

Tuesday 12th May 2020

Locality: Erewash

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Foodbanks

Local Info



Cotmanhay Community Network

What support do they offer? Offering food parcels to the **Ilkeston, Cotmanhay and Kirk Hallam areas** for the most vulnerable within the community. They will be able to provide parcels on Wednesdays and Thursdays; a team of volunteers will be assembling and delivering the parcels. Cut off for food parcels are at 5pm each Tuesday anything that comes in after will be sent out the following Wednesday.

If you would like to refer a family please do so by emailing the Community network directly; cotmanhaycommunitynetwork@gmail.com all referrals **MUST** be done via email. Information they require:

Family name

Address

How many people in the family.

Contact information.



Arena Church Foodbank Ilkeston

What support do they offer? Food and essentials for all in need. This food bank requires information about the individual/family to sign them up to the scheme. People using the service can still go to the foodbank but strict distancing procedures are in place.

Contact details:

Belfield St,
Ilkeston
DE7 8DU

Telephone - 0115 944 2996

Email - admin@arenachurch.co.uk

Opening times: Now open 10am – 16:00 each day



The Big Kirk Hallam

What support do they offer? This community shop is open to the public and enforcing the strict guidelines around social distancing. There are many affordable products to buy between 50p – £2.00

including meat, vegetables, drinks, hand soap etc.

Contact details:

Kenilworth Dr,
Kirk Hallam,
Ilkeston
DE7 4EX

Telephone - 0115 8371380

Facebook page - <https://www.facebook.com/BigKirkHallamCC/>

Wednesday 2-4pm, Thursday 10am-12noon, Friday 10am - 12noon



Long Eaton and Sawley Food Bank

What support do they offer? Food hampers and essentials through a referral process.

If DCC employees want to make a referral for a family they are working with please contact jo.Mcguire@derbyshire.gov.uk to complete a online e-voucher referral.



Community Meal – Erewash

What support do they offer? Volunteer lead project who are providing cooked meals for residents across the whole of Erewash which volunteers deliver.

Please contact Benjamin to refer the elderly and vulnerable people within your community.

Contact details:

Benjamin Pierre Durnan-Fletcher

Telephone - 07548288652

nise.skateboards@gmail.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
enquiries@trusselltrust.org



Rural Action Derbyshire

www.ruralactionderbyshire.org.uk




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

Money and Finance

Local Info; Currently no further local updates

 <p>Department for Work & Pensions</p>	<p>This website gives the most up to date government information for benefits, Universal Credits etc.</p>	<p><u>website</u></p>
 <p>citizens advice</p> <p>Help where you want it, when you need it... Registered Charity No.1094369</p>	<p>Citizens Advice</p> <p>There is general advice specifically about COVID-19 on the national Citizens Advice website here:</p> <p>We cover a wide range of issues including...</p> <ul style="list-style-type: none"> Housing (renting and home ownership) Debts and Money Problems Family and Relationships Health and Social Care Energy Efficiency Employment Consumer Benefits <p>Our advice is free, confidential, impartial and independent.</p>	<p>Call our Derbyshire Districts Advice line: Monday to Friday 9.00am - 4.00pm 0300 456 8390 (See reverse for call charges)</p> <p><u>website</u></p>
	<p>Covid-19 Cyber and Fraud Information Sheet</p> <div data-bbox="400 1630 1129 1845" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>East Midlands Special Operations Unit</p>  </div> <p>This advice has been collated by EMSOU and is intended for wider distribution within the East</p>	<p><u>Website</u></p> <p><u>Website</u></p>

	<p>Midlands Region to raise awareness among businesses and the public.</p> <p>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.</p>	
	<p>Benefits during the Coronavirus</p> <p>This link has the most up to date information for benefits, Universal Credits etc. The Information is updated daily</p>	<p><u>website</u></p>
	<p>Money Advice Service</p> <p>The Money Advice Service gives guidance and help with how to manage your money better.</p>	<p><u>website</u></p>
	<p>Derbyshire Discretionary Fund</p> <p>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.</p>	<p><u>website</u></p>
	<p>Money Saving Expert</p> <p>Employment Help</p>	<p><u>website</u></p>

