

Locality: Chesterfield

Covid-19 - Community updates

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

Name: Roni Green and Susan Wragg

Contact details-

Roni Green - mobile-07717355716 (work- 01629 533896)

Susan Wragg -mobile-07900608343(work- 01629 536555)

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Foodbanks

Local Info;

For further information on Foodbanks in Chesterfield email:
info@chesterfield.foodbank.org.uk

We are contacting you to let you know that Chesterfield Foodbank is open for business as usual.

We have been surprised that the number of referrals have not increased in line with our expectations due to the current situation with covid19. However, there has been an increase in referrals to Gussies kitchen and the Chesterfield Community Food hut and some people have stated that they have gone to them because the foodbank is closed and also that they want home delivery and not to come to a centre at this time.

We appreciate that not all agencies are open or are operating at full capacity so we have reviewed our processes so that people in financial crisis can get support from us quicker.

People can to contact the foodbank via myself using this email address
sarahmenzies19@btinternet.com>

or direct on 07984 589456 and one of our volunteers will walk them through the application process for a food package. (This number may change in future but we will inform you if it does)

We are also working on a survey monkey system similar to that used by Gussies kitchen for people to be able to place orders on line. This should be in place next week and available through our web site and our Facebook page.

Customers will have an option of home delivery or picking up from one of the 3 centres that are open

Monday - Brimington 12.00 to 14.00
Tuesday - Compass 13.00 to 15.00
Friday - Loundsley Green 13.00 to 15.00

Thank you
Chesterfield Foodbank

Tuesday 13:00 - 15:00
The Compass,
West Bars,
S41 1AZ
07984 589456

Friday 13:00 – 15:00
Loundsley Green Community Centre,

Cuttholme Road,
Chesterfield,
S40 4QU
07984 589456

Community of Christ, Thanet Street. Will be operating only as a delivery service – voucher required from referrer.

Food Deliveries;



RUMBLING TUMS CAFÉ

Call 01246 556604

We do delivery's and collection all around chesterfield area (ring if you have any quires)



Winster Foods Deliveries
Chesterfield and Derbyshire
sales@winsterfoods.co.uk

Price and Fretwell



- Meat and more delivered to your door.
- **Free next DAY DELIVERY on orders placed before 5pm.**
- **Open Hours** Monday—Friday: 5:00AM—1:00AM
Saturday 5:00AM—1:00PM



Chesterfield Morrisons Have Teamed up with Deliveroo for 30min Shopping Deliveries

<https://deliveroo.co.uk/menu/chesterfield/brampton/morrisons-chesterfield>



GW Price - Vegetables, Bread, Milk, Eggs

01246 432818

<https://www.facebook.com/GWPrice-Ltd-103796967927279/>



Focus Food Services -
Meat, Frozen, Dairy, Bread

01246 280559 <https://www.facebook.com/focusfoodservicesltd>



Jacksons The Bakers - Bread, Cakes
(collection only)

<https://www.facebook.com/Jacksons-The-Bakers-Ltd-143151695826133>



Holdsworths - Milk , Dairy, Meat, Frozen (Collection Only) <http://www.holdsworthfoods.co.uk/depot-collection-service/>



Dronfield Hall Barn - Fruit Veg, Dairy, Bakery

<https://www.facebook.com/DronfieldHeritageProject/RobertBowring>

- **Butchers Chesterfield** - Meat
<https://www.facebook.com/BowringButchersChesterfield/>
- **Adams Happy Hens** – Meat, Eggs, Vegetables (Delivery within 2 miles & Collection) 07923 276372

<https://www.facebook.com/Adams-Happy-Hens-Farm-Shop-954587184620323/>

- **Chesterfield's Victoria Bakery** - Bread, Meat and Grocery

<https://www.facebook.com/Chesterfields-Victoria-Bakery-194823640883943/>

- **Jeanas Home Made Pies** - Pies

<https://www.facebook.com/jeana.wragg>

- **Woodthorpe Grange Farm** - Dairy, Bread, Cakes (Delivery Clay Cross
<https://www.facebook.com/woodthorpegrange/>

- **No.10** Bread, Milk, Cakes, Eggs

01246 237843 <https://www.facebook.com/No10Chesterfield/>

- **Londis**,
622 Chatsworth Road
Chesterfield
S40 3JX

Orders via the Shop number – 01246 568871

Payment over the phone or BACSAdams



Hasland Pet Supplies - Pet food deliveries

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

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;

Derbyshire Unemployed Workers Centre

Offers Help, Advice and Representation on Benefits and Credits

To Speak to an Adviser

Contact us on: 01246 231441

Weekdays 8.00 am – 4.00 pm

Website: www.duwc.org.uk

Email: info@duwc.org.uk

DUWC – Polish Community

Jeżeli:

- straciłeś pracę,
 - grozi ci eksmisja,
 - nie masz pieniędzy na opłaty,
 - zostałeś bez środków do życia,
 - nie wiesz jak wypełnić formularz o benefity,
 - nie rozumiesz listu, który dostałeś,
 - znalazłeś się w innej sytuacji kryzysowej
- I POTRZEBUJESZ POMOCY – zgłoś się do nas.**

Polskojęzyczni doradcy:

Telefon: Maria - 07592 386980

E-mail: Joanna.zon@duwc.org.uk

Strona internetowa: www.duwc.org.uk



Further Reporting of Courier Fraud In Chesterfield

We're reissuing a reminder to those in the **Chesterfield area, particularly within the postal code areas of S40, S41 and S42**, to a scam call that we have had an increased number of calls about over the past few weeks.

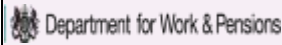

The call is from someone pretending to be a police officer who tells the person who answers, on some occasions that they are calling from the Serious Fraud Investigations Unit, and on others that they are a Detective Constable calling from London. The caller goes on to say that they are investigating the unauthorized use of that person's bank card and advises that the person should not tell anyone about this call as it may jeopardize the police investigation.




