

Community Update

We would like to thank everyone for their support re the community updates. If you have additional organisations, provisions or information to add to the community update, please contact your local Youth and Community Engagement Worker.

For additional Derbyshire Wide information, please refer to the termly Derbyshire Wide community update .

Amber Valley

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Citizens Advice

For free, independent, confidential and impartial advice

Heanor, Belper

Call— 08082787954

[Citizens Advice Bureau \(Belper\) | Profile Page On Amber Valley Info](#)

[Turn2Us - Advice Finder - Citizens Advice Derbyshire Districts \(Heanor\) - Heanor](#)



Amber Valley

Cost Of Living Support



Find support, information, advice, and guidance to help you and your family

- Help for households
- -Help with Energy Bills
- Help with rent/ council tax

<https://www.ambervalley.gov.uk/community/cost-of-living-support/>

Contact the team directly on 01773 570222

enquiry@ambervalley.gov.uk

Household Support Fund

The household support fund (HSF) offers help to Derbyshire residents facing financial hardship by providing grants and other financial support. The fund is provided by the Department of Work and Pensions and is mainly administered by Derbyshire County Council.

<https://www.ambervalley.gov.uk/>

Confidential Information and Advice



Free, confidential and independent information and advice service for those over 50 or their carers/relatives. Age UK Derby & Derbyshire, 29a Market Place, Heanor, Derbyshire, DE75 7EG.

Call—01773 768240

[Age Uk Derby & Derbyshire | Information and Advice Services](#)

AUTISM PARENT & CARER COURSE

2023

SESSIONS

THE PURPOSE OF THIS COURSE IS TO RAISE AWARENESS ABOUT AUTISM, PROVIDE INSIGHT INTO HOW IT IS EXPERIENCED BY AUTISTIC INDIVIDUALS, AND TO HELP PARENTS AND CARERS LEARN TO SUPPORT AUTISTIC FAMILY AND FRIENDS IN A POSITIVE WAY.

JULY 24 **MONDAY**
12:00-14:00. ONLINE.

MONDAY **AUG 28**
10:00-12:00. ONLINE.

SEP 25 **MONDAY**
12:00-14:00. ONLINE.

MONDAY **OCT 23**
10:00-12:00. ONLINE.

NOV 27 **MONDAY**
12:00-14:00. ONLINE.

MONDAY **DEC 11**
10:00-12:00. ONLINE.

WANT TO COME ALONG? CONTACT US: TEL - 01332 228 790. EMAIL - AUTISMSERVICE@CITIZENSADVICEMIDMERCA.ORG.UK

Food banks: Amber Valley

Hope for Belper

Opening times- 12pm- 2pm
every Tuesday and Friday ex-
cept for on Bank Holidays



Referrals from partner agencies, but can take emer-
gency self-referral if partners unavailable

Belper Baptist Church, 71 Bridge St, Belper, DE56
1BA

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

Oscari Pantry

no referrals needed, but
there is a small member-
ship fee and shop dona-
tion fee.



Opening times- Tuesdays
10 till 11.30am and 12.30 till 1.30pm

Address- Oscari, Church of Christ, Colledge street,
Riddings, DE55 4EZ

Website- <https://oscari-100193.square.site/>

Facebook- <https://www.facebook.com/Oscarisocial>

Salcare

Walk-in and referrals from part-
ner agencies

Emergency food for single peo-
ple and families – either walk in
or be referred by other agencies
(social care, refuges, drug and
alcohol services, etc). It is helpful if you can bring your
own bag.



Location- Salcare, 59 Ray Street, Heanor, DE75 7GF

Opening time-Every Tuesday and Friday from 10am to
1pm

Email- enquiries@salcare.org.uk

Website- <https://www.salcare.org.uk/food-bank>

Sainsbury's - Food boxes

'Taste Me, Don't Waste Me' boxes will include a variety of surplus
fresh fruit and vegetables and the boxes will be sold for £2

Sainsbury's

St Andrews Foodbank—Langley Mill

Contact number-07552 781656

Address- Anglican Methodist Church, Station
Road, Langley Mill, Derbyshire, NG16 4BP

Website: [https://www.standrewsonline.org.uk/
notice.php](https://www.standrewsonline.org.uk/notice.php)

Opening Times- Fridays 1.30pm till 4pm

South Normanton Food Bank

St Michaels and All Angels Church

Church Street

South Normanton

Alfreton

Derbyshire

DE55 2BT

01773 810410

[South Normanton Area Foodbank | Helping Local
People in Crisis](#)

info@southnormantonarea.foodbank.org.uk

Welfare and Benefits: Amber Valley

Derbyshire County Council



Our welfare rights team can help you find out about the benefits you're entitled to and how to claim

We can help you find out about the benefits you're entitled to and how to claim, including:

- carrying out a benefit check – are you receiving your full benefit entitlement?
- which benefits to claim and how to claim them
- payments being suspended or benefit claims ending
- moving your existing benefits to a Universal Credit claim
- challenging decisions made by the benefits authorities
- preparing appeals and representing you at benefit tribunal hearings

Call: 01629 531535

Email: welfarebenefits@derbyshire.gov.uk

Web: [Welfare benefits - Derbyshire County Council](https://www.derbyshire.gov.uk/welfarebenefits)

Gov—Benefits

Includes eligibility, appeals, tax credits and Universal Credit

Web: [Benefits - GOV.UK \(www.gov.uk\)](https://www.gov.uk/benefits)

[Gov—Check Benefits and Financial Support you can](#)



Turn2Us

Millions of people are missing out on thousands of pounds. Check what you're entitled to now

Web: [Turn2us Benefits Calculator](https://www.turn2us.org.uk/benefits-calculator)

Citizens Advice—Benefits

It's important to make sure that you get all the help that you're entitled to. These pages give you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.

Web: [Benefits - Citizens Advice](https://www.citizensadvice.org.uk/benefits)



Money and Pensions Service—Welfare and Benefits

Everyone making the most of their money and pensions.

Web: [4. Welfare and benefits | The Money and Pensions Service](https://www.moneyandpensions.gov.uk/welfare-and-benefits)

Mental Health and Money Advice—Welfare Benefit Advice

Helping you to find out what financial help is available in relation to welfare benefits and how to make a claim or appeal.

Web: [Welfare benefit advice : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](https://www.mentalhealthandmoneyadvice.org/)

Fuel for Food Scheme

Advice and support to households who are using Derbyshire foodbanks and who are facing an immediate energy crisis

0800 677 1332

Web: www.gov.uk/the-warm-home-discount-scheme/energy-suppliers

Derbyshire Law Centre Homeless Relief Fund

Help with rent arrears, moving costs to secure tenancy & payment of court costs ,

Call: 01246 550 674

Email: dlc@derbyshirelawcentre.org.uk ,

Web: www.derbyshirelawcentre.org.uk



Warm Home Discount Fund

Call: 0330 555 9424

Web: www.gov.uk/the-warm-home-discount-scheme/energy-supplier

Housing: Amber Valley



Amber Trust

Social care charity
promoting mental wellbeing and offering housing
support

01773 742051

Forces in the Community

Provides tailored employment guidance, housing advice, mental health support, counselling and benefit and welfare advice. For veterans and their families.

0115 9220320 support@forces.org.uk

[Charity Supporting Veterans | Forces in the](#)



Derventio Housing

We provide supported housing so that you have somewhere safe to live. During your stay you will have practical support to help closer to your goals. They help you then move out of your Derventio home when it is the right time for you.