 <p>Intervention . Support . Education</p>	<p>The Stop Loan Sharks Helpline Service -</p> <p>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-</p>	<p>24/7 hotline 0300 555 2222 Text a report 07860022116</p> <p>shark@stoploansharks.uk</p> <p>website</p>
	<p>Step change</p> <p>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.</p>	<p>Website</p>
 <p>a local charity</p>	<p>Warmer Derby & Derbyshire helpline is open</p> <p>Our energy bills/cold homes phonenumber service is still running, albeit in a modified form. The Warmer Derby & Derbyshire number is still available 0800 677 1332, while home visits will be replaced by conference/video calls where appropriate, and/or postage of information leaflets & materials.</p> <p>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.</p> <p>As households around Derbyshire stay at home, our energy bills are set to rise as gadgets become essential for staying in touch and the heating needs to be on during the day. Keep ahead of the game by calling an Energy Advisor at Warmer Derby & Derbyshire on 0800 677 1332.</p> <p>You can call for advice about:</p> <ul style="list-style-type: none"> • energy bills • switching tariff • how to make your home more energy efficient • how to apply for grants for heating systems and insulation <p>We also have a small crisis fund for vulnerable households with acute problems affected by COVID-19 and associated difficulties in contacting suppliers. Please call us for more information. Freephone: 0800 677 1332 or email wdd@mea.org.uk</p>	

About Money Sorted in D2N2

Money Sorted in D2N2 provides support and personally tailored interventions for people experiencing financial difficulty. It can help you take control, build your confidence and skills and help you tackle barriers and problems in order to improve your financial well-being for the longer term.

Who is it for?

Anyone who is experiencing financial difficulties and worries and would like some support. It is for people living in either Derby, Derbyshire, Nottingham or Nottinghamshire.

You need to be of working age and either unemployed or not in paid work at the time of starting.

What does the project provide?

- A personal worker working with you (a 'Personal Navigator')
- Assessment of your financial well-being
- Personal action plan
- Help to improve your skills, knowledge and confidence with different money issues, (topics such as budgeting, banking, debt, credit, saving). This is tailored to your needs through one to one or group sessions.
- Option of a Money Mentor
- Support (or referrals) with your current financial circumstances, (such as benefit, debt, banking).
- Support getting into employment, training or job search.

How is the project funded?

'Money Sorted in D2N2' is a project funded part of the Building Better Opportunity programme in D2N2. The project is funded by European Social Fund and The National Lottery Community Fund.



'I have been very happy with the service provided by Money Sorted. It has been a big help to me to move forwards and also have an understanding of money situations to deal with'
- (participant)

'Money Sorted In D2N2' helps people with money management and supports them to improve their financial well-being.

It can help you if you are someone not in work and you live in Derby, Derbyshire, Nottingham or Nottinghamshire.

Money Sorted in D2N2 Office

Tel: 0115 908 1534

Email: info@moneysortedind2n2.org

www.moneysortedind2n2.org

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Housing

Local Info;



DHA – Direct Help and Advice Housing Ilkeston

What support do they offer? FREE specialist housing advice.

Tel: 0115 930 0199

Website: <https://www.dhadvice.org>



Erewash Borough Council – Housing Support

What support do they offer? Preventing homelessness, and providing temporary homes to qualifying households if they do become homeless. We do this by working with tenants, housing associations (such as EMH Homes), private landlords and other organisations to help people stay in their home or find alternative housing. **Telephone:** 0115 907 2244

Website: [www.erewash.gov.uk/index.php/for-](http://www.erewash.gov.uk/index.php/for-you/housing-menu.html)

[you/housing-menu.html](http://www.erewash.gov.uk/index.php/for-you/housing-menu.html)



EMH Homes

What support do they offer? Housing Support within the Erewash Area.