We're aware that a number of different names have been used by this scammer including DC Morris, DC Ryan, DC Clarke and Sergeant Wiggins.

If you receive such a call you should not give out any personal information and hang up the call immediately.
 We know that this type of call can be linked to courier fraud.
 This means that victims will be encouraged to withdraw funds from their bank account or give bank cards to a courier, arranged by the 'police officer' making the call under the guise of 'assisting with a police investigation'. The victim could also be asked to transfer money to a safe account via their online banking service.
 The police will never contact you asking for banking information or request that you withdraw money from an account to aid an investigation.
 Fraudsters often target geographical areas where they know elderly or vulnerable people live, so we would ask that if you have family or friends who are vulnerable in any way that you make them aware of this scam.
 If you, or someone you know, receives a call of this nature please contact us as soon as possible. We will then assess the area that is being targeted, alert the banks and endeavor to protect other local residents to prevent any financial loss.

Facebook – send us a private message to /DerbyshireConstabulary
 Twitter – direct message our contact centre on @DerPolContact
 Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.

Reply by email - alert@neighbourhoodalert.co.uk
 You can also call Crimestoppers anonymously on 0800 555 111.

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|  | <p>This website gives the most up to date government information for benefits, Universal Credits etc.</p> | <p><u>website</u></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> |

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| | <p>Covid-19 Cyber and Fraud Information Sheet</p>  <p>This advice has been collated by EMSOU and is intended for wider distribution within the East 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><u>Website</u></p> <p><u>Website</u></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> |

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|  | <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>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><u>shark@stoploansharks.uk</u></p> <p><u>website</u></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><u>Website</u></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. 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</p> | |

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| | <p>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> | |
| <p>Money Sorted in D2N2</p> | <p>Providing support for people experiencing financial difficulties please see the below poster.</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.

How is the project funded?

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

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, savings). 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.

Struggling with money?

Would you like support to help you feel more in control of your finances? Know you need to do something but don't know where to start?

We can provide help that is tailored just to your needs. Whatever your circumstances, we provide support to make a real difference around money, improving your ability to deal with it.

"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




Housing

Local Info;



Many of the council's services can be accessed through using our website forms which can be found at www.chesterfield.gov.uk/contactus You can also reach our services including benefits, council tax, licensing and many more via email, these are listed on our website at www.chesterfield.gov.uk/coronavirus

The customer service call centre can also still be reached by calling 01246 345345 between 8.30am – 5.00pm, Monday to Friday.

If you are homeless and need urgent support, our homelessness service can be reached on 07870 277291.

If you need to apply for an emergency payment from the Derbyshire Discretionary Fund, you can call Derbyshire County Council directly on 01629 533399.

We are happy to accept copies of forms and documents online and encourage you to use this method to provide us with information. If you need support to do this, please call us on 01246 345345 and we will be pleased to help you.

Payments can be made online at www.chesterfield.gov.uk/pay or by using our automated telephone number 0345 602 0214. If you are unable to use these methods, please contact us on 01246 345345 and we will do all we can to help.

Chesterfield Borough Council-Keep up to date with changes to services due to COVID 19 on our website <https://www.chesterfield.gov.uk/coronavirus>

Information from Chesterfield Borough Council-updated

Emergency housing repairs – 01246 345041

Careline and Support Services- Chesterfield Borough Council

<https://www.chesterfield.gov.uk/living-here/people-and-families/vulnerable-elderly-disabled-people/careline-and-support-service.aspx>

Keeping up to date

The best way to keep up to date with the latest information on changes to Council services to visit the Council's website, www.chesterfield.gov.uk, and click on the "Coronavirus COVID-19 updates" icon on the homepage. This will take you to the Coronavirus information hub which is updated daily and provides links to external websites for further information.

Facebook - @ChesterfieldBoroughCouncil

Twitter - @ChesterfieldBC

We have pinned a 'contact us' post to our social media feeds with the contact information for the most common enquiries. These include:

Business rates/council tax: revenues.billing@chesterfield.gov.uk

Homelessness: homelessness.prevention@chesterfield.gov.uk

Housing rents: revenues.rents@chesterfield.gov.uk

General housing: Neighbourhoods.Team@chesterfield.gov.uk

Careline/sheltered housing: Queries.careline@chesterfield.gov.uk

Repairs: repair.requests@chesterfield.gov.uk

Benefits: benefits@chesterfield.gov.uk

Homelessness Support

Chesterfield Borough Council, along with its near neighbouring local authorities in the North Derbyshire Homelessness Forum, has stepped up its efforts to tackle homelessness and ensure that everyone has an offer of suitable shelter at this difficult time.

The main homelessness contact number is now 07870 277291 or referrals can be made via email to homelessness.prevention@chesterfield.gov.uk.

Pathways of Chesterfield, who the council work in partnership with to deliver essential support services, can also accept referrals from the public or people requiring assistance. Pathways can be contacted on 01246 498204.

You can also refer rough sleepers via the [Streetlink](#) service.

Should you be aware of a resident who needs assistance outside of office hours please contact the out of hours team by calling Derbyshire County Council on 01629 533190.

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

Morrisons Foundation – Covid 19 Homeless Support Fund. The Morrisons 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.morrisonfoundation.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;



FREE COUNSELLING

Are you aged 70+ or do you have an underlying health condition? If so and you live in Chesterfield and North Derbyshire, then thanks to funding from National Lottery Awards for All, we can offer free counselling via telephone or webcam from today.

