

## Locality

### Covid-19 - Community updates

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

Name	Michelle Selby	Helen McAra
Contact detail	07500 127612	07919 227984

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## **Foodbanks**

### **Local Info**

**Heanor** <https://www.salcare.org.uk/>

59 Ray Street, Heanor, DE75 7GF

Friday 10am -1pm take own bag. Walk in accepted or referral from agency.

**South Normanton** Zion Methodist Church Wednesday 9am 1pm

**Trussell Trust** (referral from Agency)

**South Normanton** - Junction 28 Church - Fridays

St Michaels Church Tuesday and Friday 1.30pm to 2.30pm

**Alfreton** House Alfreton Wednesday 2pm 3pm

**Belper**

Hope for Belper

<https://hopeforbelper.com/the-basic-idea/> The foodbank will still be open to those with a referral but bags will be pre packed and given out at the door rather than having clients come in and wait.

**Riddings /Somercotes** <https://www.oscari-online.com/>

Oscari We shall be batch cooking soup and transferring it into food safe containers and freezing/distributing to those most in need/vulnerable people.

If you know of anyone who would benefit from food being delivered to them please message us or contact Tracy or Sarah-Jayne on our numbers which are on the page.

We will be operating food bank only.

**Food bank will be available**

**Tuesday 12 until 2pm**

**Friday 10am until 12 midday**

Food bank will operate on a locked door policy.

This means that the doors to the church will be locked.

You will knock on the front door and once we see you through the window, you will then retreat behind the gate.

We will bag up the food for you and spray the bag with either a dettol spray or nilco food grade sanitiser spray, we will then, once you are behind the gate , open the door and place the bags of food on the floor, you can then retrieve your food parcel once we have closed the doors again.

**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.**

### **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.

<https://cookingonabootstrap.com/>

### **Cash support for food redistribution during coronavirus outbreak**

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

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

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



#### **Trussell Trust**

[www.trusselltrust.org](http://www.trusselltrust.org)  
[enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)



#### **Rural Action Derbyshire**

[www.ruralactionderbyshire.org.uk](http://www.ruralactionderbyshire.org.uk)  
Phone: 01629 592970  
They have an alphabetical list of all food banks.

## **Money and Finance**

### **Local Info**

#### **Amber Valley CVS**

<https://avcvs.org/>

### **Free School Meals Information**

In 2018 the government made a 'fix' to the legislation that covers Free School meals so that it could work with Universal Credit (they hadn't thought about free school meals when they designed UC). This fix means that any child that becomes eligible for free school meals now until the rollout of UC is finished (originally 2022 – now looking more like 2024) retains their eligibility even if their income rises again. This eligibility remains in place until the child leaves school (either primary or secondary).

Families who are claiming UC currently may only need to claim for a short period and probably won't know they are eligible or won't think it is worth claiming – but they are potentially losing out on years of entitlement for their child(ren) and the additional funding for their school(s) - £935pa - £1,320pa.

[illegible]

## Housing

## Local Info



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

## **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.

### **Local Info**

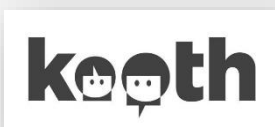


### **Mind; For better mental health**

Support and advice to empower anyone experiencing mental health.

#### **website**

**Telephone:**  
0300 123 3393  
**Text:** 86463  
online chat  
available



### **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



### **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.

#### **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



### **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.

#### **website**

**Telephone:**  
01332 207704  
**Email:**  
INFO@DERBYSHIRELGBT.ORG.UK

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



	<p><b>Every Mind Matters</b></p> <p>Every Mind Matters is the new national platform for good mental health, from Public Health England. It aims to make it easier for everyone to look after their own wellbeing and improve their mental health, by providing a digital hub full of advice, tips and resources and a new online tool to help everyone create their own action plan.</p>	<p><b>website</b></p>
	<p><b>Samaritans</b></p> <p>What support do they offer? Offering mental health support and can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.</p>	<p><b><u>website</u></b></p> <p>Telephone: 116123</p>
	<p><b>CRISIS Team</b></p>	<p>Phone: 01332 623700</p>
	<p><b>Calm Harm</b></p> <p>Free app to help manage self-harm urges: Website:</p>	<p><b><u>website</u></b></p>
	<p><b>Place2Be</b></p> <p>Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They have lots of online resources for professionals to support through the covid-19 pandemic.</p>	<p><b>website</b></p> <p><b>Telephone:</b> 020 7923 5581 <b>Out of hours:</b> 07850 265681</p>
	<p><b>Mental Health Foundation</b></p>	<p><b><u>website</u></b></p>