Telephone: 0300 123 6000

Email: enquiries@emhhomes.org.uk

Website: www.emhhomes.org.uk

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

Morrison's Foundation – Covid 19 Homeless Support Fund. The Morrison's 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. www.morrison'sfoundation.com/latest-news/covid-19/

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;



Coronavirus Talkline

If you are struggling with the current crisis or would just like someone to talk to please call
07375 468 005 (Elephant Rooms)
between 10.00am and 4.00pm
weekdays

The Talkline is part of Draycott Village Coronavirus Support Group and is a free service

If you need help with shopping, post, fetching medicine and other practical matters please contact
Draycott Village Coronavirus Support Group:
Phone 07388 451 102
Email: coronavirusdraycott@gmail.com

Promoted by Draycott Churches and Community Groups



you take time to talk - we take time to listen... **time to talk**

listening line

For a friendly, safe, listening support you can call one of our numbers to speak to one of our team:
07434612417
07434612415
07434612638
lines open Monday-Friday
10.00am-12.00pm, 7.00pm-9.00pm

*Whilst we don't charge for our service, you should check with your provider whether there will be any call charges
*Time To Talk is a service for the community staffed by volunteers from the Oasis Christian Centre, 129-131 Derby Road, Long Eaton, NG10 4LL





OASIS DERBYSHIRE County Council  Our staff are trained in mental health first aid










Dr Radha's five mental health tips for lockdown


[Website](#)

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

	<p>coronavirus lockdown, all beginning with the letter C.</p> <p>Sticking to a routine, making sure we take care of ourselves, and using our creativity in new ways are all ways she suggests we can ease the psychological toll that staying inside is having on all of us.</p>	
	<p>Derby and Derbyshire: Emotional Health and Wellbeing.</p>	<p><u>Website</u></p>
	<p>Kooth</p> <p>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.</p>	<p><u>website</u></p> <p>Online chat: Available</p>
	<p>Qwell</p> <p>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.</p>	<p><u>website</u></p> <p>Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends</p>
	<p>Derbyshire LGBT+</p> <p>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.</p> <p>Online chat: Available on Facebook www.facebook.com/derbyshirelgbt/</p>	<p><u>website</u></p> <p>Telephone: 01332 207704 Email: INFO@DERBYSHIRELGBT.ORG.UK</p>

	<p>The Mix</p> <p>Essential support for under 25's, including mental health, housing and relationships</p>	<p><u>Website</u></p>
	<p>Every Mind Matters</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><u>website</u></p>
	<p>Samaritans</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><u>website</u></p> <p>Telephone: 116123</p>
	<p>Place2Be</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><u>website</u></p> <p>Telephone: 020 7923 5581 Out of hours: 07850 265681</p>

	<p>Action for Children</p> <p>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.</p> <p>Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet https://www.actionforchildren.org.uk/support-for-parents/</p>	<p><u>website</u></p>
	<p>Men-Talk</p> <p>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.</p>	<p>Email: mentalkmeeting@gmail.com</p>
	<p>Child line</p> <p>Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.</p>	<p>Telephone: 0800111 Online Chat: Available on their website</p>
	<p>Rethink Mental Health</p> <p>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</p>	<p><u>Website</u></p> <p>Telephone: 01773 734989</p>
	<p>Deaf-initely Women</p> <p>What support do they offer? Definitely Women have created a new group for women who are deaf, deafblind, hard of hearing and any hearing loss.</p>	<p><u>Website</u></p>

	<p>Every Thursday 2-3pm – we will be around on Facebook group but most of us will be using Zoom – more private and able to see each other with subtitle.</p> <p>Especially in this difficult time with Coronavirus, we want to support you to prevent feeling isolated and lonely. We want all deaf and hard of hearing women to be included to discuss various topics, drop in chat or even just a quick hello!</p> <p>We will be setting up Zoom topic group, we will include caption/voiceover/BSL.</p>	
	<p>Vita Minds</p> <p>Vita Minds are new NHS providers within the IAPT (Improving Access to Psychological Services) community commissioned by Derby and Derbyshire CCG.</p> <p>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 HERE.</p> <p>People can refer themselves directly into the service either by calling 0333 0153 496 or by visiting the website and using the self-referral form HERE.</p> <p>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.</p>	



What is VitaMinds?

VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. VitaMinds can help. If you are over 16 and live in Derby and Derbyshire we can support you and provide you with the tools you need to get things back on track.

If you are suffering from:

- ✔ Excessive worry
- ✔ Low mood
- ✔ Depression
- ✔ Anxiety
- ✔ Social Anxiety
- ✔ Agoraphobia
- ✔ Obsessive Compulsive Disorder
- ✔ Body Dysmorphic Disorder
- ✔ Panic
- ✔ Trauma
- ✔ Specific Phobias
- ✔ A lack of motivation
- ✔ Have a Long-term health condition such as Diabetes, CPD, Chronic Pain, IBS, you are more likely to feel low in mood

VitaMinds can provide you with advice and guidance on the best options for you. We will take the time to understand what you need to get back on track.

We provide a range of evidence based talking therapies as well as advice and guidance on community services that can support you in your local area.

How we can help

Call or refer online and our supportive team will book you an appointment with one of our therapists who will take the time to talk with you about what's concerning you and provide you with the best options and next steps that can help.

These initial appointments will usually be offered by telephone.

Talking Therapies:

For your choice and convenience, all of our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one, in a group).

- ✔ Psycho-educational courses – An opportunity to learn with others about your symptoms and new coping techniques
- ✔ Computerised Cognitive Behavioural Therapy (CCBT) – You need access to a computer for this
- ✔ Self-guided therapy with phone support from a therapist. 12 months access to a range of self-help materials
- ✔ Cognitive Behavioural Therapy (CBT) – Individual talking therapy that aims to change negative thinking and develop new ways of coping
- ✔ Eye Movement, Desensitisation and Reprocessing (EMDR) – specifically for trauma
- ✔ Counselling for Depression – where you've tried CBT and prefer a counselling approach
- ✔ Mindfulness – for recurrent/repeated episodes of depression
- ✔ Couples CBT for Depression – designed to treat depression in couples where there is also relationship distress

Monday – Friday 8.00am – 8.00pm, Saturdays 8.00am – 12.30pm
0333 0153 496 | iapt.derbyshire@nhs.net | vitahealthgroup.co.uk/vitaminds


Derby and Derbyshire
Clinical Commissioning Group

First Steps – Together At Home



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

To find out more and follow the links to join in click [HERE](#)

Online Support Schedule

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
(see below)



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](https://www.facebook.com/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 Abuse

If you are in immediate danger call the police




999


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

Tuesday 12th May 2020







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


Local Info; No further local updates

	The National Domestic Abuse Helpline Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.	<u>website</u> 0808 2000 247 24 hours a day Free Calls
	Safer Derbyshire Derbyshire 24/7 helpline	<u>website</u> 08000 198 668
	Women's Aid Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.	<u>website</u>
	Respect Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.	<u>website</u> 0808 8024040
	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	<u>website</u> enquiries@salcare.org.uk 01773 765899

	<p>Galop</p> <p>Domestic Violence support for members of the LGBT+ community</p>	<p><u>website</u></p> <p>0800 999 5428 help@galop.org.uk</p>
	<p>The Men's Advice Line</p> <p>A confidential helpline for male victims of domestic abuse and those supporting them.</p>	<p><u>website</u></p> <p>0808 801 0327</p>

Safeguarding

	<p>Make Yourself Heard</p> <p>In danger, need the police, but can't speak?</p> <ol style="list-style-type: none"> 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. <p> <small>Lead by</small>  <small>Supported by</small>   </p> 	
 	<p>Derbyshire County Council</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>NSPCC</p> <p>Support for Children and parents in regard to mental health, safety, bullying etc.</p> <p>Child Line</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>

 <p>childline ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</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>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.</p>	
	<p>For concerns that are not immediate you can contact Derbyshire police using any of the below methods:</p> <p>Facebook – send them a private message to /DerbyshireConstabulary Twitter – direct message their contact centre on @DerPolContact Website – complete the online contact form www.derbyshire.police.uk/Contact-Us. Phone – call them on 101.</p> <p>Supporting vulnerable children and young people during the coronavirus outbreak</p>	

Parental Support

Local Info;



Home Start - Erewash

What support do they offer? Home-Start works with families in communities, starting in the home our approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's

home supporting them in the ways they need. Due to the current Covid-19 situation there will be changes to the way HomeStart offer their service.