Thanks to other funding and national contracts, we can also

provide free/subsidised counselling to:

- Young people aged 11-18 years old
- Individuals with anxiety or depression
- Couples where one person has anxiety or depression
- Individual/Couples aged 70+
- Individual/Couples with underlying health conditions
- Civil Servants, Chartered Accountants, Bank employees (and family members)
- Air Force, Royal Navy, Royal Marines (serving or veterans and family members)
-

Please e-mail admin@relatechesterfield.org.uk or call 07384762877 or 07401343817. We can currently book you an appointment within 24/48 hours of you contacting us.

https://www.facebook.com/Relate-Chesterfield-North-Derbyshire-2080001295590300/?view_public_for=2080001295590300

ACTION CALENDAR: MEANINGFUL MAY 2020

"Start Where You Are. Use What You Have."
Do What You Can" ~ Arthur Ashe

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| 4 Focus on what you can do rather than what you can't do | 5 Send friends a photo of a time you all enjoyed together | 6 Take a step towards one of your life goals, however small | 7 Let someone you love know how much they mean to you | 1 Take a minute to remember what really matters to you and why | 2 Do something meaningful for someone you really care about | 3 Reconnect with nature today, even if you're stuck indoors |
| 11 What are your most important values? Use them today | 12 Be grateful for the little things, even in difficult times | 13 Today do something to care for the natural world | 14 Show your gratitude to people who are helping to make things better | 8 Set yourself a kindness mission. Give your time to help others | 9 Look out for positive news and reasons to be cheerful today | 10 Tell someone about why your favourite music means a lot to you |
| 18 Hand-write a note to someone you love and send them a photo of it | 19 Find a way to craft what you are doing to give it more meaning | 20 Reflect on what makes you feel really valued and appreciated | 21 Share photos of 3 things you find meaningful or memorable | 15 Find out about the values and traditions of another culture | 16 Look around you and notice five things you find meaningful | 17 Take a positive action to help in your local community |
| 25 Give your time to help a project or charity you care about | 26 Recall three things you've done that you are really proud of | 27 Today link your decisions and choices to your purpose in life | 28 Tell someone about an event in your life that was really meaningful | 22 Ask a loved one or colleague what matters most to them and why | 23 Share an inspiring quote with others to give them a boost | 24 Do something special today and revisit it in your memory tonight |
| | | | | 29 Think about how your actions make a difference for others | 30 Find three good reasons to be hopeful about the future | 31 Look up at the sky. Remember we are all part of something bigger |

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Specialist Community Advisors – CAMHS



Chesterfield Sth & Central:

Liz Stephens Tel: 07795 354 988

Email: e.stephens1@nhs.net

Chesterfield Nth,

Tuesday, 26 May 2020

Staveley & Brimington:
Natalya Van Steenberg
Tel: 07766 697 940
Email: natalya.vansteenbergen@nhs.net

Tips for talking with young people

We believe talking about mental health can help you and those around you to be happier and healthier.

Anyone who works with or cares for a young person has the opportunity to play an active role in supporting their mental wellbeing. Giving a young person the chance to open up and have a conversation about their mental health can reassure them that help is available and empower them to access appropriate support should they need to.

Starting a conversation is the first step on that journey.

Creating a safe space

- Give yourself **plenty of time** so you don't appear to be in a hurry
- Meet in a **neutral space** such as a quiet room or pastoral room
- Sit down** even if the other person is standing – it will make you seem less intimidating
- Make it clear that they are **not in trouble**

Useful questions to ask

How long have you felt like this?

How can I help you?

What kind of support do you think might help you?

How are you feeling at the moment?

What happens next?

- Keep the conversation going** – follow up and ask them how they are doing. Reassure them that you are always here if they want to talk, and really mean it.
- Give **reassurance** that there are **lots of sources of support** and some of these might be available at home through parents/carers, through their place of education, by visiting their GP, or online. If appropriate, offer to go with them to seek support.

Talking tips

- Keep your body language **open and non-confrontational**
- Do not offer glib advice** such as "pull yourself together" or "cheer up"
- Be **empathetic** and take them seriously
- Keep the chat **positive and supportive**, exploring the issues and how you may be able to help
- Take into account **cultural differences** in communication styles e.g. how much eye contact is appropriate



How to listen

- Give the person your **full focus** and listen without interrupting
- **Listen to their words, tone of voice and body language** – all will give clues as to how they are feeling
- **Accept them as they are.** Respect the person's feelings, experiences and values although they may be different from yours. Do not judge or criticise because of your own beliefs and attitudes
- **Don't make a moral judgement.** Be genuine – show that you accept the person and their values by what you say and do
- **Get on their wavelength.** Place yourself in the young person's shoes and demonstrate to them that you hear and understand what they are saying and feeling

Take a look at our **list of support organisations for young people**

To learn more about how to support the mental wellbeing of young people, visit mhfaengland.org

Find us on social media by searching **'MHFA England'**

MHFA England

More Than Mental Health **Covid-19** *More Than Mums*

Mental Health Reminder

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| <h3>Get Dressed</h3> <p>Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.</p> | <h3>Do Your Hair/Makeup</h3> <p>Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.</p> |
| <h3>Eat New Healthy Recipes</h3> <p>If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy</p> | <h3>Get Some Fresh Air</h3> <p>Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.</p> |
| <h3>Be Creative</h3> <p>Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.</p> | <h3>Unplug</h3> <p>Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.</p> |
| <h3>Stay Connected</h3> <p>Even though we can't go visiting, make sure you stay connected. A good way is Video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.</p> | <h3>Reach Out</h3> <p>Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!</p> |

COVID-19: guidance on supporting children and young people's mental health and wellbeing

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.



<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Easy read version:



https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/87




[6989/Easy read looking after your feelings and body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/87/6989/Easy_read_looking_after_your_feelings_and_body.pdf)





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|  | <p>Dr Radha's five mental health tips for lockdown</p> <p>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 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><u>Website</u></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> |

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|  | <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</p> <p>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>Winston's Wish</p> <p>Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times.</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> |

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|  | <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> |

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|  <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</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>EMOTIONAL SUPPORT HELPLINE</p> <p>If you need some support, a listening ear, or you just want to chat. Here at Derbyshire Recovery and Peer Support Service, we are launching our helpline to offer emotional support to you.</p> <p>GIVE US A CALL ON 01773 734989 MON-FRI 9:00-5:00</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>Website</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>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>Website</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> | |