Call: 01332 292776

Email: info@derventiohousing.com

Web: [Derventio Housing](#)

Derventio
People Really **Do** Matter

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. 01629 533190

Homelessness and homeless prevention

You can take a look at more information on this webpage about your own circumstances. If you need any more help you can contact us



housing.solutions@ambervalley.gov.uk or call 01773 84140

Amber Valley Foyer Project

Amber Valley Foyer exists to provide housing and training opportunities to young homeless people (16-24 yrs) in Amber Valley.

<http://www.homelessuk.org>

avprojects@riverside.org.uk

Risk of Eviction

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

Amber Valley BC part fund CallB4UServe to support landlords with queries

helen.scott@derby.gov.uk 01332 641408

[Housing advice in Amber Valley | Categories | Derbyshire Law Centre®](#)



Broxtowe Youth Homelessness

BYH offers a range of services for young people ages 16-25 who are homeless or are going through any kind of housing crisis.

0115 9396760

www.broxtoweyouthhomelessness.org



P3—Amber Valley

If you are not rough sleeping, but still experiencing homelessness, for example you are sofa surfing or being threatened with homelessness, it is important for you to get in touch with your local homeless team.

[Derbyshire Outreach Team \(DOT\) - P3](#)

p3charity.org

E: housing.solutions@ambervalley.gov.uk

P: 01773 570222



PEOPLE
POTENTIAL
POSSIBILITIES

Mental Health Crisis Lines: Amber Valley

Samaritans

To talk about anything that is upsetting you, 24 hours a day, 365 days a year

Call: 116 123

SAMARITANS

SANEline

If you're experiencing a mental health problem or supporting someone else

Call: 0300 304 7000



National Suicide Prevention Helpline

Offers supportive listening service to anyone with thoughts of suicide

Call: 0800 689 5652



Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or know someone that is

Call: 0800 068 4141



Campaign Against Living Miserably (CALM)

5pm – midnight everyday if you're struggling and need to talk. Alternatively, if you prefer not to speak on the phone, you could try the CALM webchat service [Get Help & Support With... | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

Call: 0800 58 58 58



Shout

If you would prefer not to talk, but want some mental health support. Offering confidential 24/7 text service providing support if you are in crisis and need immediate help.

Text SHOUT to 85258



The Mix

If you're under 25, you can call the Mix from 3pm – midnight everyday. Alternatively you can request support by email using this form [Email us - The Mix](#)

Or using their crisis text messenger service [Crisis Messenger - The Mix](#)

Call: 0808 808 4994



Switchboard

If you identify as gay, lesbian, bisexual or transgender, call Switchboard

Call: 0300 330 0630



Amber Valley

Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

07507 330025

[Home Page - ChatHealth](#)



The Will Garvey Trust Foundation

Information and resources round support for the mental health of young people.

[Home - willgarveytrustfoundation.org.uk](http://willgarveytrustfoundation.org.uk)



Callums Voice CIC

- Improving public understanding Autism and mental health conditions.



- Empowering children and young people with Autism and mental health conditions to build on their strengths to achieve their potential.

- Promoting good mental health for children, young people and families.

Room 10, Alfreton House

High Street

Alfreton

Derbyshire

DE55 7HH

Tel: 01773 688026

Email: admin@callumsvoice.org.uk

CAMHS Amber Valley

of CAMHS stands for Child and Adolescent Mental Health Services. We support children and young people aged 0-18 (and their families) with a wide range of mental health difficulties

Rivermead, Goods Road, Belper, Derbyshire DE56 1UU

01773 880554

CAMHS

Child and Adolescent
Mental Health Services

Amber Valley (2)

LGBT+ Collective

Free One2One Support , Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/ referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.

info@lgbtcollective.co.uk

Lgbtcollective.co.uk



Compass

We help you build your skills to cope with: Low mood; sadness, low motivation; Mild to moderate anxiety; worries, irrational fears and concerns; Common challenging behaviours: angry outbursts, pushing boundaries, frustration and distress Family and peer relationship difficulties; Difficulty adjusting to change and transition; Difficulty managing emotions.

Compass Changing Lives comprises of nine Mental Health Support Teams in Derby, Erewash, Bolsover, the Derbyshire Dales, Chesterfield and the Amber Valley.

[Compass Changing Lives - Compass \(compass-uk.org\)](http://compass-uk.org)



Infinite Wellbeing

Our aim is to share knowledge and tools for managing wellbeing, so children, adults, and families can understand, maintain, and improve their wellbeing, and enjoy the best in life.

Heanor Women's and Men's—Wellbeing support groups

Women's group Mondays 9-11

[Wellbeing programmes and activities | Infinite Wellbeing | England \(infinite-wellbeing.co.uk\)](#)



Men in Sheds

Peer support for men in Swanwick

Saturdays 10am

Wednesdays 3:30pm

Thursdays 3:30pm

01773609603

Aldercar and Langley Friends

Community meet ups, walks and activities in Aldercar and Langley Mill

www.meetup.com/aldercar-langley-friends/

LGBT+ Collective

Free One2One Support, Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.

info@lgbtcollective.co.uk

lgbtcollective.co.uk



NHS Derbyshire Healthcare

Amber Valley Team

Ripley Town Hall (first floor)

Market Place

Ripley

DE5 3BT

Call 0300 123 2678

[Amber Valley team :: Derbyshire Healthcare](#)

[NHS Foundation Trust](#)

derbyshirehealthcareft.nhs.uk



Derbyshire Healthcare
NHS Foundation Trust

Amber Trust

Amber Trust is a well established social care charity specialising in offering accommodation and support services to adults with mental ill health or those who are at risk of social exclusion.

7-11 Wellington Street,
Ripley, Derbyshire

info@ambertrust.co.uk

Mental Health: Amber Valley (2)

Amber Valley Adult Recovery

The Amber Valley Neighbourhood team provides mental health support to adults regardless of age; this support is based on individuals' needs. The team will work with you to help you find both short-term and longer-term ways to improve your mental health, and to focus on healthy living and behaviours.

0300 123 2673

Rethink

01773 734 989

Community Support Group

The Croft, Ripley



Amber Valley Walking Together

Amber Valley Walking Together work with individuals, groups and organisations to set up and manage local walks for health as part of the wider Walk Derbyshire model.



<https://www.ambervalley.gov.uk/ambervalleywalkingtogether>

mindfulwalks22@aol.com

Amber Valley Association for Mental Health LTD.

Mental Health Information and support

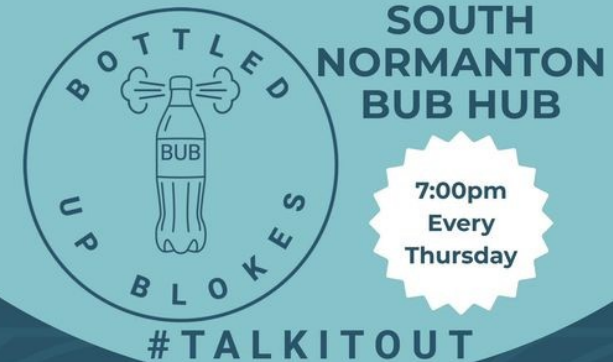
Belper—DE56 2UA

01773 599599

CVS Mancave

Tuesdays 10am men only group, providing a place of skill sharing and informal learning

01773 512076



Free Entry

Join us for an open, safe and non judgemental relaxed chat. Share your life challenges and get things off your chest with other like minded men. Information about mental health services. Refreshments provided.

