DERBYSHIRE County Council

Amber Valley

Covid-19 - Community updates

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

Name: Debbie Hadley—Early Help Transition Project Officer

Contact details Tel: 07866 216961

Email: Debbie.hadley@derbyshire.gov.uk

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DERBYSHIRE County Council

Foodbanks: Amber Valley

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

OSCARI

Every Tuesday and Thursday, Oscari at the Church of Christ, Colledge Street DE55 4EZ will be giving food away to anyone in need, we ask that they bring their own bags and arrive between midday and 3pm.

Please wear a face covering.

This is part of our holiday hunger programme.

We shall still be offering an enhanced food bank.
This will be a weeks worth of food instead of three days and will include seven days of our home made frozen ready meals.

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

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

We will, as ever, still be here to support, advise and signpost you to relevant agencies for further support.

www.facebook.com/oscarisocial tracyanngibson1982@gmail.com 07570307195

mcghee.s@sky.com 07842906461 chrisibbs78@googlemail.com 07738221330

OSCARI
Church of Christ,
Colledge street
Riddings
Derbyshire

Eastwood/Langley Mill

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

St Andrews Church, Station Road Langley Mill. Friday 1.30pm to 4pm Jean Bailey 07407634683 - **Bags will be ready for collection and reduced contact. No new families/requests, unless known to them already.**

Alfreton Support Network Foodbank

Independent foodbank at Alfreton House Tearooms.

Can help with food parcels, shopping and collecting prescriptions.

Call 07476 819855 or 07790 309871

DERBYSHIRE County Council

However we realise that a lot of people enjoyed the cafe meals and have decided that we shall be starting up a takeaway service on a Thursday.

Between 12.30 and 1pm you will be welcome to pop along, just knock on the door and we will come and greet you.

We shall be providing a two course meal comprising of either a starter and main course, a starter and a pudding or a main course and a pudding for £2.50

Or a three course meal for £3.50 which will be a starter, a main course and a pudding.

The starters will always be a home made soup

Main course will comprise of a roasted meat at least two vegetables and potatoes with gravy

The dessert will always be a cake and custard.

All our meals will be served hot and ready to eat or you can refrigerate or freeze and eat at another time.

We also have available frozen home made ready meals that we are selling at five for £5 if you are at all interested.

I hope that you keep safe and as soon as we are able to re open the cafe up we shall let you know, In the meantime should you require any help with food, would like to order food or know someone who would benefit from this service then please do not hesitate to contact one us.

Chris :07738221330

Sarah-Jayne:07842906461

Tracy:07570307195

Kind regards,

Tracy Ann Gibson

For and on behalf of OSCARI

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

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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

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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/ 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

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

Wednesday 4th November 2020

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

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: Amber Valley

Rough Sleeping

Amber Valley Borough Council is working to provide shelter for those rough sleeping. If you believe that you have seen someone sleeping rough, please report it by visiting www.streetlink.org.uk. Streetlink will contact the local authority and local support services.
Amber Valley Borough Council offer support and help whether you're homeless or worried about be-coming homeless.
Please use the email addresses as follows:
Housing Solutions (homelessness) - housing.solutions@ambervalley.gov.uk
Please contact us by email but if you can't then please call 01773 570222.
For out of hours emergency homeless cases phone Call Derbyshire on 01629 533190.

Access to Social Housing

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

Disabled Adaptations

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

Risk of Eviction

The Government has extended the eviction period for tenants until 23rd August 2020. Tenants are encouraged to speak to their landlord if they are struggling to pay the rent. Please don't ignore the need to pay your rent and talk to Citizens Advice who can help or direct you to other organisations that might be able to assist.
It is a myth that having children protects you from eviction, IT DOES NOT.
Derbyshire Law Centre can provide advice and support to tenants worried about eviction or har-assment.
Derbyshire Law Centre are available to take calls:
Monday to Friday from 9.30am to 4.30pm on:
Telephone: 01246 550674
Freephone: 0800 707 6990
SMS/Text: 07781482826
Text Box: 018001 01246 550674
Alternatively you can email: dlc@derbyshirelawcentre.org.uk