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| | <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> | |
| |  <p>healthwatch Derbyshire</p> <h3>Healthwatch Derbyshire Telephone Helpline</h3> <p>In response to Covid-19, there is now a telephone support line for people looking to access health or care services.</p> <p>If you don't have access to the internet or can't find the information you are looking for online at: www.joinedupcarederbyshire.co.uk/public-info-covid-19 please get in touch.</p> <p>Telephone: 01773 880786 – 10am - 3.30pm, Mon - Fri Email: enquiries@healthwatchderbyshire.co.uk</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, COPD, 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

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)

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Online Support Schedule

Monday

9:00-9:20

Mindfulness
Monday
Morning

with Clair,
Mindfulness
Practitioner and
Specialist Support
Officer

11:00-12:00

Art Workshops

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

ChatED

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

Tuesday

18:00-19:00

Eating Disorders in
Student Services
(EDISS) Group

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

19:00

Live Stream
Mindfulness
sessions

with Clair via
Facebook and
Instagram

Saturday

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

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

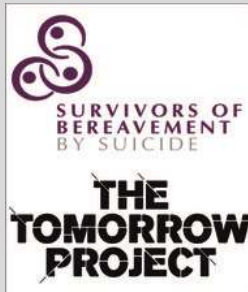
For more advice and guidance on domestic abuse, please see <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

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

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| | normal working times of 9.30 – 5pm Monday to Friday | |
|  | <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

Local Info;



New suicide bereavement support in Derbyshire

Two local providers have started offering support for people bereaved by suicide. The Tomorrow Project offers immediate support to people affected by a suicide, including family, colleagues or professionals. Survivors of Bereavement by Suicide (SOBS) run peer support groups, a helpline and online support which anyone bereaved by suicide can access at any time. These services are supported by the development of a local bereavement by suicide pathway to raise awareness, create a joined up approach and enable better access to appropriate support. For further details see the websites of [The Tomorrow Project](#) and [Survivors of Bereavement by Suicide \(SOBS\)](#).



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| | <h2 style="text-align: center;">Make Yourself Heard</h2> <p style="text-align: center; background-color: #008080; color: white; padding: 5px;">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 style="font-size: small;">Led by  Supported by  </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>If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.</p> | <p><u>website</u></p> <p>Call Derbyshire 01629 533190 Starting Point 01629 535353</p> <p><u>website</u></p> <p><u>website</u></p> |
| | <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</p> <p>Twitter – direct message their contact centre on</p> | |

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| | <p>@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> | |
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Parental Support

Local Info;

De-escalation Leaflet

| | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--------------------|-----------------------|-------------|---------|------------------|-----------------|-------------------|---------|--|-----------|----------------------|------------|--|--------------------|----------------------|---------------|-----------|---------|-------------|----------------------|---------------------------------|---------------------------------|
| <p><u>Escalation:</u></p>  | <p>Top 10 do's and don'ts when it comes to escalation with your child:</p> <table><tr><td>What to do:</td><td>What to avoid:</td></tr><tr><td>- Stay calm</td><td>- React</td></tr><tr><td>- Stop and think</td><td>- Talk too much</td></tr><tr><td>- Remain positive</td><td>- Argue</td></tr><tr><td>- Give yourself time to plan your response</td><td>- Lecture</td></tr><tr><td>- Be non-judgemental</td><td>- Threaten</td></tr><tr><td>- Remind yourself you're doing the right thing</td><td>- Raise your voice</td></tr><tr><td>- Be gentle and firm</td><td>- Use sarcasm</td></tr><tr><td>- Persist</td><td>- Blame</td></tr><tr><td>- Walk away</td><td>- Say hurtful things</td></tr><tr><td>- Believe things can get better</td><td>- Use aggressive body language.</td></tr></table>  | What to do: | What to avoid: | - Stay calm | - React | - Stop and think | - Talk too much | - Remain positive | - Argue | - Give yourself time to plan your response | - Lecture | - Be non-judgemental | - Threaten | - Remind yourself you're doing the right thing | - Raise your voice | - Be gentle and firm | - Use sarcasm | - Persist | - Blame | - Walk away | - Say hurtful things | - Believe things can get better | - Use aggressive body language. |
| What to do: | What to avoid: | | | | | | | | | | | | | | | | | | | | | | |
| - Stay calm | - React | | | | | | | | | | | | | | | | | | | | | | |
| - Stop and think | - Talk too much | | | | | | | | | | | | | | | | | | | | | | |
| - Remain positive | - Argue | | | | | | | | | | | | | | | | | | | | | | |
| - Give yourself time to plan your response | - Lecture | | | | | | | | | | | | | | | | | | | | | | |
| - Be non-judgemental | - Threaten | | | | | | | | | | | | | | | | | | | | | | |
| - Remind yourself you're doing the right thing | - Raise your voice | | | | | | | | | | | | | | | | | | | | | | |
| - Be gentle and firm | - Use sarcasm | | | | | | | | | | | | | | | | | | | | | | |
| - Persist | - Blame | | | | | | | | | | | | | | | | | | | | | | |
| - Walk away | - Say hurtful things | | | | | | | | | | | | | | | | | | | | | | |
| - Believe things can get better | - Use aggressive body language. | | | | | | | | | | | | | | | | | | | | | | |

Dealing with loss



Bereavement Resources to use to



The Cruse www.cruse.org.uk

Provides supportive information to help anyone deal with their difficult emotions and situation if they have been bereaved.

Free telephone support sessions for adults by phoning: - 01246 550080 leave clearly your name and phone number on the answer machine and **we will return your call**. Messages are accessed regularly each day.

Or email chesterfieldcruse@gmail.com with the same information.

Chesterfield Museum

The Museum have created a Things to do section on the website, why not have a look to see if you are interested.

<https://www.chesterfield.gov.uk/explore-chesterfield/museum/more-from-your-museum/things-to-do.aspx>

Family activities to do at home.

<https://chesterfieldtheatres.co.uk/shows/family-activities-to-do-at-home!.aspx#.Xr0VhmkG2w>

Meal planning



Family Meal Planner
- Issue 1.pdf



5 Day Lunch
Planner - Issue 2.pdf



Fact File - Cooking
Know How.pdf



Website

Parent Zone

What support do they offer?