Location

St Michael's Church Hall
Church Street
South Normanton
Derbyshire
DE55 2BT

Facebook: [bottledupblokes](https://www.facebook.com/bottledupblokes)
Twitter: [@BottledUpBlokes](https://twitter.com/BottledUpBlokes)
Email: help@bottledupblokes.com

[bottledupblokes.com](https://www.bottledupblokes.com)



This is not a clinical session and is not a substitution for therapy or emergency services.
This group is run by volunteers who are not mental health professionals.
Bottled Up Blokes is not affiliated with the church or any other religious groups.



Bottled Up Blokes



Football Sessions
Mondays
7:30pm - 8:30pm
Tibshelf Community
School

These sessions will be small sided games led by that weeks BUB Captains.

The idea is to get men socialising, laughing and exercising to help with their physical and mental health.

Tibshelf Community School
Tibshelf, Derbyshire, DE55 5LZ



Online booking essential only at bottledupblokes.com.
Small donation of £1.50 required. Limited Availability

Amber Valley Walking Together

Amber Valley Walking Together work with individuals, groups and organisations to set up and manage local walks for health as part of the wider Walk Derbyshire model.



<https://www.ambervalley.gov.uk/ambervalleywalkingtogether>
mindfulwalks22@aol.com

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01773 512076

[How to Register with a GP](#)

[How to register with a GP surgery - NHS \(www.nhs.uk\)](#)



[How to find an NHS Dentist](#)

[How to find an NHS dentist - NHS \(www.nhs.uk\)](#)



[Service and Support for parents and carer's](#)

[Services and support for parents - NHS \(www.nhs.uk\)](#)



[101](#)

[Get help for your symptoms - NHS 111](#)

101



[Healthwatch](#)



Telephone support line for people looking access health or care services

01773 880786

enquiries@healthwatchderbyshire.co.uk

[Home | Healthwatch](#)

[Live Life Better Derbyshire](#)

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.



01629 538200

asch.llbd.info@derbyshire.gov.uk

[Home - Live Life Better Derbyshire](#)

Stepping Stone Day Centre

01773710939

Mon-fri

Community Hall, Ilkeston Road, Heanor DE75 7AG

Meet new people in retirement, enjoy good company, tea and coffee, meals available.

Derbyshire Health Team

Ripley Town Hall (first floor)

Market Place

Ripley

DE5 3BT

0300 123 2673—mon-fri 9-5pm



Derbyshire Healthcare
NHS Foundation Trust

[Derbyshire Family Health Service](#)

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Tel: 01246 515100

Web: [Derbyshire Family Health Service](#)

Dementia Café



Meet and Chat with others who understand

- Alfreton 3rd Monday each month
- Ripley 3rd Thursday each month
- Belper 4th Monday each month

Sen Fit CIC

Fitness, Health and Well-being service for those with Special Educational Needs and Disability

Group Sessions, one to One, Information and guidance , holiday activities etc...

[SEN-Fit cic | Derby | Facebook](#)



Belper Leisure Centre

Youth Classes: Swimming Club, Canoeing, Belper Sports FC, Belper Sports Ladies FC, Kick-boxing, Kids Gym Classes, Tae Kwon-Do, Dodgeball, Volleyball

[Belper Leisure Centre](#)



Ripley Leisure Centre

Active—Play and Bounce, Family Swimming, Junior Gym Sessions,

[Ripley Leisure Centre | Ripley – Places Leisure](#)

Alfreton Leisure Centre

Trampolining, Gymnastics, Play and Bounce

[Children | Alfreton Leisure Centre | Alfreton – Places Leisure](#)

William Gregg Leisure Centre—Heanor

Play and Bounce, Swimming

[William Gregg VC Leisure Centre | Heanor – Places Leisure](#)

Full Power Fitness

01773 531934

Youth Boxing/ Gym

[Full Power Fitness – Full Power](#)

Infinite Wellbeing

Fun and Fit—

Tuesday 1:30, wed 9:30 and 1:30, thur 9:30 and Friday 9:£0



[Live Life Better Derbyshire](#)



We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

[Getting active - Live Life Better Derbyshire](#)

GOGA (Get Out Get Active)

[Get Out, Get Active Amber Valley | Facebook](#)

[Get Out Get Active - Home](#)



Amber Valley School Sports Partnership

We work alongside schools, community groups, leisure providers, national and government authorities to achieve our aim of improving the lives of local people.

[Upcoming Events – Amber Valley School Sport Part-](#)



Safeguarding: Amber Valley

[Derby and Derbyshire Safeguarding Children Partnership](#)

[Derby Safeguarding Children Partnership \(ddscp.org.uk\)](http://ddscp.org.uk)



[Call Derbyshire](#)

[Contact us - Derbyshire County Council](#)

You can contact [Call Derbyshire](#) tel: [01629 533190](tel:01629533190) or by texting [86555](tel:86555).



[Derbyshire Safeguarding Adults board](#)

[Home - Derbyshire Safeguarding Adults Board](#)
(derbyshiresab.org.uk)



Domestic Abuse Support: Amber Valley

Salcare

Freedom Programme
Group for women who want
to learn more

more about the reality of do-
mestic abuse. Phone—
01773765899

Community Room,
59 Ray Street

Heanor DE75 7GF

Escape is a domestic abuse support service sup-
porting victims of domestic abuse which is open to
all genders from all communities.

01773 764562 enquiries@salcare.org.uk

[About Salcare - Salcare](#)



ELM Foundation

Amber Valley: Accommodation:
Communal and dispersed ac-
commodation - Women, Men

and their children Community Based support -
Adults Community Based Support - Children and
young people

Contact through Derbyshire Domestic Abuse Sup-
port Line: 08000 198 668 email: derbyshiredahelp-
line@theelmfoundation.org.uk Mobile Text for deaf
and hard of hearing 07534 617252



Women's Aid

Use the Tool below to find Domestic Abuse
Support Services in the area of Erewash

[Women's Aid Directory - Women's Aid](#)
(womensaid.org.uk)

women's aid
until women & children are safe

Avedass

Domestic Violence —Information and Sup-
port

59 Ray Street

Heanor

Derbyshire

DE75 6GF

01773530043

Derbyshire Constabulary

Advice and Information around Domestic Abuse

[Advice about domestic abuse | Derbyshire Constabulary](#)



Derbyshire WISH YPVA Service

Derbyshire WISH YPVA service will work with younger
victims (aged 13 –19), who are experiencing or have
experienced domestic abuse as part of an intimate re-
lationship

Phone 01773 765900

Email: DerbyshireWISHreferrals@ncha.org.uk

Derbyshire Domestic Abuse Support Services

Changes is a voluntary programme assisting those concerned they might be hurting, scaring, or controlling their partner and want help making changes

Changes



Do you want to make changes?

Relationships can be challenging and make us feel vulnerable.

Being intimate with someone means getting close enough to get hurt. This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to.

We sometimes find ourselves behaving in ways which hurt or scare the people around us, and make us feel bad about ourselves.

You do not have the right to hurt or scare your partner (or ex-partner), call them names, intimidate them or force them to do things they do not want to do.

You do not have the right to choose who they can or cannot see.

But it's never too late to start making changes.

Do you want to change your behaviour?
We can help you to start to make positive changes.

This service is completely free of charge and tailored to meet individual needs.

We provide individual assessments, and group-work sessions which help people to understand relationship difficulties, to take responsibility for abusive behaviour, and to make positive changes for themselves, their (ex) partners, and their children (if they have any).

Eligibility Criteria:

Males, aged 18 years or over who are not currently involved in any Criminal proceedings, and not actively involved in Private Family Law proceedings, or have been within the previous 12 months.

