

## **Erewash Local Support**

In these unusual times volunteers across local communities are coming together on online platforms including Facebook/Twitter and are trying to support local communities. Please check your local groups online to keep up to date.

If you require more formal support below are some useful contacts. Please be mindful that all services are working on reduced numbers of staff/volunteers.

### **Money/Finance**

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

This site is updated daily and contains information of benefits, Universal Credits etc. If a person can't sign on or visit JC+, then they need to record in their journal that they are self-isolating because of .....(state reason) and do the questionnaire on the link below.

### **Derbyshire Discretionary Fund Application Line:**

01629 533399 Monday – Friday 10am – 4pm

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/managing-money-and-debt/derbyshire-discretionary-fund/derbyshire-discretionary-fund-ddf.aspx>



Citizens Advice:

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

Heanor Rd,  
Ilkeston  
DE7 8DY

0300 456 8390

## **Foodbanks**

### **Ilkeston Area:**

Arena Church (referral from Agency)  
Offering food and hot meals to the Community  
Tuesday and Friday 12 noon until 2pm  
1 Rutland Street Ilkeston DE7 8DG (opposite Tesco)  
Tel: 0115 944 2996 Option 2

### **Long Eaton Area:**

Trussell Trust:  
Christ Church  
1 College Street  
Long Eaton NG10 4NE  
Tuesday and Friday 10am until 12 noon

### **Sawley Area:**

Trussell Trust  
165 Wilmot Street  
Sawley  
Long Eaton NG10 3EL  
Saturday mornings

## **Support for the community**



Erewash Voluntary Action CVS offering support to volunteers and local groups.

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

Granville Avenue,  
Long Eaton  
NG10 4HD  
Tel: 0115 946 6740

Erewash Early Help – Where to find support locally.

## Housing Support

Please contact your own social housing provider or mortgage lender (These details will be on any correspondence you have had from your provider)

Other support/advice available from:



DHA  
153 Bath Street  
Ilkeston, DE7 8AS  
Tel: 0115 930 0199



Erewash Borough Council  
Tel: 0115 907 2244

## Safeguarding Advice

**Derbyshire County Council:**



If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/StartingPoint on 01629 533190 [www.derbyshire.gov.uk/startingpoint](http://www.derbyshire.gov.uk/startingpoint)

**SAFEGUARDING Advice**

**childline**

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

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

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



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

Support for Children and parents in relation to mental health, safety, bullying and various other support.

### Mental Health support



Online Emotional Well-being Support

<https://www.kooth.com/> - 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.



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.

Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics. <https://www.qwell.io/>



A link to the Young minds website offering suggestions to try and help limit worries. <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

### Domestic Abuse Services



08000 198 668 Derbyshire 24/7 helpline

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

### Health Up to date information on current Coronavirus/COVID-19

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>  
Signs and Symptoms A-Z for all ages.

<https://www.gov.uk/government/organisations/public-health-england>

Erewash Early Help – Where to find support locally.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

<https://111.nhs.uk/covid-19> Updated constantly.

### **Online Safety**

Information of how to keep children safe online:



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.ceop.police.uk/safety-centre/>