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.

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.

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.

Cooking on a budget

Jack Monroe's recipes provide families who are struggling on a tight budget might benefit from having some very inexpensive and easy recipes to use.

[website](#)

Coronavirus updates

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

[website](#)

DIY Haircuts

[website](#)

The Breastfeeding Network

[Website](#)



It's a strange and unsettling time for everyone right now, especially new parents.

We've had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there's still lots of support we can offer you.

We will update this document as things develop but here's what you can expect from us over the coming weeks



Newsround

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/>

Communication Unlimited



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.

Tel: 01332
369920

SMS:
07812300280

- Fax: 01332
369459
- Email:
bookings@cu-bsl.co.uk

Facebook:
<https://www.facebook.com/BSLcommunicationunlimited/>

Education

Local Info;



Managing_grief_A_
guide_for_educator



Remembering_Colla
borative_projects_fc

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|--|--|
| <p>Primary School Resources</p> <p>Secondary School Resources</p> <p>Digital Skills</p> | <p><u>website</u></p> <p><u>website</u></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.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578</p> <p>Polish – https://www.britishtscienceassociation.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</p> <p>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</p> <p>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</p> <p>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;

- **Staffline** - Offering a nationwide recruitment campaign, to support the UK's essential services, including food supply, retail and delivery. Some of the employers involved are Amazon, Morrison's, Tesco, Sainsbury's, Ocado and Staffline. Information and route to apply for opportunities is via the [website \(link is external\)](#)
- For various temporary with national employers please visit - psa.org.uk/pages/covid-19-temporary-work-vacancies

Latest Local Vacancies

- Assembly Operative – Maxi Grow, Chesterfield. To apply visit - www.indeed.co.uk
- Fruit & Vegetable Assistant – Hasland Fruit & Flowers. To apply visit - www.indeed.co.uk
- Landscape Gardener - Upex Group, Chesterfield. To apply visit - www.indeed.co.uk
- Payroll Administrator – Sharp Consultancy, Chesterfield. To apply visit - www.sharpconsultancy.com
- **Boots** Are recruiting pharmacy, pharmacy support and supply chain roles across the East Midlands - [website \(link is external\)](#)
- **Lidl** Are recruiting a Deputy Store Manager & Customer Assistant in Chesterfield (Chatsworth Rd) - careers.lidl.co.uk
- Sainsbury's Are recruiting Home Delivery Drivers in Chesterfield - sainsburys.jobs
- Caretaker/Cleaner – Aldi, Dronfield. To apply visit - [Aldi Vacancies](#)
- Cleaning Operative – Mitie, Chesterfield. To apply visit - www.indeed.co.uk
- Call Handler – SBA Nationwide Ltd, Chesterfield. To apply visit - www.indeed.co.uk
- Caretaker – Derbyshire County Council, Chesterfield. To apply visit - jobs.derbyshire.gov.uk
- Warehouse Operative – Thorn Baker, Chesterfield. To apply visit - www.tiptopjob.com

- Full and Part Time Customer Relations Advisors – XBite Ltd, Chesterfield. To apply visit - www.indeed.co.uk
- Payroll Administrator, Part Time – Brewsters Partners, Chesterfield. To apply visit – www.brewsterpartners.co.uk
- Care Worker (Community) – Derbyshire County Council. To apply visit - jobs.derbyshire.gov.uk

Health & Social Care

- **Department of Health & Social Care** have launched a national recruitment campaign called 'Care for Others. Make a Difference'. The campaign seeks to generate a mass show of appreciation for care workers across the country, while continuing to raise awareness of existing opportunities available within the sector. To find out more visit - www.everydayisdifferent.com
- **NHS Jobs** are currently advertising 111 vacancies in Chesterfield and surrounding areas. For full details visit - www.jobs.nhs.uk

Transport and Logistics

- Hermes are recruiting self-employed courier drivers. To find out more visit - beacourier.co.uk
- Markham Vale's twitter feed is constantly being updated with latest vacancies that have become available - twitter.com/MarkhamValeJobs

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

Links CVS

Learn through Volunteering

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

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

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



website

01909 476118
admin@bcvs.org.uk


website


01246 274844
info@linkscvs.org.uk

website

website

Website

| | |
|--|--|
| <p>Inspire What support do they offer? Aged 16-24 and unsure what you are doing from September? Inspire Learning Study Programmes are ENROLLING NOW!</p> | |
| <p>Free Short Courses – Advanced skilled programme.</p> <p>Entrepreneurial & Small Business Marketing 29 April 2020, 10am-12pm</p> <p>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</p> <p style="text-align: center;">Weekly Vacancy Sheet</p> <p>Please see a weekly bulletin from the job centre. It details available jobs and support.</p> <p>Chesterfield Employment Support Provision Please click link below to a summary of all (most of) the employment support available in Chesterfield. Chesterfield Provision and Contacts</p> <div style="display: flex; align-items: flex-start;"> <div style="border: 1px solid #ccc; padding: 5px; margin-right: 10px;"> <p style="font-size: 0.8em; margin: 0;">Amazing range of free training available to all!</p>  </div> <div style="margin-top: 10px;"> <p>Community Chesterfield have information about an amazing range of free training available to all which you can find on their website: https://www.communitychesterfield.org.uk/training. Their website includes information about their own upcoming training in May and June. Community Chesterfield are doing their best to keep it regularly refreshed and hope it will continue to be useful</p> </div> </div> | |
| <p>YMCA;</p> <p>Would you like to hear more about our courses and centres? We'd love to chat to you at our upcoming Virtual Open Day.</p> <p>Join the YMCA Key College team on the in two weeks' time, who will be chatting all about what courses we have on offer and how young people can get involved. We are currently accepting applications for starts in July.</p> <p>We look forward to welcoming you.</p> | |

| | | |
|---|------|---------|
| Join | Zoom | Meeting |
| https://us04web.zoom.us/j/78273594529... | | |
| Meeting ID: 782 7359 4529 Password: 3VuXHE | | |
|  YMCA KEY COLLEGE <small>Building the confidence and capability of young people for the future</small> | | |
| <p>Join us on our VIRTUAL OPEN DAY Monday 1st June 11:30-13:30</p> | | |