Using violent and/or abusive behaviour towards their partner or ex-partner and identified as Low or Medium risk

Ready and willing to learn and take accountability for their actions.

If any mental health needs/concerns, or any drug/substance/alcohol misuse have been identified which may impact on service provision, the client must be actively seeking/receiving support for this in order to be accepted onto the program.

Professional Referrals:

If you suspect or know that someone you are working with is mistreating their partner, please get in touch. We can help them make positive changes in their life so they stop their abusive behaviour towards others. We also provide practical 1-2-1 support to survivors who are partners/ex-partners of those who are participating in the Changes programme.

Project aims:

- ✓ Increase the safety for victims of domestic abuse and their children
- ✓ Assess and manage risk
- ✓ Victim supported by Partner Safety Worker
- ✓ Provide services to diverse communities
- ✓ Promote respectful relationships
- ✓ Hold perpetrators to account
- ✓ Deliver a co-ordinated response
- ✓ Evaluation and development
- ✓ Support social change



Project Providers

The Changes project is managed and delivered by a consortium of three organisations, who deliver intervention, guidance and support to those individuals referred to the project.

The consortium is made up of three specialist domestic abuse support providers: The Elm Foundation, Crossroads Derbyshire and Derbyshire WSM Domestic Abuse Services and together the consortium provides cover throughout Derbyshire.



01773 483430



CHANGES@ncha.org.uk



Safer Derbyshire

We work in partnership to make Derbyshire a safe place to live, work and visit. All our priorities are agreed through the Derbyshire Safer Communities Board (SCB).

[Domestic abuse \(saferderbyshire.gov.uk\)](https://saferderbyshire.gov.uk)



Safer Derbyshire
The website for community safety in Derbyshire

Derbyshire Constabulary– Support for Rape and Sexual Assault

If you've been raped or sexually assaulted, we're here for you. If you're ready to, you can report rape and sexual assault to us online.

But if you don't want to talk to us, or if you want extra support, there are lots of people who can help.

You're in control, and it's up to you who you talk to and what help you get.

[Support for rape and sexual assault | Derbyshire Constabulary](#)



Salcare

Sexual Abuse Information and Support

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



Sexual Abuse Support– GOV.UK

Whenever it happened to you it is never too late to get support for sexual violence or abuse. A list of [helpline services](#) is available.



If you are in immediate danger, call 999 and ask for the police.

[Sexual abuse support – Support for victims-survivors of sexual abuse](#)

Sexual Health Matters

Use our online services via the Your Sexual Health Matters website

www.yoursexualhealthmatters.org.uk



Contact: Lauren Attack

Sexual Health Promotion Practitioner (South Derbyshire, Erewash and Amber Valley)

Phone: 07768036923

SV2– Supporting Victims of Sexual Abuse

SV2 provides a range of therapy services for adults and children including art therapy for children aged 0-13.

SV2 works with victims/survivors of sexual violence and abuse to Inform, Support, Protect and Empower them.

01773 746115

help@sv2.org.uk

[SV2 - Supporting Victims of Sexual Violence - Home](#)



Addiction Support: Amber Valley

Horti-Culture: Wash Arts

'Horti-Culture' project will work with people in recovery to deliver creative and horticultural opportunities providing support and enrichment to create positive changes in behaviour.

0115 9301229

www.washarts.co.uk



Recovery Plus Specialist

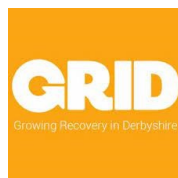
leading group work around the themes of addiction / recovery / mental health. There is the opportunity for one to one sessions and Support Workers who can support with practical issues i.e. housing, food, appointments. Also CAB will support with benefits, debt issues etc.

recoveryplus@thebrookcc.co.uk

[Recovery Plus Specialist Worker | The Brook](#)

[Community Church and Centre](#)

growingrecoveryinderbyshire.co.uk



Change, Grow and Live– Erewash

We support young people who are using drugs or alcohol, feel they have a problem and want some help.

01773 303646 to contact the CGL

Derbyshire@cgl.org.uk

[Find a Change Grow Live service near you](#)



**Change
Grow
Live**

Rehab4Addiction

With Rehab 4 Addiction, you can say goodbye to waiting for treatment. When you ask us for support, we will arrange treatment for you in Erewash in a matter of days or weeks.

0800 140 4690

Online Enquiry Form– [Form](#)

[Drug & Alcohol Rehab in Erewash - Rehab 4 Addiction](#)



LGBT+ Support: Amber Valley



LGBT Collective Revolution

LGBT Collective are an LGBT+ Provision in Derbyshire. All LGBT Collective groups, activities and support we offer are inclusive and they welcome both LGBT+ community and allies to all our provisions

Web: [LGBT COLLECTIVE » A new LGBT provision for Derbyshire groups, support and events](#)

Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, we are here to support anyone who is Lesbian, Gay, Bisexual and Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends. In person and online youth groups available

Tel: 01332 207 704

Email: info@derbyshirelgbt.org.uk

Galop

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse

Tel: 0800 999 5428

Email: help@galop.org.uk

Web: [Galop - the LGBT+ anti-abuse charity](#)



Stonewall: LGBT+ Support

Whether or not you feel ready to dive into a new opportuni-



Stonewall

Mermaids

A safe place for transgender, nonbinary and gender-diverse young people to find support and help one another.

Tel: 0808 801 0400

Web: [Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)



Support for Children and Young People :

Amber Valley

Derbyshire CGL

Derbyshire CGL Young People's Service offer free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol. We offer brief 1:1 harm reduction interventions, ongoing 1:1 specialist interventions, group work sessions, drop ins, information stalls, outreach, and professional training.

Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome and you can contact us via email or telephone.

<https://www.changegrowlive.org/young-peoples-service-derbyshire>

derbyshire@cgl.org.uk

01773 303646



Young People's
Service

Derbyshire

Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

07507 330025

[Home Page - ChatHealth](#)



HAF - Holiday Activity and Food

<https://itsaboutmederbyshire.co.uk/>

Free holiday clubs for young people eligible for free school meals— information available on website

Active Partners Trust

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



jon.sparkes@activepartnerstrust.org.uk

[Junction Arts | Junction Arts - Dis- cover Arts Award Online now!](#)

Service and Support for parents and carer's

[Services and support for parents - NHS \(www.nhs.uk\)](#)



Brighteyes Soft Play & Café – The Genesis Centre

Soft play opening times:

Monday 9:00am till 6:00pm
Tuesday – 9:00am till 5:00pm
Wednesday – 9:00am till 3:00pm
Thursday – 9:00am till 5:00pm
Friday – 9:00am till 5:00pm
Saturday – 10:00am till 5:00pm
Sunday – 10:00am till 4:00pm

Prices

Babies – £1.50
Children 1 & Over – £4.50

Café opening times:

Mon to Fri – 9:00am – 5:00pm
Sat – 10:00am till 7:00pm
Sun – 10:00am till 4:00pm

For any more information contact brighteyes directly on 01773 417014

brighteyes192019@outlook.com
<https://www.facebook.com/Bright-Eyes-Soft-play>
<https://www.genesis-centre.co.uk/soft-play/>

01773 417014 or brighteyes192019@outlook.com

Soft Play - Genesis Enterprise & Community Hub (genesis-centre.co.uk)

Our location:

34 – 46 King Street
Alfreton
Derbyshire
DE55 7DQ

Details taken from The Genesis Centre Website.

Correct at 19/01/2023 and subject to change. Before attending a group, we suggest you check that it is still running at the days and times noted.