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

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

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

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

DERBYSHIRE County Council

Risk of Eviction

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

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

Derbyshire Law Centre are available to take calls:

Monday to Friday from 9.30am to 4.30pm on:

Telephone: 01246 550674

Freephone: 0800 707 6990

SMS/Text: 07781482826

Text Box: 018001 01246 550674

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

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

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

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

Wednesday 4th November 2020

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-
Saturday from 9am to 1pm

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

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

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

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

Telephone: 116123

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

RETHINK

We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. We do this by offering targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire, and also peer support groups where there is a need



Website

Telephone: 01773 734989

Derbyshire LGBT+

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

Telephone: 01332 207704

Email:

INFO@DERBYSHIRELGBT.ORG.UK

website

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

Men-Talk

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

Email:

mentalkmeeting@gmail.com

Derbyshire County Community Trust

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

Website

Borderline Derbyshire

Newsletter of the

Derbyshire Borderline Personality Disorder

Support Group

Newsletter

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
Eating Disorders support

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

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

Kooth

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

website

Online chat: Available

Action for Children

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

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

website

Child line

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

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.

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 4th November 2020

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

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

NHS | DERBYSHIRE County Council | Derbyshire GP Alliance | Derby City Council

https://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.

Download Leaflet

DERBYSHIRE County Council

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

DERBYSHIRE County Council

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

Cruse Bereavement Care

Derby: 01332 332098
Derby@cruse.org.uk

suicidebereavement

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

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

DERBYSHIRE County Council

To find out more about the workshops visit https://www.acompassionatevoice.co.uk/events/the-power-of-you-workshops/

Download the poster HERE



Wednesday 4th November 2020

DERBYSHIRE County Council

Mental Health
Emotional wellbeing/
Staying active
Amber Valley

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

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

- We will no longer be accepting "walk-ins" at our clinics during this time.
- Only urgent booked appointments will take place in our main clinics at Wheatbridge, Chesterfield and London Road Community Hospital, Derby, Monday to Friday. Patients will be triaged via our information and booking line 0800 328 3383.
- The Saturday clinics and community sexual health (peripheral) clinics are currently closed.

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

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

Oral Contraception & Emergency Contraception (for over 16s)

Free condoms by post for patients aged 13+

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

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

The following services are currently suspended until further notice:

- Vasectomy services
- Psychosexual Counselling
- Sexual Health Promotion

  All routine LARC services, including replacements and new fittings.

  People will be advised during telephone triage of bridging methods

  (postal condoms will be coming online imminently, so we can signpost

  to people to oral contraception online and the postal condoms

  - both can be ordered via our website).
- Pregnancy & TOP advice. All patients to be signposted to the acute services.

Wednesday 4th November 2020

DERBYSHIRE County Council

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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

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

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

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

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

DERBYSHIRE County Council

Parental Support

Amber Valley

Website

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

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

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.



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.