Community Support

Local Info;

- **Staffline** - Offering a nationwide recruitment campaign, to support the UK's essential services, including food supply, retail and delivery. Some of the employers involved are Amazon, Morrison's, Tesco, Sainsbury's, Ocado and Staffline. Information and route to apply for opportunities is via the [website \(link is external\)](#)
- For various temporary with national employers please visit - psa.org.uk/pages/covid-19-temporary-work-vacancies

Latest Local Vacancies

- Assembly Operative – Maxi Grow, Chesterfield. To apply visit - www.indeed.co.uk
- Fruit & Vegetable Assistant – Hasland Fruit & Flowers. To apply visit - www.indeed.co.uk
- Landscape Gardener - Upex Group, Chesterfield. To apply visit - www.indeed.co.uk
- Payroll Administrator – Sharp Consultancy, Chesterfield. To apply visit - www.sharpconsultancy.com

- **Boots** Are recruiting pharmacy, pharmacy support and supply chain roles across the East Midlands - [website \(link is external\)](#)
- **Lidl** Are recruiting a Deputy Store Manager & Customer Assistant in Chesterfield (Chatsworth Rd) - careers.lidl.co.uk
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Transport and Logistics

- Hermes are recruiting self-employed courier drivers. To find out more visit - beacourier.co.uk
- Markham Vale's twitter feed is constantly being updated with latest vacancies that have become available - twitter.com/MarkhamValeJobs

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

| | | |
|--|---|---|
|  <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> |
|  | <p>Supporting children who are seriously affected by someone else's substance misuse.</p> | <p><u>Website</u></p> |

| | | |
|--|--|-----------------------|
|  <p>Change Grow Live</p> | <p>Change Grow Live</p> <p>It's a strange time right now and it might feel scary or confusing. It's natural to experience lots of different emotions. Don't be afraid to talk to someone you trust about how you're feeling and anything you're worried about. Often it helps to talk through things with someone and process everything that's in your head.</p> | <p><u>Website</u></p> |
|--|--|-----------------------|

Support for Children and Young People

Local Info;

Voyage of Discovery- Participants can do their Discover Arts Award, get support from us along the way and receive an official certificate from Trinity College, London to take into school when they return. <https://junctionarts.org/community-projects/voyage-of-discovery/>

Dealing with loss



12583-Teenagers-Guide bereavement.p



NHS Bereavement Document.docx



Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times.



Hope Again website www.hopeagain.org.uk with message boards to share their experiences, and a lot of information for young people and their families

Tuesday, 26 May 2020



**START
SOMETHING**

Healthy minds
that talk.



Next online
workshop
20 - 21 May

These free online workshops for young people aged
16-30 will help grow mental health resilience,
communication skills and teamwork.

For more information
andrew.hebron@princes-trust.org.uk
07806785032

Co-created in
partnership with

YOUNG MINDS


Self-care and support for young people


Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.


Here's some **self-care tips** to help **protect against stress**:


 #HandsUp4
#HealthyMinds

Try


 **Nurture your physical health** - body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.


 **Set aside time to have fun or do something nice for yourself** - positive emotions can help build a buffer against stress.

 **Spend time on an activity you enjoy** - whether painting, playing guitar, or learning a new sport.


 **Talk to someone** - tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

Avoid

 **Overdoing it on caffeine, alcohol or sugar** - they're a quick fix which can increase stress in the long term.

 **Overworking** - we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection - it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

 **Too much screen time** - it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away - this can make things worse in the long run.

 If you're struggling to manage your stress, don't keep it to yourself - there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See **list of support organisations**



© MHFA England 2018

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](http://www.actionforchildren.org.uk)

ChildLine – [Website](http://www.childline.org.uk)



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

UNICEF for Every Child



[Website](http://www.unicef.org)

ONLINE Postal Condoms

[Website](http://www.actionforchildren.org.uk)

Volunteering

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.

If you would like to volunteer in Children's Services for the Chesterfield Area, please contact your Youth and Community Engagement Workers

Name: Roni Green and Susan Wragg

Contact details-

Roni Green - mobile-07717355716 (work- 01629 533896)
email ronnie.green@derbyshire.gov.uk

Susan Wragg - mobile-07900608343 (work- 01629 536555)
email susan.wragg@derbyshire.gov.uk



*The Chesterfield and North East Derbyshire Council for
Voluntary Service and Action Limited*

Contact Links CVS on: 01246 274844

Or email: info@linkscvs.org.uk

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.



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.

Family Activities to do at home - Chesterfield Theatres

Please click link below to family activities to do at home.

<https://chesterfieldtheatres.co.uk/shows/family-activities-to-do-at-home!.aspx#.Xr0VhmkG2w>



[Newsletter](#)



Community Chesterfield presents

Three free fundraising-themed courses for the Chesterfield community and voluntary sector from Beth Crackles,

Independent Fundraising Consultant

Wednesday 10th June 9.00am-12.00pm

Tuesday 23rd June 9.00am-12.00pm

Tuesday 14th July 9.00am-12.00pm

Booking Essential

These are interactive Zoom sessions led by Beth Crackles of Cracking Charity Support. Participants can sign up to any or all of the sessions while places remain, with a maximum of two participants per organisation please.

Session one: Corporate Partnerships for Social Change

Wednesday 10th June 9.00am– 12.00pm

Looking for money from business? Beth would argue that's the wrong way to approach corporate partnerships. Come along to this half-day session to start thinking about what your charity's proposition for businesses could be - with your organisation's purpose and values at the fore - how to identify and develop relationships with businesses and collaborate to achieve social change.

Individual feedback is available for work submitted within 7 days.