### 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

### 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  
<https://www.actionforchildren.org.uk/support-for-parents/>

### Child line

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

website

Telephone:  
0800111  
Online Chat:  
Available on  
their website




### Rethink Mental Health

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

Website

Telephone:  
01773 734989



 <p><b>EMOTIONAL SUPPORT HELPLINE</b></p> <p>If you need some support, a listening ear, or you just want to chat. Here at Derbyshire Recovery and Peer Support Service, we are launching our helpline to offer emotional support to you.</p> <p><b>GIVE US A CALL ON 01773 734989 MON-FRI 9:00-17:00</b></p>   <p><b>Counselling &amp; Peer Support</b></p>	<p><b>The Mix</b></p> <p>Essential support for under 25's, including mental health, housing and relationships</p> <p><b>Online Support Schedule</b></p> <p>Activities are running everyday via Zoom or Social Media platforms. You can get engaged with some Mindfulness sessions, learn new skills at Mental Health Training, get creative at Art Workshops or join one of our fantastic wellbeing groups where you can talk and discuss different topics with other people</p>	<p><u><a href="#">Website</a></u></p>
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## Online Support Schedule

### Monday

**9:00-9:20**

Mindfulness  
Monday  
Morning

with Clair,  
Mindfulness  
Practitioner and  
Specialist Support  
Officer

**11:00-12:00**

Art Workshops

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

### ChatED

Live Chat Support via  
Facebook available  
Monday-Friday  
9-10, 12-13, 15-16  
@firststepsedchated

### Tuesday

**18:00-19:00**

Eating Disorders in  
Student Services  
(EDISS) Group

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

**19:00**

Live Stream  
Mindfulness  
sessions

with Clair via  
Facebook and  
Instagram

### Wednesday

**16:00-17:00**

Feeling Good  
Wednesday!

with Sam,  
our Specialist Support  
Officer

Themed session which  
will allow time for  
discussion.

Registration required.

Please contact:  
samr@firststepsed.co.uk

### Thursday

**15:00-15:30**

Mental Health Training

with Maria,  
Training and Events  
Manager

**18:45-19:45**

**ALTERNATIVE WEEKS**

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

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

### Friday

**11:00-12:00**

Art Workshop

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

**14:00-14:30**

Stress Free Friday

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

### Saturday

**11:00-12:00**

Start the Weekend Right

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

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

## Domestic Violence

**If you are in immediate danger call the police**

**999**

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

### Local Info



Salcare Escape domestic abuse supports all genders from all communities  
Due to Covid 19 we have had to suspend face to face support until further notice.

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 [www.salcare.org.uk](http://www.salcare.org.uk)

[enquiries@salcare.org.uk](mailto:enquiries@salcare.org.uk) Telephone 01773 765899

[lizzie.nugent@salcare.org.uk](mailto:lizzie.nugent@salcare.org.uk) Telephone 07484 051964

[ann-marie.miller@salcare.org.uk](mailto:ann-marie.miller@salcare.org.uk) Telephone 07599 999139

we will respond to you as soon as we can, leave a message to tell us when it is safe to contact you.

If you need to leave the following will be useful, leave photocopies with a friend or relative if you are afraid that they will be missed by your abuser.

- Keep a copy of your passport or national insurance number
- Information about universal credit etc
- Details of your bank account
- Any medical needs including a list of any medication

Derby City Domestic Abuse Service – 0800 085 3481 (9 -6)

Derbyshire Domestic Abuse Service – 0800 019 8668 (from April 1<sup>st</sup> 8 – 7)

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

SAIL (sexual abuse and incest line) help and advice - 0800 028 2678

SV2 - **01773 746 115**

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

<http://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

<https://chat.womensaid.org.uk/>

<https://mensadviceline.org.uk/>




<http://respect.uk.net/>



**If you are in immediate danger call the police 999**

08000 198 668 Derbyshire 24/7 helpline

<https://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx>


 The website for community safety in Derbyshire	<p><b>The National Domestic Abuse Helpline</b></p> <p>Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.</p> <p><b>Safer Derbyshire</b></p> <p>Derbyshire 24/7 helpline</p>	<p><b><u>website</u></b></p> <p>0808 2000 247 24 hours a day Free Calls</p>
	<p><b>Women's Aid</b></p> <p>Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.</p>	<p><b><u>website</u></b></p>
	<p><b>The Men's Advice Line</b></p> <p>A confidential helpline for male victims of domestic abuse and those supporting them.</p> <p><b>Galop</b></p> <p>Domestic Violence support for members of the LGBT+ community</p>	<p><b><u>website</u></b></p> <p>0808 801 0327</p> <p><b><u>website</u></b></p> <p>0800 999 5428 help@galop.org.uk</p>
	<p><b>Salcare</b></p> <p>Domestic abuse support for all genders from all communities</p>	<p><b><u>website</u></b></p> <p>enquiries@salcare.org.uk</p>



	<p>We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday</p> <p><b>Respect</b></p> <p>Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.</p>	<p>01773 765899</p> <p><u>website</u></p> <p>0808 8024040</p>
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## Safeguarding

### Local Info

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

## **Local Info**

### **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](#)

### **Coronavirus updates**

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

[website](#)

### **DIY Haircuts**

[website](#)

### **The Breastfeeding Network**

[Website](#)



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

### **Newsround**

[website](#)



What support do they offer?  
Relevant news and information for young people aged 6-16. They also offer information and advice on topics like Covid-19, managing feelings etc.