Wednesday 4th November 2020

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

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

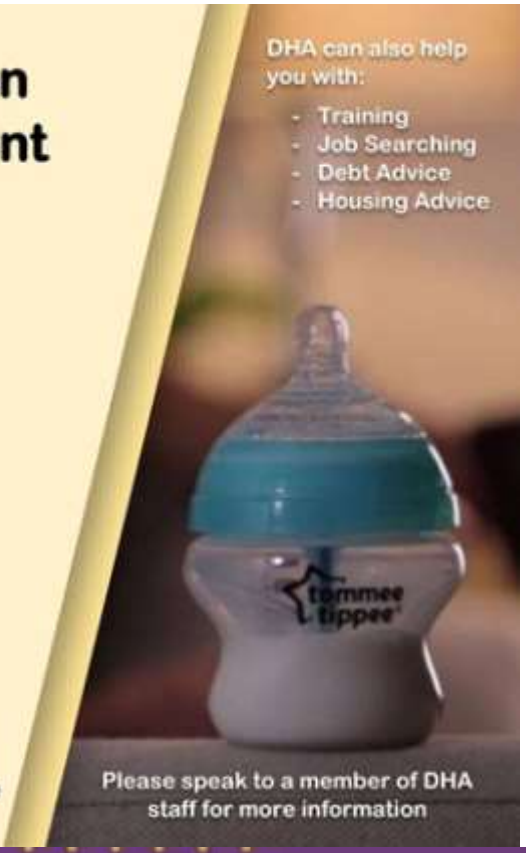
early years alliance

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.

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.

'Massive Open Online Course'

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

website

This website covers groups and support nationwide.

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

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

All training courses are FREE.

Website

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**

Library News

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

Improving life for local people

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

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

[Website]



Wednesday 4th November 2020

DERBYSHIRE County Council

Community Support

Amber Valley

Covid-19 Mutual Aid UK

Register with a local Covid-19 Support Group:

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

Amber Community First Responders

Tel: 07542404800.

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

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

Email: aknighton@derbys-fire.gov.uk

Tel: 01773 523 863 / 07825 099233

Andrea Smith – Community Safety Liaison Officer

(Amber Valley SNT and Community Safety Partnership)

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

Tel: 07860 825271

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

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

Bob.molloy@ambervalley.gov.uk

Sally.prince@ambervalley.gov.uk

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

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'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

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

Website



Have you recently been furloughed?

National Careers Service COVID-19 Activities

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

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

Date of publication: 28/04/2020

DERBYSHIRE County Council

DERBYSHIRE County Council

National Careers Service

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

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/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

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Derbyshire Careers Service

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Derbyshire Careers Service

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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

DERBYSHIRE County Council

FREE Online Drug and Alcohol Training

Derbyshire Alcohol Advice Service and Derbyshire Recovery Partnership are continuing to offer free drug and alcohol training during this time despite the disruption caused by Covid-19.
Our training is currently being delivered online and we are breaking it down into independent modules. The first modules are available and being offered free now.

Spaces are currently available on the following training:

Derbyshire Recovery Partnership

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

Thurs 1st Oct - Substance (Drug) Awareness

Tues 13th Oct - Substance (Drug) Awareness

Thurs 5th Nov - Alcohol Awareness

Tues 17th Nov - Substance (Drug) Awareness

Working Ways

Effective employment support for people with a disability.
For full details visit the website below or call on 08000155332

Website

Working Ways
Intensive Personalised Employment Support

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

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County Council

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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:

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Derbyshire Careers Service

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Derbyshire Careers Service

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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
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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.

DERBYSHIRE County Council

Support for Children and Young People Amber Valley

blend youth project

raising aspirations, releasing potential

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

Website

DERBYSHIRE County Council

Our children's Saturday Clubs have three very straightforward aims:

✓✓✓

- To enable children and young people with autism to have fun



- To support them to become more independent and confident



- To allow their families to have some time out'



Our highly trained and experienced staff are the key to achieving all of these.

They have the skills, knowledge and empathy to understand, to 'get it'.

They know how to make children and young people with autism feel comfortable in just being themselves, whatever that is!

✓

Confidence comes through being able to explore and understand what their autism means to them, to get used to rising to challenges and to achieve things they might never have thought possible....

✓

As parents you can leave your children, confident that they will be supported and cared for by our dedicated and competent staff, in a safe environment and participating in activities designed specifically for them.

✓

We are happy to consider supporting children and young people between 8 and 14 who:

- Have a diagnosis of autism or Asperger syndrome
- Are independently mobile
- Have limited verbal communication skills
- Are safe and happy in a group setting without dedicated 1:1 support
- Are capable of using the toilet without the need for personal or intimate care
- Can bring their own packed lunch and eat without 1:1 support

We have 10 - 12 places available for each session and will be operating a booking system to ensure that everyone has a fair chance of participating!



