, culture and societal divisions. We produce and promote art that is powerful and of relevance to all of our society – art that is not afraid to be different.

Our work includes:

Multi media installations

Sound events

Performances & Performance Art events

Visual Art exhibitions

Interactive Digital Art

Workshop events and projects

Call Us	Address	Email Us
01629 734848	LEVEL Arts Centre, Old Station Close, Rowsley	info@levelcentre.com

DERBYSHIRE County Council

your sexual health matters

NHS Derbyshire Community Health Services NHS Foundation Trust

Buxton Sexual Health Clinic 2020

Your community clinic is back open and offering Covid-19 secure contraception and sexual health services for you.

Our friendly sexual health team are here for you:

- Cavendish Hospital, Buxton—9 - 5 every Wednesday
- For safety, we have Covid-19 precautions in place
- Contraception, STI and HIV services
- **Our clinic appointments are prioritised for young people and those most in need**
- Convenient telephone, online and postal services also available
- C-scheme (free condom for under 25) available in clinic and online

Please contact us for more information or to book an appointment:

0800 328 3383

For further info visit: yoursexualhealthmatters.org.uk

Inspected and rated Outstanding ☆ CareQuality Commission

@yshmderbys

This service is funded by Derbyshire County Council, Derby City Council and delivered by Derbyshire Community Health Services NHS Foundation Trust.

DERBYSHIRE County Council

DERBYSHIRE County Council

Any other Local info.

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

Carers in Derbyshire

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

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

Library News

DERBYSHIRE County Council
Improving life for local people

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

County libraries to roll out reopening with safety a priority

Website

For further updates about your local library please use both links below:

DERBYSHIRE
County Council



DERBYSHIRE County Council





DERBYSHIRE County Council

census 2021

Census 2021 will provide a snapshot of modern society

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.

"A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed", Iain Bell, deputy national statistician at the Office for National Statistics, said.

"This could mean things like doctors' surgeries, schools and new transport routes. That's why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper questionnaires for those that need them."

Census day will be on March 21, but households across the country will receive letters with online codes allowing them to take part from early March.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

For more information, visit census.gov.uk.