The Breastfeeding Network

National Breastfeeding Helpline: **0300 100 0212.**

Web: [Home - The Breastfeeding Network](#)



One Plus One

Online relationship support for parents. Learn to cope with stress and communicate better.

OnePlusOne – homepage

Online relationship support for parents

Parents in this area can now access THREE ONLINE COURSES from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better
Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:
• How to recognise stress and how it can affect you.
• How to support each other through difficult times.
• What causes arguments and how to stop them.

Me, You and Baby Too
Learn how to navigate the changes that happen in a relationship when a baby arrives, including:
• How you and your partner can support each other.
• How to talk to bring up difficult topics.
• How arguments start, and how to stop them.

Getting it right for children
When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:
• How to stop a discussion from turning into an argument.
• How to stay calm and listen as well as talk.
• Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password. You can get started by scanning the QR code or visiting www.oneplusone.org.uk/parents

Derbyshire Family Health Service

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Tel: 01246 515100

Web: [Derbyshire Family Health Service](#)

BOOGIE BEAT MUSIC & MOVEMENT



IN PARTNERSHIP WITH



ENRICHING COMMUNITIES CIC

Our music and movement classes are energetic and fun, combining music and dance with carefully structured learning!

PERFECT FOR BABIES UP TO 6 YEAR OLDS!

Based on traditional fairy tales and nursery rhymes with a lively and active dance twist!

Call or email to register your **FREE** place
Monday's (Term Time Only)
14:00-14:45

Staying COVID-19 Secure
3 Key Steps



Emma 07896759024
emma@boogiebeat.co.uk
enrichingcommunitiescic@gmail.com

Langley Mill Children's
Centre
Bailey Brook Drive
Langley Mill
NG16 4FS

Brighteyes Soft Play & Café – The Genesis Centre

Soft play opening times:

Monday 9:00am till 6:00pm
Tuesday – 9:00am till 5:00pm
Wednesday – 9:00am till 3:00pm
Thursday – 9:00am till 5:00pm
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Sun – 10:00am till 4:00pm

For any more information contact brighteyes directly on
01773 417014

brighteyes192019@outlook.com
<https://www.facebook.com/Bright-Eyes-Soft-play>
<https://www.genesis-centre.co.uk/soft-play/>

01773 417014 or brighteyes192019@outlook.com

Soft Play - Genesis Enterprise & Community Hub (genesis-centre.co.uk)

Our location:

34 – 46 King Street
Alfreton
Derbyshire
DE55 7DQ

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The Breastfeeding Network

National Breastfeeding Helpline: **0300 100 0212.**

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Online relationship
support for parents



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One Plus One

Online relationship support for parents. Learn to cope with stress and communicate better.

OnePlusOne – homepage

Derbyshire Family Health Service

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Tel: 01246 515100

Web: [Derbyshire Family Health Service](#)

SEND Support: Amber Valley

[Derbyshire Information, Advice and Support Service for SEND](#)



Derbyshire
Information Advice &
Support Service for SEND

Providing impartial advice for special educational needs and disability

Tel: 01629 533668 Email:

ias.service@derbyshire.gov.uk

Web: [Welcome to the Derbyshire Information, Advice and Support Service for SEND - Derbyshire Information, Advice & Support Service for SEND \(derbyshireiass.co.uk\)](#)

Sen Fit CIC

Fitness, Health and Well-being service for those with Special Educational Needs and Disability

Group Sessions, one to One, Information and guidance, holiday activities etc...

[SEN-Fit cic](#) | [Derby](#) | [Facebook](#)

Sen- Disco

Monthly discos for special needs children age 4-19.



Held at Blackwell Community Centre, DE55 5HH.

[SEN Disco](#) | [Alfreton](#) | [Facebook](#) [SEN Disco](#) | [Alfreton](#) | [Facebook](#)



Hub Opening Hours

Calls and booked appointments:
Tuesdays 12.30pm to 3pm
Wednesday to Friday 10am - 4pm

**Drop ins: Wednesday 10am - 3pm,
Friday 10am - 1pm**

Mob 07874 941 890

Please try the mobile number first

Tel (01246) 235 815

Messages can be left at Fairplay (01246) 203 963

Email: neurohub@fair-play.co.uk



Monkey Park Community Hub
128a Chester St, Chesterfield S40 1DN
www.monkeyparks.org.uk
www.fair-play.co.uk

in [Bonsall, Derbyshire](#).

www.sensoryimagination.com



At Sensory Imagination, all children can simply be kids. Through inclusive sensory play and art, we nurture the unique gifts in every child.

Neurodiverse or neurotypical - all are welcome here. Our play transforms children as they create, explore and imagine.

Join our heartfelt community where differences are celebrated.

Where all that matters is their joy.

Sensory Imagination Where all kids can play, grow and thrive
**Messy Private
Crafts Play Hire**

And so
much more



07375871477

Hello@sensoryimagination.com

Activities for Children and Young People:

Amber Valley

Blend Youth Project

Check out Social Media, and their website for there weekly schedule.

Youth Groups - Ripley and Crich,

Youth Drop in's—Heanor and Ripley

Outreach—Belper Parks Estate,.



The Old Farm Bus

Youth Group/ Events, Family events for all ages—

Belper and Ripley ,

[The Old Farm Bus | Facebook](#)



AYUP -

Alfreton Youth Umbrella Provision

- Free Youth Club
- Friday's 5-7pm
- Alfreton Leisure Centre

Coat Hangers Youth Club—Langley Mill

c.robinson10@yahoo.com

Creative Arts Belper

10 workshops available for family art projects over the summer holidays

Creativeartsbelper.co.uk

Find your local Scouts group

07843933773

Scouts.org.uk



Childrens Saturday Club—Ripley

Supporting Children and young people between 8 and 14 who have been diagnosed with Autism,

10-12 spaces are available for each session. 10 am—4pm every other Saturday

01773 741221—

enquiries@derbyshireautismservices.org Unit 3a, Unicorn Business Park, Ripley, DE5 3EH-

Fleet Arts

Providing various community art groups and projects in Amber Valley for all age groups

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



Activities for Children and Young People: Amber Valley (2)

LGBT+ Collective

Fortnightly, Free, Inclusive youth clubs

Belper, Heanor, Alferton, Ripley, Matlock, Swadlincote (dates and times available on website or on social media)

youthclub@lgbtcollective.co.uk

[LGBT COLLECTIVE » A new LGBT provision for Derbyshire groups, support and events](#)



Infinite Wellbeing

Free Multi- Activity Youth sessions

From 5pm

Monday, Wednesday and Friday's

Working with local youth providers to provide a wide range of youth activities

Monday, Wednesday, Friday's 5-9pm

Infinite Wellbeing Community Centre,

Market Street

Heanor

DE75 7NR

infinite-wellbeing.co.uk/book-online

Rhyme Time

Monday 10-:30, Tuesday 12:30, Wednesday 12:30, Thursday 12:30, Friday 11am



Brightness Soft Play and Café

Open 7 days a week—Soft Play,

Babies £1.50

Children 1 and over £4.50

01773 417014

brighteyes192019@outlook.com

Activities for Children and Young People:

Amber Valley (3)

Bears - Breastfeeding

Hearnor Children Centre, Roper Avenue,

Hearnor

01629 532616



Breastfeeding support group at Hearnor Children's Centre

Dates the Hearnor BEARS group will take place at Hearnor Children's Centre 9.30 - 11.00a.m.

