

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)

We would like to acknowledge LINKS CVS have provided some of the material used in this document.

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Foodbanks: Chesterfield



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

Chesterfield Foodbank is open for business as usual.

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)

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

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

Friday 13:00 – 15:00

Loundsley Green Community Centre,
Cuttholme Road,
Chesterfield,
S40 4Q 07984 589456

Press Release

Press Release

"Meals on Wheels" Service launching in July 2020





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



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
FOODSERVICES



Tel: 01246 280559 | Fax: 01246 200549
Email: focusfinefoods@aol.com

Something Different!



Focus Food Services - Meat, Frozen, Dairy, Bread

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

Jacksons
The Bakers Ltd



Jacksons The Bakers - Bread, Cakes
(collection only)

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

Holdsworth
FOODS

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/Robert Bowring>

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

Londis,

622 Chatsworth Road

Chesterfield

S40 3JX

Orders via the Shop number – 01246 568871



Hasland Pet Supplies - Pet food deliveries

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



Foodbanks:



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: Chesterfield



DERBYSHIRE
County Council

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



BLUE LIGHT CARD

[Website](#)

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!





Further Reporting of Courier Fraud In Chesterfield

Reply by email - alert@neighbourhoodalert.co.uk

You can also call Crimestoppers anonymously on 0800 555 111.

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.



Money and Finance:

Derbyshire Discretionary Fund

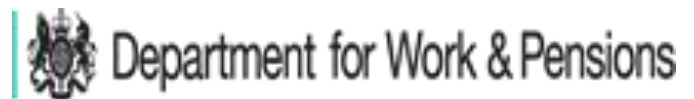
The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.



[Website](#)

Department for Work & Pensions

This website gives the most up to date government information for benefits, Universal Credit etc.



[website](#)

Benefits during the Coronavirus

This link has the most up to date information for benefits, Universal Credits etc.

The Information is updated daily



[website](#)

Covid-19 Cyber and Fraud Information Sheet

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.

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.



[Website](#)

[Website](#)





Money Advice Service

The Money Advice Service gives guidance and help with how to manage your money better.



[website](#)

Citizens Advice

There is general advice specifically about COVID-19 on the national Citizens

Advice website here:

We cover a wide range of issues including...
Housing (renting and home ownership)
Debts and Money Problems
Family and Relationships Health and Social Care
Energy Efficiency
Employment
Consumer
Benefits

Our advice is free, confidential, impartial and independent.



Call our Derbyshire Districts Advice line:

Monday to Friday 9.00am - 4.00pm
0300 456 8390

(See reverse for call charges)

[website](#)

Money Saving Expert

Employment Help



[website](#)



Warmer Derby & Derbyshire helpline is open

Our energy bills/cold homes phone line service is still running, albeit in a modified form. 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 colleagues. Stay healthy & hope to hear from you soon.



The Warmer Derby & Derbyshire number is still available:

0800 677 1332,

The Stop Loan Sharks Helpline Service -

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-



0300 555 2222

Text a report

07860022116

shark@stoploansharks.uk
website

Step change

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.



Website



Criminals are exploiting the COVID-19 pandemic to try and get their hands on your money and personal information. **To date, Action Fraud has received reports from 2,378 victims of Coronavirus-related scams, with the total losses reaching over £7 million.**

How you can protect yourself from Coronavirus-related scams:

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

NHS Test and Trace scams:

The NHS Test and Trace service plays an important role in the fight against coronavirus and it's vital the public have confidence and trust in the service. However, we understand the concerns people have about the opportunity for criminals to commit scams.

What you need to know:

Contact tracers will **only call you from the number 0300 013 5000**. Anyone who does not wish to talk over the phone can request the NHS Test and Trace service to send an email or text instead, inviting them to log into the web-based service.

All text or emails sent by NHS Test and Trace will ask people to sign into the contact tracing website and will provide you with a unique reference number. We would advise people to **type the web address <https://contact-tracing.phe.gov.uk> directly into their browser**, followed by the unique reference number given to you, rather than clicking on any link provided in the message.

The NHS Test and Trace service will never:

- ask you to dial a premium rate number to speak to them (for example, those starting 09 or 087)
 - ask you to make any form of payment or purchase a product or any kind
 - ask for any details about your bank account
 - ask for your social media identities or login details, or those of your contacts
 - ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
 - ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS

If you think you have been a victim of fraud, please report it to Action Fraud at <https://www.actionfraud.police.uk> or by calling 0300 123 2040. If you live in Scotland, please report directly to Police Scotland by calling 101.



Suspicious Email Reporting Service (SERS)

If you receive an email that you think is suspicious, you can forward it to the NCSC at report@phishing.gov.uk and their automated programme will immediately test the validity of the site. Any sites found to be phishing scams will be removed immediately.



[Website](#)

Digital MOT

As we are all spending more time online, it is more important than ever that we do everything we can to stay safe online.

By answering a few simple questions, you can find out the most important steps you can take to protect your devices and avoid being a victim of cybercrime.

[website](#)





Money Sorted in D2N2

Providing support for people experiencing financial difficulties

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.

