

**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](mailto:Debbie.hadley@derbyshire.gov.uk)

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## 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 22<sup>nd</sup> 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](https://www.facebook.com/oscarisocial) [tracyanngibson1982@gmail.com](mailto:tracyanngibson1982@gmail.com) 07570307195

[mcghee.s@sky.com](mailto:mcghee.s@sky.com) 07842906461 [chrisibbs78@googlemail.com](mailto:chrisibbs78@googlemail.com) 07738221330

OSCARI  
Church of Christ,  
Colledge street  
Riddings  
Derbyshire

### Eastwood/Langley Mill

#### **Alfreton Support Network Foodbank**

Independent foodbank at Alfreton House Tearooms.

Can help with food parcels, shopping and collecting prescriptions.

Call 07476 819855 or 07790 309871





## Foodbanks:



# GOV.UK

### Cash support for food redistribution during coronavirus outbreak

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

#### Website

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

#### **Trussell Trust**

Website

[enquiries@trusselltrust.org](mailto: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](mailto:j.peck@ruralactionderbyshire.org.uk)





[Website](#)

## Universal Infant Free School Meals (UFSM)

In 2014 the UFSM 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.

### 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.



# Money and Finance/ Welfare Benefits

## 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.

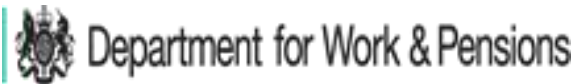
Phone number : 01629533 399



Website

## Department for Work & Pensions

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



website

## Benefits during the Coronavirus

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

The Information is updated daily



website

## Covid-19 Cyber and Fraud Information Sheet

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

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



Website

Website







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## Support for deaf claimants accessing Universal Credit

The Good Things Foundation have let us know about a resource recently launched by [gov.uk](https://www.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 - SignVideo 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](mailto:ask@signvideo.co.uk), [help@signvideo.co.uk](mailto:help@signvideo.co.uk),  
Tel: 0208 463 1120

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

[Trial](#)

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

More info @ <https://news.sky.com/story/coronavirus-virgin-launches-broadband-package-for-universal-credit-claimants-12057096>

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**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](mailto: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](http://www.derbyshire.gov.uk/welfarebenefits)

Benefits Helpline – 01629 531535 or email

[welfarebenefits@derbyshire.gov.uk](mailto:welfarebenefits@derbyshire.gov.uk)

Monday, Tuesday, Thursday, Friday

11.00am – 4.00pm

### Money Advice Service

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

Online chat, whats app, call 0800138 7777



website

### Citizens Advice

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

Advice website here:

We cover a wide range of issues including...

Housing (renting and home ownership)

Debts and Money Problems

Family and Relationships Health and Social Care

Energy Efficiency

Employment

Consumer

Benefits



Call our Derbyshire Districts Advice line:

Monday to Friday 9.00am - 4.00pm

0300 456 8390

(See reverse for call charges)

website

Our advice is free, confidential, impartial and independent.

### 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,**

### 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](mailto:shark@stoploansharks.uk)

**website**

### Action Fraud

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



0300 123 2040

Website

Release Financial Charity Newsletter



### 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](mailto:report@phishing.gov.uk) and their automated programme will immediately test the validity of the site. Any sites found to be phishing scams will be removed immediately.



Website

### Digital MOT

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

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



website

### Money Sorted in D2N2

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.

- Money Sorted D2N2 Main office 0115 9085134  
Or [info@moneysortedinn2d2.org](mailto:info@moneysortedinn2d2.org)



Website





## 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](http://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](mailto: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](mailto: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 23<sup>rd</sup> August 2020. Tenants are encouraged to speak to their landlord if they are struggling to pay the rent. Please don't ignore the need to pay your rent and talk to Citizens Advice who can help or direct you to other organisations that might be able to assist.

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

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

Derbyshire Law Centre are available to take calls:

Monday to Friday from 9.30am to 4.30pm on:

Telephone: 01246 550674

Freephone: 0800 707 6990

SMS/Text: 07781482826

Text Box: 018001 01246 550674

Alternatively you can email: [dlc@derbyshirelawcentre.org.uk](mailto: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](mailto: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](mailto:eh-housing@ambervalley.gov.uk)



### **Risk of Eviction**

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Amber Valley BC part fund CallB4UServe to support landlords with queries [hel-en.scott@derby.gov.uk](mailto:hel-en.scott@derby.gov.uk) 01332 641408



## Housing:

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

### **Morrisons Foundation – Covid 19 Homeless Support Fund**

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

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

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

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

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

Applications can be made at anytime.



[website](#)

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](#)







**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:



[Website](#)

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

Monday to Friday from 9am to 5pm

Saturday from 9am to 1pm

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

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



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

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.

