

Erewash Covid-19 Weekly Support Update - 06.04.2020

In response to the current Covid-19 pandemic we will be sending out a weekly update on services operating across Erewash. The services listed below are independent and not associated with Derbyshire County Council.

Please contact: jo.Mcguire@derbyshire.gov.uk Leanne.Parry@derbyshire.gov.uk and Martyn.Storer@derbyshire.gov.uk for further information.

Information for families within Erewash

1. Foodbanks – Please remember these services are stretched therefore only request delivery if there is no other option.

Food Bank/Food Support	Address	Contact Details	Opening Times	Information	Delivery
Arena Church Ilkeston Food Bank	Belfield St, Ilkeston DE7 8DU	Telephone - 0115 944 2996 Email - admin@arenachurch.co.uk	Now open 10am – 16:00 each day.	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. If an individual/family are isolating please contact Jo.Mcguire@derbyshire.gov.uk or Leanne.Parry@derbyshire.gov.uk to see if they can arrange for a volunteer to drop of the parcel.	Very limited, please contact the foodbank to request.

Long Eaton/Sawley/ Castle Donnington	<p>Long Eaton: Christ Church Methodist Church 1 College Street Long Eaton Nottingham NG10 4NE</p> <p>Sawley: 165 Wilmot Street Sawley Long Eaton Nottingham NG10 3EL</p> <p>Castle Donington St Edwards Church Hall St Ann's Lane Castle Donington DE74 2LF</p>	<p><u>07950547671</u></p> <p><u>info@longeatonsawley.foodbank.org.uk</u></p>	Various and extended times.	<p>The food bank are working extended hours to support their community. They are also offering support to the wider community including Draycott and surrounding areas.</p> <p>Please email the foodbank and request a home delivery for your family/individual who are currently isolating.</p>	Available and normally being delivered the next day.
Cotmanhay Community Network	Cotmanhay People's Centre but currently due to circumstances supporting from	<p><u>cotmanhaycommunitynetwork@gmail.com</u></p> <p>Contacts: Anne-Marie and Josy</p>	Various	<p>Currently supporting families in need within the Cotmanhay/Ilkeston/Kirk Hallam area.</p> <p>They are offering a £10 Tesco voucher and will drop this through</p>	Voucher will be posted though the families doors.

	home/within the community.			<p>the families letter box. (One per family)</p> <p>The group are also hoping to support Cotmanhay families with food parcels in the upcoming weeks. (Updated information will be sent out)</p>	
The Big Kirk Hallam	Kenilworth Dr, Kirk Hallam, Ilkeston DE7 4EX	<p>Telephone - 0115 8371380</p> <p>Facebook page - https://www.facebook.com/BigKirkHallamCC/</p>	<p>The community shop will be open this week (Monday 30th March)</p> <p>Wednesday 2-4pm, Thursday 10am-12noon, Friday 10am - 12noon</p>	<p>This community shop is open to the public and enforcing the strict guidelines around social distancing.</p> <p>There are many affordable products to buy between 50p – £2.00 including meat, vegetables, drinks, hand soap etc.</p> <p>Also a great space for support within the Kirk Hallam Community.</p>	Not currently being offered.

2. Money and Finance



Citizens Advice Erewash

What support do they offer?

- To provide the advice people need for the problems they face
- To improve the policies and practices that affect people's lives
- Consumer Rights Debt, Discrimination, Education, Employment, Family and personal, Housing, Immigration & Nationality, Legal Problems, Social Security Benefits, Utilities.

Contact: 0300 456 8390

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



Derbyshire Discretionary Fund

What support do they offer? 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.

Contact: 01629 533399 Monday to Friday 10am – 4pm

Website: <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>



Universal Credit

What support do they offer? 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.

Contact: 0800 328 5644

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

3. 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 – 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-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

4. Safeguarding



Derbyshire County Council – Starting Point

What support do they offer? If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire.

Telephone: 01629 533190

Website: www.derbyshire.gov.uk/startingpoint

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

ChildLine

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

Telephone: 0800 1111

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



NSPCC

What support do they offer? Support for Children and parents in relation to mental health, safety, bullying and various other support.

Telephone: 0808 800 5000

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

5. Community 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. Please be thoughtful when using social media, is it safe, is it legal and is it secure.



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@erewashcvs.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@erewashcvs.org.uk

Website: <http://www.erewashvoluntaryaction.org.uk/>



Derbyshire County Council - Community Response Unit Launched to Help Those in Need

What support do they offer? There's information here for those who need help during the coronavirus outbreak and how to get it. We can help you if you have no friends or family you can call on and:

- you are self-isolating because you or a member of your household is at risk
- you are struggling to meet your basic needs because of financial, social or health restrictions
- you are pregnant
- you have underlying health conditions
- you are aged 70 or over.

We can help you with shopping, or fetching your prescription or finding someone to have a chat with.

Website: <https://derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>

6. Domestic Abuse



Safer Derbyshire

What support do they offer? The service available in Derbyshire offers advice and support to victims, professionals and other agencies dealing with domestic abuse issues.

Telephone: 08000 198 668

Text: 07534 617252

Website: www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx

Other useful websites include:

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

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

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

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

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

7. Mental Health and Staying Active



Rethink Mental Health - Derbyshire Recovery and Peer Support Service

What support do they offer? 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

Telephone: 01773 734989

Website: https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=EAlaIQobChMIOf_ZjonK6AIVxITVCh365AM2EAAAYASAAEgLqGvD_BwE



Samaritans

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

Telephone: 116123

Website: <https://www.samaritans.org/branches/derby/>



Active Derbyshire

What support do they offer? Active Derbyshire have created an Active at Home webpage to help provide individuals with tools and ideas about what they can be doing to stay active.