[Book here for Corporate Partnerships for Social Change](#)

Session two: Developing Your Case for Support

Tuesday 23rd June 9.00am – 12.00pm

If you find yourself reinventing the wheel and writing similar but different information for high value funding proposals over and over again, this is the session for you! A traditional two-page Case for Support isn't much use when you need detailed service/programme information, which is why Beth works with organisations to create Case for Support Toolkits. In this practical session, you'll have time to think about: your purpose and the difference that you make, and what your elevator pitch could be. You'll then start putting together a detailed toolkit comprising a compelling and consistent narrative for your organisation - and all the fiddly bits that high value funders ask for too!

Individual Feedback is available for work submitted within 7 days.

[Book here for Developing Your Case for Support](#)

Session three: Funding Strategy and Income Diversification

Tuesday 14th July 9.00am – 12.00pm

This course will give participants the skills, knowledge and confidence to: analyse their own funding, think about where to diversify and how to approach it, and start to write a funding strategy. We'll use key strategic tools, a funding strategy template (that you'll adapt and tailor) and have lots of chat so that we make the most of the experience of everyone in the "room" and people can turn their thinking into real outcomes. This is an interactive course led by Beth Crackles of Cracking Charity Support.

After you have booked on, you will receive links to two pre-recorded webinars covering the first half of the Funding Strategy & Diversification training. These will arrive by the 29th May.

As part of the second of these webinars there will be exercises to complete and send back to the trainer, Beth. These need to be returned to her by the 26th

June.Space You will then receive individual feedback from these exercises, prior to the live session.

On the 14th July 9.00 – 12.00 there will be a live 2.5-3hr interactive session for the second half of the training.

Individual Feedback is available for work submitted within 7 days.

[Book here for Funding Strategy and Income Diversification](#)

Beth Crackles' Biography

After 10 years working in the voluntary sector for regional and national charities, in 2017 I began working with charities on a freelance basis, providing specialist strategy and funding support. I was previously Head of Development at Toynbee Hall, responsible for all voluntary income including a large capital appeal and securing the organisation's first six-figure gifts from corporates and major donors. I have previously worked for NCVO, Friends of the Earth and RNIB, and provided consultancy support to arts, health and social organisations. I have also been a charity trustee.

Clients over the past couple of years include The Stroke Association, Artis Foundation, Spitalfields City Farm and Kensington & Chelsea Social Council. I develop and deliver fundraising training: both my own and that which I deliver on behalf of NCVO (to the grantees of the Premier League Charitable Fund) and Community Chesterfield.

I hold an MSc (Distinction) in Voluntary Sector Management from Cass Business School, the IoF's Certificate in Fundraising and the CIM's Diploma in Communications, Advertising and Marketing. I am a member of the Institute of Fundraising's National Convention Board, helping to organise the 2020 National Convention. In 2018 I launched my podcast, Cracking Charity Chat. Please see my website for testimonials: <https://bethcrackles.com/testimonials/>

Places are limited so please book soon to avoid disappointment, and we ask that you book a maximum of two people per organisation.

The Zoom link and password will be sent out before the event - please use the link on the online event confirmation and also scroll down to the bottom of your booking confirmation email to see the Zoom link and password.



Our household waste recycling centres will reopen with restrictions in place from Monday 18 May – but residents are only advised to visit them if they have waste they cannot store safely at home. Vehicles will be allowed into recycling centres on certain days depending on whether the last number on their number plate is odd or even. Vehicles with 0, 2, 4, 6, 8 as the last number will be allowed in on even numbered dates in the month and those with 1, 3, 5, 7 and 9 will be allowed in on odd numbered dates in the month. Our [recycling centres](#) open 7 days a week from 8.30am-6pm

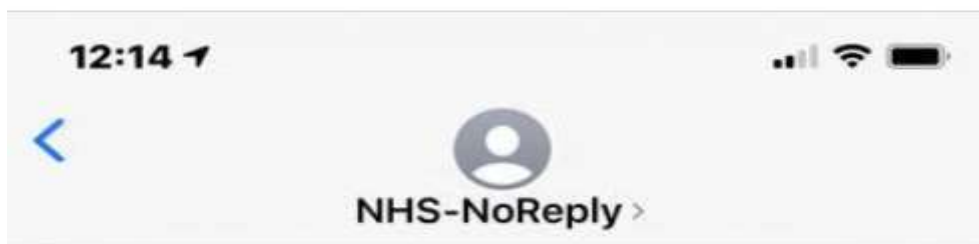


News from Volunteer Centre Chesterfield & NE Derbyshire

Facebook posts below



A scam targeting women is doing the rounds in Chesterfield. This screen shot explains the details...



Text Message
Today 10:05

We have received reports of a scam. Women are being contacted by text claiming to be from the recall service to advise they are overdue for screening. The text asks to call a mobile number and give personal details. The message is not from the NHS Cervical Screening Programme. Thank you Royal Primary Care

 **The Volunteer Centre Chesterfield & NE Derbyshire**
18 May at 03:50 · 🌐

Good morning! Here we are, back for another week. Obviously there's been a slight change in the lockdown requirements, but our shopping and delivery service continues as usual. Latest COVID advice is here:

[http://chesterfieldvc.online/coronavirus-advice/...](http://chesterfieldvc.online/coronavirus-advice/)



**the Vo
entre**

CHESTERFIELDVC.ONLINE
Coronavirus Advice - Chesterfield and North East Derbyshire Volunteer Centre
Coronavirus updates VOLUNTEERS URGENTLY NEEDED: We are urgently looking for volunteers to provide shopping services for the isolated and...

 **The Volunteer Centre Chesterfield & NE Derbyshire**
15 May at 04:55 · 🌐

Another lockdown week complete. More than 80 referrals completed - and we wouldn't have been able to do any of them without our volunteers. They're the best in the universe. THANK YOU TO THEM ALL.



[Newsletter](#)

Fairplay Makaton Sign Online Classes



Every morning on Fairplay's [Facebook](#) you will all be able to see a different Makaton sign.

There will be a theme each week and last week's theme was 'wild animals'.