6 th June
20 th June
4 th July
18 th July
Weekly from 25 th July to 5 th September
19 th September
Sessions will be weekly from 26 th September

For telephone support, call to speak to a B.E.A.R.S volunteer in confidence on 07776 495900

Hearnor Children's Centre
Roper Avenue
Hearnor
DE75 7BZ
Tel: 01629 532616



Hearnor & Langley Mill - Local Baby and Toddler Groups

(Some sessions do not run during school holidays- please check)

Name and Address	Day/Time	Age	Cost
Boogie Beats Langley Mill Children's Centre Bailey Brook Drive, Langley Mill NG16 4FS Tel: 01629 533677 emma@boogiebeat.co.uk	Monday 02:00- 02:45 (Term Time only)	0-5yrs	Free
Baby Sensory Marpool Reform Church Chapel Street, Marpool, Hearnor, Derbyshire DE75 7NA Tel: 07554996492 nottsouth@babysensory.co.uk	10:00- 11:00 11:30- 12:30 (Need to book)	0-13months	£7.25 per session
Aldercar Toddler Group Aldercar Infant and Nursery School Godkin Drive, Langley Mill NG16 4GL Tel: 01773 713428	Tuesday 9:00-11:00 (Need to book)	0-3yrs	£2 (one adult to attend per child due to space)
Swimming in the Baby Pool sessions William Gregg Leisure Centre, Hands Road, Hearnor, DE75 7HA Please call and check, as times sometimes change Tel: 01773 537940	Tuesday 11:00- 12:15 Wednesday 12:00- 1:30 Thursday 12:00- 1:00	3 months+	£4.80- per adult. Children under 3yrs old are free. £3.40- children over 3yrs old.
Hearnor B.E.A.R.S Group Breastfeeding Support Group Hearnor Children's Centre Roper Avenue, Marpool, Hearnor, Derbyshire DE75 7BZ Tel: 01629 533677 Tel: 07776495900 (B.E.A.R.S)	Tuesday 09:30- 11:00am	For parents who are breastfeeding and children	Free

Continued over the page →

Tiny Talk Baby Signing St Andrew's Church, Station Road, Langley Mill NG16 4BP	Tuesday 10:15- 11:15	0-2yrs	£6.50 per session
Brinsley Primary & Nursery School Moor Road, Brinsley NG16 5AZ Teacher: Kimberley Gavuzzi Tel: 07794881317 www.tinytalk.co.uk/kimberleygavuzzi kimberleygavuzzi@tinytalk.co.uk	Wednesday 10:30- 11:30		Email/call for enquiries.
Hearnor Weenies 16 Wilmot Street, Wilmot Street Centre, Hearnor, DE75 7EF Tel: 01773 533050	Wednesday 10:00- 2:00	0-5yrs	£2.50 for first child. £1 per extra child.
Tots New Horizon Church 1 Linkmel Road, Langley Mill NG16 3RZ Tel: 01773 252888	Wednesday 10:00- Midday	0-5yrs	£1.50 per child
Story and Rhyme Time Hearnor Library Ilkeston Road, Hearnor, DE75 7DX Tel: 01629 533795	Thursday 11:00-11:30	0-5yrs	Free
Hokey Cokey Club Marpool United Reformed Church, Chapel Street, Marpool, Hearnor, Derbyshire, DE75 7NA, Tel: Val Smith 01773 715205	Friday 9:30- 11:30	0-5yrs	£2 for an adult and one child and then additional 50p for extra adult or child over 6m old.
Ohanababy Classes Hearnor Miners Welfare 50 Ilkeston Road Hearnor Derbyshire DE75 7DT Tel: 07572609607 www.ohanababyclasses.co.uk	Wednesdays 10.00-10.45am and 11.15-12.00pm.	0-13 months	Cost £7a class for block bookings. £7.50 for PAYG.

Correct at 19/01/2023 and subject to change. Before attending a group, we suggest you check that it is still running at the days and times noted.

Activities for Children and Young People:

Amber Valley (4)

AY! **JUST TURN UP!**

A Y U P

FREE SPORTS CLUB

11-16YRS WELCOME

4-6PM @ GENESIS

EVERY WEDNESDAY

Alfreton Town Council

RAN BY: THE OLD FARM BUS

AYUP!

#Good vibes change lives

FREE WORKSHOPS FOR 11-17 YEAR OLDS

FRIDAY'S
5pm till 7pm

**Music, Creative Writing,
Expressive Art Workshops**

WEEKLY SIGN IN ON EVENTBRITE!

Alfreton Leisure Centre - Places Leisure, Church St, Alfreton

DE55 7BD
The Old Farm Bus

WWW.THEOLDFARMBUS.CO.UK / THEOLDFARMBUS@GMAIL.COM

WHAT'S ON

AYUP

follow us!

find us on facebook

ayupalfreton@gmail.com

MONDAY **blend**

AYUP Outreach with Blend Youth Project 4-6pm
Starting from 4pm @ The Welfare/Skatepark (David Nicper Academy)
Please note: This is not a 'club night', this is an outreach project to help engage with the youth of Alfreton throughout various locations in the town.

FREE!

WEDNESDAY

AYUP Sports Club - Alfreton Leisure Centre
4-6pm FREE - 11-16 yrs
Sports and Games for fun not competition

FREE!

THURSDAY (FORTNIGHTLY)

Thursdays - AYUP/ LGBT Collective - LGBT+ Youth Club
Alfreton Tea Rooms - 5.30-7pm

FREE!

FRIDAY

AYUP Youth Club with The Old Farm Bus
STUDIO 44. (ABOVE NAUGHTY BUT NICE)
1 INSTITUTE LANE, ALFRETON DE55 7BQ

FREE!

Activities for Children and Young People:

Amber Valley (5)

Infinite Wellbeing—December 2023

<h1>DECEMBER 2023</h1>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Memory cafe 10-12 SEN Disco-cise 11-12 Intergenerational activities 1-2 Chair based exercise 2.30-3.30 Rev 2 Rev stories and song 7	2 Christmas beaded star decoration workshop 10-1 Share the joy Christmas shopping event 5-7
3	4 Standing Tai Chi 11-12 Seated Tai-Chi 12.15-1.15 Family fun 3.30-6.30	5 Seated Tai-Chi 11-12 Standing Tai-Chi 6-7 Psychic development & spiritual social club 6-8	6 Youth activities 5-7 Dance with Miranda 6.45-7.30	7 Crochet & Coffee morning 9-11 Fused glass Christmas decoration workshop 10.30-12.30 Teatime club with Sen-Fit 4-6 Vision board workshop 5-7	8 Memory cafe 10-12 SEN Disco-cise 11-12 Intergenerational activities 1-2 Chair based exercise 2.30-3.30	9 Family fun film night from 4.30
10 Christmas market 10-2	11 Standing Tai Chi 11-12 Seated Tai-Chi 12.15-1.15 Family fun 3.30-6.30	12 Seated Tai-Chi 11-12 Standing Tai-Chi 6-7 Psychic development & spiritual social club 6-8	13 Youth activities 5-7 Dance with Miranda 6.45-7.30	14 Crochet & Coffee morning 9-11 Teatime club with Sen-Fit 4-6 Daytime sound bath 11-12	15 Memory cafe 10-12 SEN Disco-cise 11-12 Intergenerational activities 1-2 Chair based exercise 2.30-3.30	16 Family fun night from 4.30
17	18 Standing Tai Chi 11-12 Seated Tai-Chi 12.15-1.15 Family fun 3.30-6.30	19 Seated Tai-Chi 11-12 Standing Tai-Chi 6-7 Psychic development & spiritual social club 6-8	20 Youth activities 5-7 Dance with Miranda 6.45-7.30	21 Crochet & Coffee morning 9-11 Teatime club with Sen-Fit 4-6 Sound bath 7-8	22 Memory cafe 10-12 SEN Disco-cise 11-12 Intergenerational activities 1-2 Chair based exercise 2.30-3.30	23 Carol concert Family film night from 4.30
24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED
31 CLOSED						