### Covid-19 Entertainment

Keep your family informed and entertained during the coronavirus shutdowns with parenting articles, study tips, science experiments, homework resources, cute videos, and more.

<https://www.nationalgeographic.com/family/in-the-news/coronavirus/>

<https://www.familyfuntwincities.com/boredom-busters/>

<https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resourceskids>

<https://www.telegraph.co.uk/family/life/things-do-kids-home-ideas-bored-childrenentertained-self-isolation/>

free colouring pages for children: <https://www.hobbycraft.co.uk/ideas/kids/free-printables-kids-colouring-pages>

Craft club information:  
<https://www.hobbycraft.co.uk/ideas/kids/kids-craft-club>

Colouring pages and patterns/ project ideas:  
<https://blog.hobbycraft.co.uk/make-it-share-it/free-downloads/>

Crayola colouring pages: <https://www.crayola.com/free-coloring-pages/new-coloring-pages/>

Colouring pages for children and adults: <https://topcoloringpages.net/>

## Education

### Local Info

<b>Primary School Resources</b>  <b>Secondary School Resources</b>	<b><u>website Homework Resources</u></b>  Primary Resources <a href="https://www.twinkl.co.uk/resources">https://www.twinkl.co.uk/resources</a>  <b><u>website</u></b> <a href="https://www.twinkl.co.uk/resources/keystage3-ks3-teachers-toolbox/homework-help-revision-packs-teacher-toolbox-secondary/school-closure-support-free-taster-packs-ks3-ks4">https://www.twinkl.co.uk/resources/keystage3-ks3-teachers-toolbox/homework-help-revision-packs-teacher-toolbox-secondary/school-closure-support-free-taster-packs-ks3-ks4</a>
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## **Employment/ Training**

### **Local Info**

#### **Links CVS**

#### **Amber Valley CVS**

<https://avcvs.org/>

#### **Learn through Volunteering**

Learn new skills through volunteering, working to protect our country-side or help others

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

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

## **Community Support**

### **Local Info**

#### **Neighbourhood Watch Network**

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

### **Website**

## **Alcohol and Substance misuse support**

### **Local Info**



**Change  
Grow  
Live**

#### **Change Grow live**

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

#### **website**

**Telephone:**  
01773 303646

**Email:**  
derbyshire@cgl.org.uk.



	<p><b>Derbyshire Recovery and Peer Support Service</b></p> <p>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).</p>	<p><b>Helpline Number:</b> 01773 734989</p>
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## Support for Children and Young People

### Local Info

**blend** youth project  
raising aspirations, releasing potential

**Goes Digital**

**27TH APRIL - 1ST MAY 2020**

	10AM	11:30AM	1PM	2:30PM	4PM	5:30PM
<b>MONDAY</b>	MONDAY MOTIVATION	DAILY POLL		GIVE US YOUR OPINION	DAILY DM	LEARN A NEW SKILL
<b>TUESDAY</b>		DAILY POLL	BIG BLEND QUIZ PART 1: MOVES		DAILY DM	TASTY TUESDAY
<b>WEDNESDAY</b>	WELLNESS WEDNESDAY	DAILY POLL	BIG BLEND QUIZ PART 2: DINOSAURS	BLEND LIVE	DAILY DM	LEARN A NEW SKILL
<b>THURSDAY</b>		DAILY POLL	BIG BLEND QUIZ PART 3: GENERAL KNOWLEDGE	TURNED FARM CHECK IN	DAILY DM	LOCK DOWN PLAYLIST
<b>FRIDAY</b>	FRIDAY FUN DAY	DAILY POLL		LOCK DOWN HEROES	DAILY DM	BOREDOM BUSTERS

[Like us on Facebook: /blendyouth](#)
[Follow us on Twitter: @blendyouth](#)
[Follow us on Instagram: blendyouth](#)



**Childrens guide to Coronavirus**  
**Website**

**Covid-19 Packs for Children**  
**Website**

**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**

**ChildLine – Website**

**childline**

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

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

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

**UNICEF for Every Child**



**Website**

**ONLINE Postal Condoms**  
**Website**

## **Volunteering**

**Local Info**

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

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



**Derbyshire**  
Fire & Rescue Service

**Derbyshire Fire and rescue Service –  
Befriending Service - Website**

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

**Website -**

**Any other Local info.**

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

Alfreton 01629 533066

Langley Mill 01629 533677

Heanor 01629 532616

**National Careers Service**

Information of our service during the Covid-19 outbreak

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

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

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

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

Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873

Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadlincote) contact Chris Ellerington 07896 804096

High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263

**Monday, 27 April 2020**

North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald  
07967 308905