Telephone: 0115 930 4640

Email: Complete contact form on the website

Website: www.home-start.org.uk

Erewash Children's Centre Activity Guide
For more information on any group or activity, please see the contact details as indicated on the guide.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Home Start Erewash 09:30 - 11:30 am Home Start Erewash 100, The Green, Erewash, Derbyshire S24 5JG Tel: 0115 930 4640 www.home-start.org.uk</p>	<p>Home Start Erewash 09:30 - 11:30 am Home Start Erewash 100, The Green, Erewash, Derbyshire S24 5JG Tel: 0115 930 4640 www.home-start.org.uk</p>	<p>Home Start Erewash 09:30 - 11:30 am Home Start Erewash 100, The Green, Erewash, Derbyshire S24 5JG Tel: 0115 930 4640 www.home-start.org.uk</p>	<p>Home Start Erewash 09:30 - 11:30 am Home Start Erewash 100, The Green, Erewash, Derbyshire S24 5JG Tel: 0115 930 4640 www.home-start.org.uk</p>	<p>Home Start Erewash 09:30 - 11:30 am Home Start Erewash 100, The Green, Erewash, Derbyshire S24 5JG Tel: 0115 930 4640 www.home-start.org.uk</p>


Erewash Children's Centre Facebook

What support do they offer? Daily updates, information and clever ways to keep your child entertained.

Contact via Facebook: Why not give the page a like?

Facebook page: <https://www.facebook.com/Erewash-childrens-centres-767398753323956/>

www.facebook.com/Erewash-childrens-centres-767398753323956/

 <p>Parent Zone What support do they offer?</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Website</p>
<p>Cooking on a budget</p> <p>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.</p> <p>Coronavirus updates</p> <p>Lockdown help with the latest information on supermarkets, MOT's and more.</p> <p>DIY Haircuts</p> <p>The Breastfeeding Network</p>	<p>website</p> <p>website</p> <p>website</p> <p>Website</p>



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

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.

[website](#)

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-isoaltion/>

<p><u>Communication Unlimited</u></p> 		<p>Tel: 01332 369920</p> <p>SMS: 07812300280</p> <ul style="list-style-type: none"> Fax: 01332 369459 Email: bookings@cu-bsl.co.uk <p>Facebook: https://www.facebook.com/BSLcommunicationunlimited/</p>
<p>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.</p>		

Education

Local Info; No further local updates

<p>Primary School Resources</p>	<p><u>website</u></p>
<p>Secondary School Resources</p>	<p><u>website</u></p>
<p>Digital Skills</p>	<p>You can find support with digital skills from the Good Things Foundation at: Learn My Way: www.learnmyway.com/ and Make it Click: https://makeitclick.learnmyway.com/directory</p>
<p>Indoor Activities</p>	<p>English – https://www.britishteachers.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578 Polish – https://www.britishteachers.org/Handlers/Download.ashx?IDMF=287903f4-9808-4e87-a633-49a4306cfd6f</p>

<p>Outdoor Activities</p>	<p>English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=fd30d8de-fc23-45d8-93f1-d2eead8f13bf Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=22d0d143-98c4-4aca-b829-f65d11bbf6fc</p>
<p>Kitchen Activities</p>	<p>English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=a4aa24ed-ed26-4bd5-a2eb-be11fddde0bb Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=17c6ad2e-afb5-43a2-8ff1-000d2da05901</p>
<p>Make it activities</p>	<p>English – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d Polish – https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d</p>



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



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 or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020

Employment/ Training

Local Info; No further local updates

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

Bassetlaw CVS

website

01909 476118
admin@bcvs.org.uk

Links CVS

website

01246 274844
info@linkscvs.org.uk

Learn through Volunteering

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

website

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

website



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Date of publication: 28/04/2020



Website

Inspire

What support do they offer? Aged 16-24 and unsure what you are doing from September? Inspire Learning Study Programmes are ENROLLING NOW!