- Can join the service for ongoing support



[website](#)

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

## Derby and Derbyshire: Emotional Health and Wellbeing.

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



[Website](#)

## Samaritans

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



[website](#)



## Healthwatch Derbyshire

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



### Website

Telephone—01773 880786

10am-3:30pm Mon– Fri

Email—

enquiries@healthwatchderbyshire.co.uk

## RETHINK

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



### Website

Telephone: 01773 734989

## Derbyshire LGBT+

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



Telephone: 01332 207704

### website

Email: INFO@DERBYSHIRELGBT.ORG.UK

Online chat: Available on Facebook  
[www.facebook.com/derbyshirelgbt/](https://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](mailto:mentalkmeeting@gmail.com)

## Derbyshire County Community Trust

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



[Website](#)



[Newsletter](#)

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

[First Steps – Together At Home](#)



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](#)

### 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.



[website](#)

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

### Child line

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

**childline**

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

Telephone: 08001111

Online Chat: Available on their website

### Winston's Wish

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

Supports grieving children AND parents

**WINSTON'S  
WISH** *WW*

Giving hope to grieving children

[Website](#)





### The Mix

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



[Website](#)

### Active Derbyshire/Notts Guide to Staying at Home

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



[Website](#)

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



[Website](#)

Telephone: 01332 265659 Derbyshire  
0115 896 3160 Nottingham  
To discuss integrated referral routes [jhoppers@trentpts.co.uk](mailto:jhoppers@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](#)

relate  
the relationship people

[Website](#)

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



## 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:



<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.

[icDownload Leaflet](#)



### 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

**Mental health support in work**

Depressed? Not eating? Stressed?  
Not coping? Feeling low?

**Are you having more bad days than good at work?**

Anxious? Not sleeping?

**You're not alone.**  
If you are experiencing mental health difficulties at work, we can help.

There is no charge to access the service and applications are subject to a decision by Access to Work advisers.

**0300 456 8114**  
a2wmhss@remploy.co.uk  
www.remploy.co.uk/mentalhealth

The Access to Work Mental Health Support Service delivered by Remploy is funded by the Department for Work and Pensions.



Remploy is partnering with MAXIMUS

Ref: 8223-Aug18

SELF REFER: 0800 047 6861  
or [www.dracs.org.uk](http://www.dracs.org.uk)

**Supporting Mental Health During Coronavirus/Covid - 19**

**DRCS** | Your Counselling Service  
Operating throughout Derbyshire

Time to talk?  
We're here to listen

Telephone  
Treatments





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



- 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](https://www.kooth.com) to sign up



- 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/](https://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) evening so far has been set up to provide access to support for people of all ages in Derby and Derbyshire.

Please call 0800 828 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>





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

Download the poster [HERE](#)

WWW.ACOMPASSIONATEVOICE.CO.UK SHARON@ACOMPASSIONATEVOICE.CO.UK 07894 101995



# The power of YOU

## online workshops help women across England affected by COVID19

THE POWER OF YOU WORKSHOPS ARE FREE ONLINE WELL-BEING AND EMPOWERMENT SESSIONS HOSTED BY ACV FOUNDATION CIC. THEY ARE AVAILABLE TO ALL WOMEN ACROSS ENGLAND, WHO HAVE BEEN AFFECTED IN SOME WAY BY COVID19. WHATEVER YOUR SITUATION PLEASE REGISTER NOW - WE WANT TO SUPPORT YOU!



**The Power of YOU workshops facilitated by Sharon Bull include:**

- A personal downloadable interactive journal,
- The opportunity to socialise with like-minded others!
- A follow up workshop reunion or one-to-one session
- Invitation to the private Power of YOU group.
- Exclusive membership invitations and offers that include further workshops, meditation classes and other networking opportunities.

**Some Feedback**

*"The workshop was like no other I have attended."* - Claire

*"It has been everything I wanted and a whole lot more."* - Andrea

*"A leap of faith."* - Sylvia

*"A complete game changer."* - Vicky

*"An amazing experience."* - Karin

*"Writing down my thoughts was very cathartic."* - Laura

*"I feel so positive about the future."* - Leila

*"I really would recommend The Power of YOU"* - Sharon



Sharon Bull, the founder of ACV Foundation CIC, understands the crippling impact mental illness can have on people's lives. Having recovered from 30 years battling with mental illness herself, she hopes the FREE 'The Power of YOU' workshops can assist women in rebuilding their confidence, so that they can move forward positively from the pandemic.

To find out more about the workshops please visit [www.acompassionatevoice.co.uk/events/the-power-of-you-workshops/](https://www.acompassionatevoice.co.uk/events/the-power-of-you-workshops/) or email [info@acompassionatevoice.co.uk](mailto:info@acompassionatevoice.co.uk)

The Power of YOU is funded by the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund.