Activities for Children and Young People:

Amber Valley (6)

Christmas Fair With Santa's Grotto

At Riddings Park Community Centre

On Sun 26th November 2023

From 10.00am To 4.00pm



Codnor Christmas Carol Service

At Codnor Market Place

On Tue 12th December 2023

From 7.00pm To 8.30pm

[More Information](#)



Elf Trail

At Shipley Country Park, Heanor

On Sat 23rd December 2023

From 10.30am To 2.00pm

[More Information](#)



Education: Amber Valley

Derbyshire Adult Community Education

Online directory:

[Adult community education - Derbyshire County Council](#)

Open Enrolment Days

Are you eager to start on a new learning journey but uncertain about choosing the right course? Look no further! Our friendly staff can help you to find the perfect course for your goals and interests.

At all of our adult community education centres, we have arranged special sessions to provide personalised guidance. Mark your calendars for these dates:

- Tuesday 22 August, from 10am to 2pm
- Tuesday 5 September, from 10am to 2pm
- Tuesday 19 September, from 10am to 2pm

Our team of staff and careers coaches will be available during these sessions to lend you a helping hand. Whether you're seeking to develop new skills or enhance your existing ones, we can support you to explore the options and find the course that's right for you.

Once you've chosen your course, we'll be there to guide you through the enrolment process.

To locate your nearest centre and discover the opportunities we offer, visit www.derbyshire.gov.uk/ACEcentres or give us a call on 01629 531241.

DCC Learning for 14 – 19 Year Olds

Email: 14-19study.programme@derbyshire.gov.uk

[Learning for 14 to 19-year-olds \(derbyshire.gov.uk\)](http://derbyshire.gov.uk)

[Learning for 14 to 19-year-olds - Derbyshire County Council](#)

Build your confidence and gain real skills for work or to help you with further study.

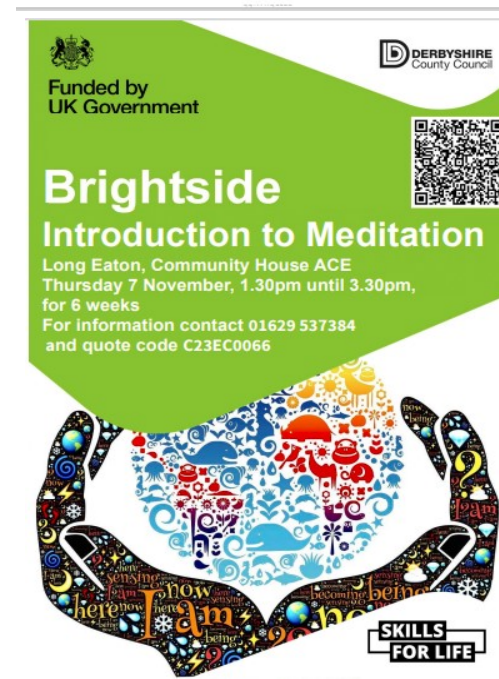



Funded by UK Government

Brightside Weaving with Willow

Long Eaton, Community House ACE
Thursday 28 September, 1pm until 3pm, for 6 weeks
For information contact 01629 537384 and quote code C23EC0067







Funded by UK Government

Brightside Introduction to Meditation

Long Eaton, Community House ACE
Thursday 7 November, 1.30pm until 3.30pm, for 6 weeks
For information contact 01629 537384 and quote code C23EC0066

Employment and Training: Amber Valley

National Careers Service

Tel: 0800 100 900 to speak to an adviser.

We're open:

8am to 8pm Monday to Friday

10am to 5pm Saturday and bank holidays.

Web: [Careers advice - job profiles, information and resources | National Careers Service](#)

**National
Careers
Service**

Derbyshire County Council Careers Service



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.

County Wide contact:

Tel: 07717 343085

Email: louise.wilson@derbyshire.gov.uk

For more information and to register your

interest online: [Careers service - Derbyshire County Council](#)

YMCA Derbyshire

0115 944 3226

training@ymcaderbyshire.org.uk

[The Campus – Ilkeston - YMCA Derbyshire](#)

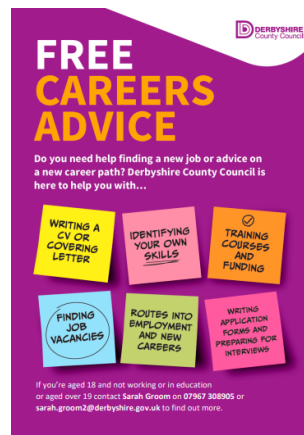
YMCA

Derbyshire Careers

If you are aged 18 and not working or in education or over 19

Sarah.groom2@derbyshire.gov.uk

07967 308905



YES Derbyshire –Youth Employment Support

Access local training and job opportunities, as well as a range of services to address health and wellbeing support needs.

Phone: 01629 539720

Text: HUB to 8655

Email: youth.hub@derbyshire.gov.uk

Derbyshire Adult Community Education

Online directory:

[Adult community education - Derbyshire County Council](#)

Courses offering different qualifications and study levels

We offer a range of courses offering different qualifications and study levels, and support and guidance to help you make the right decision.

[Adult community education - Derbyshire County Council](#)

DCC Learning for 14 – 19 Year Olds

Email: 14-19study.programme@derbyshire.gov.uk

[Learning for 14 to 19-year-olds \(derbyshire.gov.uk\)](#)

[Learning for 14 to 19-year-olds - Derbyshire County Council](#)

DCC Disability Employment Service

The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work and paid employment.

What we do • Help to match you to the job that's right for you • Help finding work experience and voluntary work • Make sure you find out about job vacancies • Help with selling yourself in your application forms and CV • Help you prepare for interviews advise you about support in the workplace, such as equipment or other support you may need • Support you to access work placements and apprenticeships • Help employers to support their disabled staff

Tel: 01629 532440

email:

disabilityemploymentsvice@derbyshire.gov.uk

Volunteering: Amber Valley

Youth and Community Engagement Workers

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

please contact: Mikey or Rebecca
Mikey.Heald@Derbyshire.gov.uk Rebecca.Patrick@Derbyshire.gov.uk



Amber Valley CVS

<https://avcvs.org/>



LGBT+ Collective

One2One—web based volunteers

Volunteer Youth Workers for youth clubs, events and holiday clubs

lgbtcollective.co.uk

hello@lgbtcollective.co.uk



Derbyshire Time Swap

SWAP YOUR TIME WITH INDIVIDUALS AND ORGANISATIONS IN DERBYSHIRE

[HOME | Derbyshire Time Swap | Swap your time with others](#)



DERBYSHIRE
TIME SWAP

Looking for a volunteering opportunity?

We have the following positions available :

Secretary
Coordinator **Supporter**
Coordinator

Email: Derbyrecruiter@readeasy.org.uk for a chat

 **Read Easy**
Derby & District

Registered charity: 1202775

Waingroves Community Association

Waingroves Litter Pick

All residents are welcome to come along and help litter pick our community on the following dates at 10am:

All children under the age of 16 MUST be accompanied by an adult over 18.