The Saturday Club takes place at

The Unicorn Room

DAS Offices

Unicorn Business Park

Wellington Street

Ripley

DE5 3EH

For further information or to make an application for a free place at the Saturday Club, please call

01773 741221

or email

enquiries@derbyshireautismservices.org

Funded by

The National Lottery Community Fund

COMMUNITY FUND

What our clients have said about us...



Derbyshire Autism Services

Unit 3a,Unicorn Business Park, Wellington St, Ripley, Derbyshire. DE5 3EH

tel: 01773 741221

email: enquiries@derbyshireautismservices.org

www.derbyshireautismservices.org

Find us on facebook.

STOP HATE UK mhfa

Derbyshire Autism Services



Unlock your child's potential....

Children's Saturday Club

10am - 4pm

every other Saturday

Ripley

DERBYSHIRE AUTISM SERVICES

Company No. 5185463 Charity No. 1105525

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.

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.

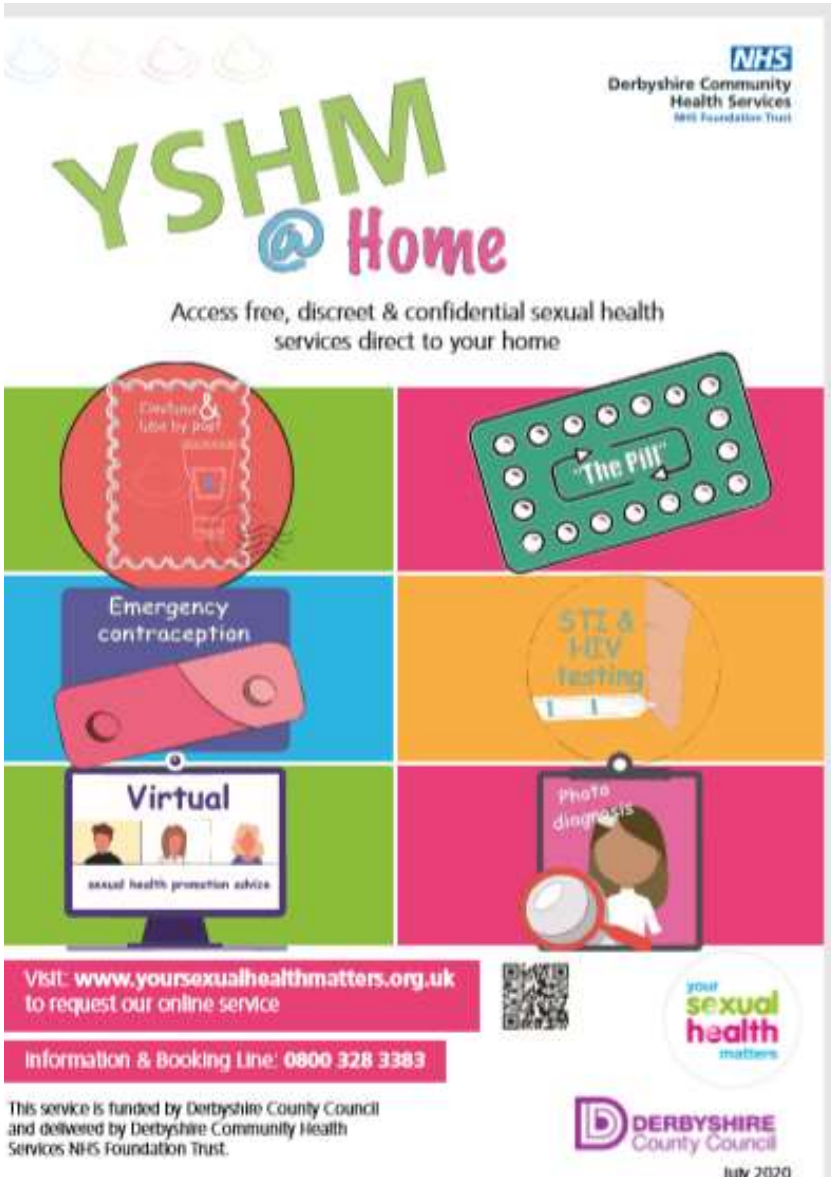
The following new services are free, confidential and non-judgemental:

- 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.