If you've missed any, you can catch up with the links below.

Whale

<https://www.facebook.com/fairplaycharity/videos/962842070779533/>

Polar Bear

<https://www.facebook.com/fairplaycharity/videos/851213445345290/>

Badger

<https://www.facebook.com/fairplaycharity/videos/652795818834924/>

Donkey

<https://www.facebook.com/fairplaycharity/videos/1588949861254257/>

Hamster

<https://www.facebook.com/fairplaycharity/videos/235143861170010/>

Mouse

<https://www.facebook.com/fairplaycharity/videos/505963830071449/>

Squirrel

<https://www.facebook.com/fairplaycharity/videos/526688621574295/>

Hedgehog

<https://www.facebook.com/fairplaycharity/videos/570793933848225/>

Hippo

<https://www.facebook.com/fairplaycharity/videos/3978604148824249/>

Leopard

<https://www.facebook.com/fairplaycharity/videos/534713567231776/>

Rhinoceros

<https://www.facebook.com/fairplaycharity/videos/519347208748532/>

Tiger

<https://www.facebook.com/fairplaycharity/videos/156541202329291/>

Zebra

<https://www.facebook.com/fairplaycharity/videos/601775080550111/>

Elephant

<https://www.facebook.com/fairplaycharity/videos/885048961909350/>

Chesterfield Health & Wellbeing Partnership Small Grants Scheme

Open to voluntary / community groups or even a group of local people within the Chesterfield Borough Council area, who come together to support the health and wellbeing of their community.

[Click here](#) to open the Chesterfield Health & Wellbeing Partnership Small Grants Scheme application form

[Click here](#) to open the Chesterfield Health & Wellbeing Partnership Small Grants Scheme guidance notes

Sleep and Mental Health Awareness Week 2020



Anxiety and worry over coronavirus may be affecting your sleep. There may also be other reasons why you struggle to sleep. The NHS website's [Live Well section](#) has a range of information on ['sleep and tiredness'](#) which you may find useful to read. This includes information on tiredness and fatigue as well as children's sleep plus sleep tips.

The 2020 theme for [Mental Health Awareness Week](#) is 'sleep' and will focus on the connections between our sleep or lack of it and mental health. The Week is held annually and is run by the [Mental Health Foundation](#). It will be taking place this year from 18 to 24 May.

The Foundation will be producing Mental Health Awareness Week 2020 resources including for websites and social media. Details of these will appear on their website in the lead up to the Week and we therefore advise you to check their

[website](#) regularly. In the meantime the Foundation's ['How to Sleep better' guide](#) is available to download for free or printed copies can be purchased.

[Fraud Awareness in Chesterfield](#)



Further Reporting of Courier Fraud In Chesterfield

We're reissuing a reminder to those in the Chesterfield area, particularly within the postal code areas of S40, S41 and S42, to a scam call that we have had an increased number of calls about over the past few weeks.

The call is from someone pretending to be a police officer who tells the person who answers, on some occasions that they are calling from the Serious Fraud Investigations Unit, and on others that they are a Detective Constable calling from London. The caller goes on to say that they are investigating the unauthorised use of that person's bank card and advises that the person should not tell anyone about this call as it may jeopardise the police investigation.

We're aware that a number of different names have been used by this scammer including DC Morris, DC Ryan, DC Clarke and Sergeant Wiggins.

If you receive such a call you should not give out any personal information and hang up the call immediately.

We know that this type of call can be linked to courier fraud.

This means that victims will be encouraged to withdraw funds from their bank account or give bank cards to a courier, arranged by the 'police officer' making the call under the guise of 'assisting with a police investigation'. The victim could also be asked to transfer money to a safe account via their online banking service. The police will never contact you asking for banking information or request that you withdraw money from an account to aid an investigation.

Fraudsters often target geographical areas where they know elderly or vulnerable people live, so we would ask that if you have family or friends who are vulnerable in anyway that you make them aware of this scam.

If you, or someone you know, receives a call of this nature please contact us as soon as possible. We will then assess the area that is being targeted, alert the banks and endeavour to protect other local residents to prevent any financial loss.

Facebook – send us a private message to /DerbyshireConstabulary

Twitter – direct message our contact centre on @DerPolContact

Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.

Reply by email - alert@neighbourhoodalert.co.uk

You can also call Crime stoppers anonymously on 0800 555 111.

If you are deaf or hard of hearing you can also text on 07800 002414 or email us at deafsms@derbyshire.pnn.police.uk

Derbyshire Police advise - On receiving a call of this nature please terminate the call, wait 5 minutes and ensure you can hear a dial tone before calling 101, to call your bank please use the number found on the back of your card. All reports of this nature also need to be reported to Action Fraud 0300 120 2040 or online <https://www.actionfraud.police.uk/>



Derbyshire Healthcare

NHS Foundation Trust

New #LettersToLovedOnes launched to keep patients and relatives in touch across Derbyshire

Starting from (Friday 10 April): Families can now share letters and photos via email to their loved ones in hospital to help them stay in touch at community hospitals run by Derbyshire Community Health Services NHS Foundation Trust.

The service, which starts (Friday 10 April) is for inpatients at Ash Green Learning Disability Centre (Ashgate, Chesterfield), Cavendish Hospital (Buxton), Clay Cross Hospital, Ilkeston Community Hospital, Ripley Hospital, St Oswald's Hospital (Ashbourne), Walton Hospital (Chesterfield) and Whitworth Hospital (Darley Dale).

Relatives and friends of patients on wards at these hospitals can use the #LettersToLovedOnes service by following this process:

Email: DCHST.letterstolovedones@nhs.net attaching your letter and photograph(s).

Tuesday, 26 May 2020

Please also provide your loved one's date of birth and full name and tell us which ward they are on.



The discount service for the Emergency Services, NHS and Armed Forces. We provide discounts online and on the high street through a physical Blue Light Card. If you are in the UK's Emergency Services, NHS or Armed Forces, sign up for free today! <https://www.bluelightcard.co.uk/index.php>