Telephone: 01773 741915

Website: <https://www.activederbyshire.org.uk/active-at-home>



Qwell

What support do they offer? 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.

Website: www.qwell.io/

8. Health Updates



NHS

What support do they offer? Up to date information on Covid-19 and where to access support. Support around symptoms and how to act.

Telephone: If you need help not but it's not an emergency call 111 for EMERGENCIES call 999.

Website: <https://www.nhs.uk/>



Public Health England

What support do they offer? Up to date information in relation to Health and Covid-19

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

9. Parenting support



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 call the relevant centre as indicated in the guide.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Neighbourhood Support Group 10.00 am - 11.30 am For families with children under 5 years old. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 10.00 am - 11.30 am For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Family Time 10.00 am - 11.30 am For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 10.00 am - 11.30 am For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 10.00 am - 11.30 am For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.
Family Time 11.30 am - 12.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 11.30 am - 12.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Family Time 11.30 am - 12.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 11.30 am - 12.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 11.30 am - 12.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.
Family Time 12.30 pm - 1.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 12.30 pm - 1.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Family Time 12.30 pm - 1.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 12.30 pm - 1.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 12.30 pm - 1.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.
Family Time 1.30 pm - 2.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 1.30 pm - 2.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Family Time 1.30 pm - 2.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 1.30 pm - 2.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 1.30 pm - 2.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.
Family Time 2.30 pm - 3.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 2.30 pm - 3.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Family Time 2.30 pm - 3.30 pm For families with children aged 6-11 years. The group is open to all families in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 2.30 pm - 3.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.	Children's Activity Group 2.30 pm - 3.30 pm For children aged 4-5 years. The group is open to all children in the area. Please call 0115 930 4640 for more information.

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/>

10. Employment



Derbyshire County Council

What support do they offer? On this site you can find useful information about our current vacancies, applying for our jobs, what it's like to work with us and the different services we provide.

Website: <https://jobs.derbyshire.gov.uk/>



Indeed Job Search

What support do they offer? Daily updated jobs within your area, CV building and company reviews.

Website: www.indeed.co.uk



Department
for Work &
Pensions

Department of Work and Pensions

What support do they offer? Official site, updated daily in relation to all work and pensions across the UK.

Website: <https://www.gov.uk/government/organisations/department-for-work-pensions>

Support for Children and Young People

Need someone to talk to?



ChildLine

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

Website: www.childline.org.uk



Derbyshire LGBT+

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

Telephone: 01332 207704

Email: INFO@DERBYSHIRELGBT.ORG.UK

Online chat: Available on Facebook - www.facebook.com/derbyshirelgbt/

Website: <https://www.derbyshirelgbt.org.uk>

Mental and Emotional Wellbeing



Mind – For better mental health

What support do they offer? Support and advice to empower anyone experiencing mental health.

Telephone: 0300 123 3393

Text: 86463 and online chat available

Website: www.mind.org.uk

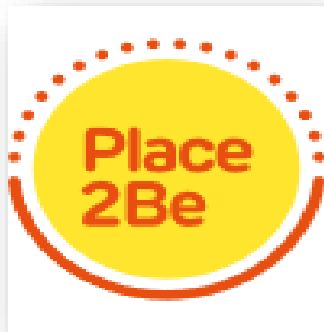


Action for Children

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.

Website: www.actionforchildren.org.uk

Useful online resources!



Place2Be

What support do they offer? 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.

Telephone: 020 7923 5581 and **Out of hours:** 07850 265681

Website: www.place2be.org.uk



Young Minds

What support do they offer? A link to the Young minds website offering suggestions to try and help limit worries. Also offering support for parents including a call back service.

Text: text YM to 85258

Website: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

Lots of FREE resources to use!



What support do they offer? 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.

Online chat: Available

Website: www.kooth.com

Online Activities

Check out the attached activities sheet for lots of activities to keep everyone busy online.



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Information



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. Young person focused news!

Website: www.bbc.co.uk/newsround

Education



Derbyshire County Council

What support do they offer? Up to date information for all schools across **Derbyshire** in relation to school closures etc.

Website: www.derbyshire.gov.uk/education/education-and-learning.aspx



Department of Education

What support do they offer? Up to date information in relation to all aspects of education for the UK.

Website: www.gov.uk/government/organisations/department-for-education

Alcohol and Substance misuse support



Change Grow live

What support do they offer? We support 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.

Telephone: 01773 303646

Email: derbyshire@cgl.org.uk.

Website: www.changegrowlive.org/young-peoples-service-derbyshire/info

Useful Apps



Calm Harm

FREE App - Download on your apps

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



Cove

FREE App - Download on your apps

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



MEETWO

Download on your apps for FREE

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Thrive

Download on your apps for FREE

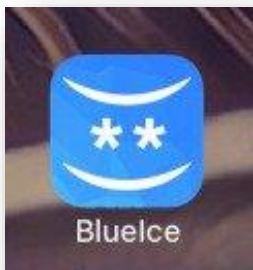
Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.



Catch It

Download on your apps for FREE

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Blue Ice

Download on your apps for FREE

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.