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/

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
Amber Valley



Amber Valley CVS

https://avcvs.org/

Register with a local Covid-19 Support Group:

Website

DERBYSHIRE County Council

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

please contact: Debbie Hadley

Early Help Transition Project Officer

07866 216961 Debbie.hadley@derbyshire.gov.uk

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

Derbyshire Carers Association

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



Managing Change as a Carer - Training

Tuesday 22nd September

Experienced trainer Samantha Mclean will be delivering a tailored training session for Carers on how we manage change.

The training will focus on three key areas: Our natural reaction to change, Strategies to manage change, Understanding how to still care and be resilient in the current crisis.

1:30 – 4pm (via Zoom)

To book your place, please email Katie
katie.matkin@derbyshirecarers.co.uk

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DERBYSHIRE County Council

Any other Local info.

Amber Valley

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

Alfreton 01629 533066

Langley Mill 01629 533677

Heanor 01629 532616

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

Amber Valley Children's Centres

Groups Currently Running in Amber Valley

Men's Shed, Swanwick - https://www.hugofox.com/community/swanwick-men-s-shed-13535/home/

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

Stepping Stones, Heanor - Social work activities without accommodation for the elderly and disabled – 017 710939

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

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

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

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

DERBYSHIRE County Council

Social Prescribing Service Social Prescribing Service Social Prescribing Service Social Presc

The Social Prescribing service is available to patients of the following Medical Practices:

- Ivy Grove Surgery
- Jessop Medical Practice
- Somercotes Medical Centre
- Park Surgery
- Kelvingrove Medical Centre
- Brooklyn Medical Practice
- Parkside Surgery
- Ripley Medical Centre
- Crich Medical Practice

Contact us directly:

Amber Valley CVS
33 Market Place, Ripley, Derbys DE5 3HA

01773 512076

admin@avcvs.org

www.avcvs.org
twitter.com/avcvs
facebook.com/avcvs

Amber Valley CVS is a registered charity, number 1102412 and a company limited by guarantee, number 4763134 registered in England. Registered office as above.
Images: freepik.com

Amber Valley CVS, proud to support our community and its people with voluntary action

Social Prescribing Service



Connecting you to local services to improve your physical and mental wellbeing

TRUSTED TRADER

Volunteer Centre Amber Valley

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Amber Valley CVS Social Prescribing Service...

is a free service being provided in partnership with the Alfreton, Ripley, Crich and Heanor (ARCH) Primary Care Network. The aim of the service is to work alongside G.P. practice teams and community organisations to help you explore activities and local support that could improve your health and wellbeing.

What is Social Prescribing?

Many things in life can make us feel unwell and a medical prescription is not always the answer.



Social prescribing can help you to take control of your own health and wellbeing by giving you time to think about what matters most to you and how the service can work with you to improve your health and happiness.

Social Prescribing is about developing Stronger Partnerships, between you, your community and supporting services

LONELINESS
MONEY WORRIES
ISOLATION
UNEMPLOYMENT
EDUCATION
HEALTH AND FITNESS
HOUSING ISSUES

How does Social Prescribing work?

Any professional worker or volunteer can refer you to the Social Prescribing Link Worker, or you can refer yourself by using the details on the next page.



We will then contact you to discuss the referral and arrange to meet you in a place that you feel comfortable, for most people this is at home. Together, we will look at what is important to you and your wellbeing and develop a Support Plan, identifying how you can access local services and activities to help you reach your goals, with further support from the Link Worker if needed.

What sort of services could the Social Prescribing service link me with?

We can explore local services in your community, such as:

- Housing, benefits and financial support and advice
- Healthy lifestyle and physical activities
- Befriending and support groups
- Training and volunteering
- Social and creative activities

TRUSTED TRADER

Volunteer Centre Amber Valley

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