HM Government

In partnership with  
**THE NATIONAL LOTTERY  
COMMUNITY FUND**





**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](http://www.yoursexualhealthmatters.org.uk)

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

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

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

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

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

**The following services are currently suspended until further notice:**

- Vasectomy services
- Psychosexual Counselling
- Sexual Health Promotion

All routine LARC services, including replacements and new fittings.

People will be advised during telephone triage of bridging methods

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

- both can be ordered via our website).

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



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- both can be ordered via our website).

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## **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: [derbyshiredahelp-line@theelmfoundation.org.uk](mailto:derbyshiredahelp-line@theelmfoundation.org.uk)

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

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

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



### **Website**

Call 08000 198 668

Email [derbyshiredahelp-line@theelmfoundation.org.uk](mailto:derbyshiredahelp-line@theelmfoundation.org.uk)

Text 07534 617252

### **The National Domestic Abuse Helpline**

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

### **website**

0808

2000

247

24 hours a day

Free Calls





### **The Men's Advice Line**

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

[website](#)

0808 801 0327

### **Women's Aid**

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



[website](#)

### **Galop**

Domestic Violence support for members of the LGBT+ community



### **Respect**

Support if you are worried about hurting someone

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

[website](#)

0808 8024040

### **Safer Derbyshire**

Derbyshire 24/7 helpline



[website](#)

08000 198 668

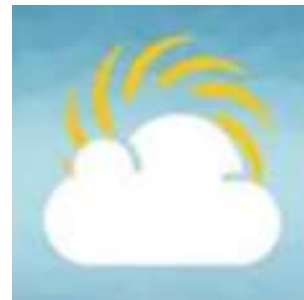




Blue Sky is a free download mobile app, launched in partnership with the by Vodafone Foundation, providing support and information to anyone who may be in a abusive relationship or those concerned about someone they know

- 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](mailto: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](#)





## Sexual Abuse

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

1:1 counselling

ISVA (independent sexual violence advisor)

Art and Drama therapy

Group therapy

Move on support group

Helpline 0800 028 2678



[Website](#)

### **Advice Line**

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

### **Children and Young People's Therapy**

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



[Website](#)

### **ISVA and ChISVA Support**

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

### **SARC**

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

### **Adult Therapy**

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



# Make Yourself Heard

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

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

Led by

**IOPC**

Supported by

**women's aid**

**NPCC**



**DERBYSHIRE  
CONSTABULARY**

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

Facebook – send them a private message to /Derbyshire Constabulary

Twitter – direct message their contact centre on @DerPolContact

Website – complete the online contact form [www.derbyshire.police.uk/Contact-Us](http://www.derbyshire.police.uk/Contact-Us).

Phone – call them on 101.

**Supporting vulnerable children and young people during the coronavirus outbreak**

## Hollie Guard - Personal Safety

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

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



**STOP HATE CRIME**  
**0800 138 1625**  
**24 HOUR HELP LINE**

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

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

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

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

[Website](#)



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





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](mailto:MSHTU@derbyshire.pnn.police.uk)

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

Don't forget we're running live chat sessions on Facebook EVERY WEEKDAY between 10-11am and 3-4pm.

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

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





## ACT

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

## Child Line

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



ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

[website](http://childline.org.uk)

## NSPCC

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



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

The CORE website has been created to support victims of crime, giving people access to the different types of help they may need from just one place. The aim is to ensure that every victim of crime or anti-social behaviour has access to the best possible support service.

On these pages you will find useful information and contact details which have been brought together with help from victim services, the police, local authorities, the fire and rescue services, health services, voluntary organisations and specialist support groups.

For detail of victim services in Derbyshire visit the Core website  
[www.core-derbyshire.com](http://www.core-derbyshire.com)



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

Keeping under 5's safe online....

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

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

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

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





**Website**

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

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



## **Parental Support**

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.



[Website](#)

### What support do they offer?

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

#### Schools

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

#### Local Authorities

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



[Website](#)

## **Tik Tok: a guide for parents**

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



### **The Breastfeeding Network**

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

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

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



**Website**

### **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

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



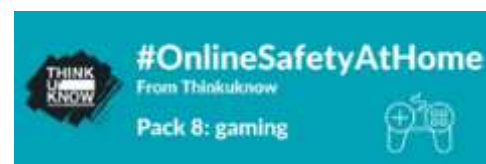
- Tel: 01332 369920
- SMS: 07812300280
- Fax: 01332 369459
- Email: [bookings@cu-bsl.co.uk](mailto:bookings@cu-bsl.co.uk)
- Facebook: <https://www.facebook.com/BSLcommunicationunlimited/>

## **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](mailto: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.