Free Short Courses –
Advanced skilled programme.

[Entrepreneurial & Small Business Marketing](#)

29 April 2020, 10am-12pm

[Introduction to Strategic Marketing in a Digital Age](#)

Delegates to log in to two sessions:

Session 1: 6 May 2020, 2pm – 3.30pm

Session 2 :13 May 2020, 2pm – 3.30pm

Community Support

Local Info;

Local Info



Erewash Voluntary Action

What support do they offer?

Erewash Voluntary Action has set up a new service in response to the COVID-19 Virus and people who are in self-isolation. This will be a time limited service to provide a one-off shop or prescription collection service in response to those most in need; to people who have

no other support network at this difficult time to provide them with some much-needed shopping essentials.

Self-referrals for this service can now be made by either calling Erewash Voluntary Action on 0115 9466740 (9.00 – 3.30pm) or complete the attached CV-19 Referral Form with as much information as possible and return to cvresponse@erewashcvcs.org.uk.

Once the referrals have been received, we shall allocate a DBS checked and trained member of staff or volunteer. Please call to limit exposure, we will not be conducting a face to face meeting prior to allocation, so it is imperative that a CV-19 Referral Form is completed in full.

Telephone: 0115 946 6740

Email: enquiries@erewashcvcs.org.uk

Website: <http://www.erewashvoluntaryaction.org.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 the OurWatch website on the link below and enter your postcode.

Website

Deaf-initely Women Community Support Group



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

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.

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](#).

Alcohol and Substance misuse support

Local Info; No further local info

 <p>Change Grow Live</p>	<p>Change Grow live</p> <p>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.</p> <p>Derbyshire Recovery and Peer Support Service</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><u>website</u></p> <p>Telephone: 01773 303646</p> <p>Email: derbyshire@cgl.org.uk.</p> <p>Helpline Number: 01773 734989</p>
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Support for Children and Young People

Local Info;



Derbyshire – Your Sexual Health Matters

What Support do they offer? Our Sexual Health Matters provides a free and confidential condom and lube by post service to people who live in Derbyshire and Derby City. If you are 13 to 15, one of our practitioners will call you for a chat - we will require a mobile or land line telephone number before we are able to process your order.

Website:

<https://www.yoursexualhealthmatters.org.uk/contraception/condoms/postal-condoms>

Childrens guide to Coronavirus
Website

Covid-19 Packs for Children
Website

Action for Children - www.actionforchildren.org.uk



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

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

Website

ChildLine – Website

childline

ONLINE, ON THE PHONE, ANYTIME
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: 08001111 **Online Chat:** Available on their website

UNICEF for Every Child



Website

ONLINE Postal Condoms
Website

Volunteering

Local Info; If you would like to become a volunteer for Derbyshire County Council please contact your local Youth and Community Engagement Workers - Please see details at the top of the page.

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”.

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.



Derbyshire
Carers
Association

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.

https://rise.articulate.com/share/bOiebd5nNsS8qqBvYouYG_Ompki_m61e#
/

[Any other Local info.](#)

Dear All

Doorstop Delivery Service

Morrisons Ilkeston are now offering a doorstep delivery service to elderly and vulnerable customers.

You are able to order from a list of selected items by calling their Customer Contact Centre ([0345 611 6111](tel:03456116111), selecting option 5).

Your orders will be picked in store and delivered to your homes free of charge (within a 10 mile radius).

Aldi - Foodboxes

Aldi are now doing a £25 food parcel for delivery- although they have sold out at present.

<https://www.aldi.co.uk/food-parcels>

Please share as appropriate.