Friday 8th September 2023

Saturday 14th October 2023

Saturday 18th November 2023

Saturday 16th December 2023

Saturday 13th January 2024

Saturday 17th February 2024

Meet at:
Waingroves Community Centre
Church Street
Waingroves
DE5 9TF

All litter picking equipment and materials are supplied by Waingroves Community Association from the Centre, thanks to funding from Ripley Town Council.



For further information, contact Councillor David Williams - 01773 744754

Any other Information: Amber Valley



WEEKLY BAKING CLASSES

- 130-230PM, WEDNESDAY, HOME EDUCATORS, 4-14YRS
- 10-11AM, THURSDAY, BUSY BAKERS, 2-4YRS
- 130-230PM, THURSDAY, BUSY BAKERS, 2-4YRS
- 10-11AM, FRIDAY, BUSY BAKERS, 2-4YRS
- 10-11AM & 1130-1230PM, SATURDAY, CHEFLETS, 5-12YRS

HALLOWEEN PARTY

- 27th October 2023 •
- 6.30- Late •
- DISCO •
- BUFFET •
- SCARE ROOMS •
- PRIZE FOR BEST DRESSED •

£2.50PP CONTACT AMBER VALLEY RUGBY CLUB TO BOOK YOUR TICKETS OR BUY FROM THE BAR
PRE BOOK TICKETS ONLY

Lower Somercotes, Alfreton, DE55 4NQ

18+

LGBT+

ALFRETON OVER 18'S LGBT+ DROP IN GROUP

THIS IS A FREE INCLUSIVE GROUP FOR OVER 18'S WE WELCOME ANYONE WHO IDENTIFIES/ QUESTIONING AS LGBT+ AS WELL AS ALLIES.

ALFRETON TEA ROOMS.
 27 HIGH STREET.
 ALFRETON.
 DE55 7HH

**MEET NEW PEOPLE
 GAMES AND CRAFTS
 GET INFORMATION AND ADVICE**

7:30PM-9PM
 THURSDAY 17TH AUGUST
 THURSDAY 31ST AUGUST
 THURSDAY 14TH SEPTEMBER
 THURSDAY 28TH SEPTEMBER

07883 509 312
LGBTCOLLECTIVE.CO.UK
HELLO@LGBTCOLLECTIVE.CO.UK

Any other Information: Amber Valley

Free breastfeeding support & social

BELPER GROUP WEEKLY
Fridays

1:15pm - 2:15pm

B.E.A.R.S

Ask Me About Breastfeeding

Belper Early Years Centre
Alder Road, Belper
DE56 1LP

Mortgage Surgery
Tuesday 3rd October 10:00am-12:00pm
Alfreton Library Severn Square,
Alfreton DE55 7BQ

Are you looking to buy a home?
Worried about your mortgage rate?
Not sure if it's the right time to buy a home?

Come have a chat.
You can also contact us on:

07896 284284
TheHomeBuyerClub
thehomebuyerclub.co.uk

Your home may be repossessed if you do not keep up repayments on your mortgage.

www.cookstars.co.uk @cookstarsderbycentralandwest @beckicookstars

Kids Christmas Workshop at:
All Saints Church
Ilkeston Road
November 25th
9.30 - 11.30
12.30 - 2.30

Decorate a Christmas snow globe

Make, bake and decorate a chocolate yule log!

Make a decorative Christmas cracker

Gingerbread man bake-at-home kit + cookie cutter
Free drink & snack for all children & helpers.

Call Becki: 07838124922 Email: becki@cookstars.co.uk
Book online: <https://cook-stars-https://cook-stars-derby-central-and-west.classforkids.co.uk>



Sports Events In And Around The Amber Valley

Looking for Sports Events in and around The Amber Valley then take a look at the list of events we have compiled for you on Amber Valley Info <https://www.ambervalley.info/ambervalleysportsevents.asp>

A festive poster for a Christmas event. It features colorful fireworks in the background. The text is in various colors and fonts, including orange, red, and black. At the bottom, there is an illustration of a Christmas market with stalls, trees, and a sleigh.

CHRISTMAS LIGHTS SWITCH ON
AN EVENT FOR THE WHOLE FAMILY TO ENJOY!
FRIDAY 24TH NOVEMBER
4.30PM-9.00PM
LIGHTS ON AT 7PM
Toll Bar Square & Parish Hall

**LIVE MUSIC - FIREWORKS - CAROLLING - FOOD - RIDES
ILLUMINATIONS - SANTA'S GROTTTO - MINI MARKET**

Schedule:
Food, Rides & Parish Hall Mini Market from - 4.30pm
Holy Trinity Children's Dance Group - 5.40pm
Music and Carols from 5pm at Toll Bar Square
Santa's Sleigh Procession to Toll Bar Square - 6.30pm
Fireworks & Illuminations - 7pm
Santa's Grotto Opens - 7.15pm

A festive poster for a Christmas market. It features various Christmas-themed illustrations like gingerbread men, hats, trees, and gifts. The text is in a mix of black and white fonts. A red banner at the bottom says "FREE ENTRY".

Alfreton Christmas Market

Saturday 25th November
12pm - 5pm

Genesis Entertainment Centre
King street, Alfreton, DE55 7DQ

- Craft & Gift Stalls
- Kids Entertainment
- Santa's Grotto
- Local Businesses
- Food & Drink
- And Much More!

FREE ENTRY

Any other Information: Amber Valley



BELPER CHRISTMAS LIGHTS SWITCH ON

FRIDAY 24TH NOVEMBER 5.45PM

Followed by stalls and entertainment along King Street, including Santa's Grotto & music from tribute band Slade UK, until 8pm.



 **Belper Town Council** Organised by Belper Town Council 

FESTIVE FROZEN BREAKFAST

SUNDAY 26TH NOVEMBER 2023

9.30am - 11.30am

Here at Golden Valley Caravan Park we are hosting a magical morning with the Ice Queen and friends to indulge in a scrumptious royal breakfast.

Look forward to a cheeky visit from our special guest **Elf on the Shelf**

- * Meet and greets from the Frozen Family all the way from Arendelle
- * Children start their Christmas countdown with an advent calendar gift
- * Delicious Hot and Cold breakfast options with drink served from 10am
- * Festive Fun and Games
- * Chocolate log ride

£10 per Adult

£12 per Child

Golden Valley

CARAVAN PARK & CAMPSITE

COACH ROAD | GOLDEN VALLEY | DERBYSHIRE | DE55 4ES



 FIND US ON FACEBOOK

Showcase of the Month

Healthy Start NHS Scheme

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

Healthy Start vitamins – these support you during pregnancy and breastfeeding

vitamin drops for babies and young children – these are suitable from birth to 4 years old



Healthy Start: How to apply

If you get Universal Credit, you can apply online if:

- you're more than 10 weeks pregnant or have at least one child under 4 years old
- your family's monthly 'take-home pay' (also called 'earned income') is £408 or less from employment

If you get Child Tax Credit, you may be eligible for Healthy Start if:

- your family's annual income is £16,190 or less
- you do not get Working Tax Credit
- Most people who get Child Tax Credit can apply online. You can apply online if you're either:
 - more than 10 weeks pregnant and have children under the age of 4
 - not pregnant but have children under the age of 4

If you're more than 10 weeks pregnant and have other children who are all aged 4 or older, you'll need to apply by email or phone.

To apply online, you'll need your:

- name
- address
- date of birth
- National Insurance number
- baby's due date (if you're pregnant)
- benefit award letter if you're over 18 – make sure you enter the exact details shown on your benefit award letter



0300 330 7010 to contact the service



healthy.start@nhsbsa.nhs.uk



Website for more information



Document for more information