### 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):



<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

### 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:

- 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](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%99guide-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!



[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.



[Website](#)

**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

### Information of our service during the Covid-19 outbreak

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

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

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

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



## CALLING ALL YEAR 11, 12 & 13 PUPILS!

### National Careers Service COVID-19 Activities

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

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

Please contact [ncs.scans@derbyshire.gov.uk](mailto:ncs.scans@derbyshire.gov.uk) or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020



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.





### Silly Squad Summer Reading Challenge

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



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

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

### TED Ed

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

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



[Website](#)

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

[website](#)

'Massive Open Online Course'

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

This website covers groups and support nationwide.

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

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

All training courses are FREE.



[Website](#)





## Library News

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

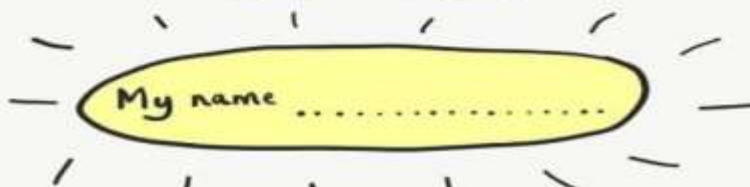


[County libraries to roll out reopening with safety a priority](#)

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

[Website](#)

# Coming back to school...





**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](mailto: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](mailto:andrea.smith.2359@derbyshire.pnn.police.uk)

Tel: 07860 825271

Alison Dare PCSO – email: [Alison.Dare.4422@derbyshire.pnn.police.uk](mailto:Alison.Dare.4422@derbyshire.pnn.police.uk)

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

[Bob.molloy@ambervalley.gov.uk](mailto:Bob.molloy@ambervalley.gov.uk)

[Sally.prince@ambervalley.gov.uk](mailto:Sally.prince@ambervalley.gov.uk)

**Living Well with Dementia Online Programme**



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

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

**Neighbourhood Watch Network**

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

**Website**

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

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.

**Deaf-initely Women Community Support Group**





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>



[News from Derbyshire County Council](#)



**Employment/ Training**



[Website](#)

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



### Have you recently been furloughed?

#### National Careers Service COVID-19 Activities

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

Please contact [ncs.scans@derbyshire.gov.uk](mailto:ncs.scans@derbyshire.gov.uk) or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020





## National Careers Service

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

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

Our staff are:

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

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

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

- Chesterfield (Dronfield/Staveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
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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>

### **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:

**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



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

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



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.



[Website](#)

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](http://wearencs.com) and register today! Don't worry this won't stop you from doing the autumn 2020 or summer 2021 programmes.



# 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.

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# Derbyshire Careers Service

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

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# Derbyshire Careers Service

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

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

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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:

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## Alcohol and Substance misuse 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](mailto:derbyshire@cgl.org.uk).







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

[Website](#)





## 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](http://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.



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

[Website](#)

### Mermaids

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

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](http://www.yoursexualhealthmatters.org.uk)  
or Information and Booking line: 0800 328 3383.






childline

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

Here are some resources from Childline to support young people and families worried about going back to school/college in September


[Website](#)

Call 0800 1111


  
Derbyshire Community Health Services  
NHS Foundation Trust

# YSHM @ Home


Access free, discreet & confidential sexual health services direct to your home




Condom & lubricant by post




The Pill



Emergency contraception



STI & HIV testing



Virtual  
sexual health promotion advice







Photo diagnosis

Visit: [www.yoursexualhealthmatters.org.uk](http://www.yoursexualhealthmatters.org.uk) to request our online service

Information & Booking Line: 0800 328 3383





  
July 2020

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





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.

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



## 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

## 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](https://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](https://barnardos.org.uk/c19)



Believe in  
children  
 Barnardo's



## **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](https://barnardos.org.uk/c19)**



**Believe in  
children**  
 **Barnardo's**

**Volunteering**  
**Amber Valley**



**Amber Valley CVS**

<https://avcvs.org/>

**Register with a local Covid-19 Support Group:**

**Website**

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

please contact: Debbie Hadley

Early Help Transition Project Officer

07866 216961    [Debbie.hadley@derbyshire.gov.uk](mailto:Debbie.hadley@derbyshire.gov.uk)



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

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

**Derbyshire Carers Telephone Befriending**

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



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

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

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

**British Red Cross online training course for coronavirus volunteers**

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



[Website](#)





Derbyshire  
Carers  
Association

01773 833 833  
[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
[www.derbyshirecarers.co.uk](http://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](mailto:katie.matkin@derbyshirecarers.co.uk)



**Any other Local info.**  
**Amber Valley**

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

Alfreton 01629 533066

Langley Mill 01629 533677

Heanor 01629 532616



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





**Any other Local info.**