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.

What does the project provide?

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

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

High Peak, Derbyshire Dales
Citizens Advice Derbyshire Districts
Roz McCoy (High Peak)
07866 947859 or 0300 456 8390
roz.mccoy@dcdcab.org.uk

Mandy Simm (High Peak, Derbyshire Dales)
07494 032354 or 0300 456 8390
mandy.simm@dcdcab.org.uk

Katy Turquoise (Derbyshire Dales)
07730 089667 or 0300 456 8390
katy.turquoise@dcdcab.org.uk

Solihull, Chestnelfield, North East Derbyshire
Derbyshire Law Centre
Carmen Yates
07868 003565 or 01246 550674
carmen.yates@derbyshirlawcentre.org.uk

Debra Parkin
07478 669499 or 01246 550674
debra.parkin@derbyshirlawcentre.org.uk

Derbyshire Unemployed Workers Centre
John Power
07870 388045 or 01246 23441
john.power@duwc.org.uk

Amber Valley, Erewash
DHA - Direct Help and Advice
Charlotte Cotton
07842 129195 or 0115 9300 199
charlotte.cotton@dhadvice.org

Tim Robinson
07752 575247
tim.robinson@dhadvice.org

Citizens Advice Derbyshire Districts
Katy Turquoise (Amber Valley, Erewash)
07730 089667 or 0300 456 8390
katy.turquoise@dcdcab.org.uk

South Derbyshire
Citizens Advice Mid Merica
Tracey Harris
01283 210108 or 07498 065104
tharris@citizensadviceamidmercia.org.uk

Laura Speirs
01283 210108 or 07470 860201
lspeirs@citizensadviceamidmercia.org.uk

Who to contact in your local area :

'My knowledge has increased which in turn has helped improve my confidence'

Bassetlaw, Mansfield, Ashfield
DHA - Direct Help and Advice
Alison Parnell
01623 658 060 or 07305 802094
alison.parnell@dhadvice.org

Mansfield Citizens Advice
Jennifer Seals
07307 888327
jennifer.seals@mansfieldcab.org.uk

Vikki Foster
0745 3798425
vikki.foster@mansfieldcab.org.uk

Jillan Eves
0745 3799375
jillan.eves@mansfieldcab.org.uk

Derbyshire Law Centre
Debra Parkin
07478 669499 or 01246 550674
debra.parkin@derbyshirlawcentre.org.uk

Newark & Sherwood, Gedling
St Ann's Advice
Polly Tyler
07387 904933 or 0115 908 1534
polly.tyler@StAnnsAdvice.org.uk

Broxtowe, Nottingham City, Rushcliffe
St Ann's Advice
Margaret Bagnall
07570 078273 or 0115 908 1523
margaret.bagnall@StAnnsAdvice.org.uk

Jade Brittan
07827 248747 OR 0115 9081534
jade.brittan@StAnnsAdvice.org.uk

Nadine Morgan
07387 904934 or 0115 908 1534
nadine.morgan@StAnnsAdvice.org.uk

Nottinghamshire YMCA
Samantha Collins
07398 387881 or 0115 9567600 Ext 259
samantha.collins@notsymbca.org

Nottingham and Nottinghamshire Refugee Forum
Joak Aspden (refugees)
07375 088512
joak.aspden@notterefugeeforum.org.uk

Derby City
Derby Advice
Learne Scaybrook
07812 300080
01332 643396
learne.scaybrook@derbytimes.org

DHA - Direct Help and Advice
Tim Robinson
07752 575247
tim.robinson@dhadvice.org

Derby City
YMCA Derbyshire
Jenni Hewlin
07702 854324
01332 579550
jenni.hewlin@ymcaderbyshire.org.uk

Katy Frost
07793 048528
01332 579550
Katy.frost@ymcaderbyshire.org.uk

Housing: Chesterfield



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



CHESTERFIELD
BOROUGH COUNCIL

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

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



Housing:



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.

[website](#)



Mental Health
Emotional wellbeing/
Staying active
Chesterfield



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->



Web:

[Derby and Derbyshire patient leaflet](#)
[Derby and Derbyshire wallet card](#)



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

© MHFA England 2019

Specialist Community Advisors – CAMHS

Chesterfield Nth,

Staveley & Brimington:

Natalya Van Steenberg

Tel: 07766 697 940

Email: natalya.vansteenbergen@nhs.net

Chesterfield Sth & Central:

Liz Stephens Tel: 07795 354 988

Email: e.stephens1@nhs.net

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.

Derbyshire Community Response Unit

Derbyshire County Council are coordinating a community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.



[Website](#)

If you need help and have no friends or family you can call on, you can register to get help online:

Or you can phone us on: 01629 535091. Our phone line opening hours are:

Monday to Friday from 9am to 5pm

Saturday from 9am to 1pm

Mental Health and Wellbeing Support for Children, Young People, Parents and Carers during Covid-19

We know that the closure of schools due to the Covid-19 pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers across Derby and Derbyshire. We are pleased to be able to offer services to support the whole family. You will find information attached. We would again be most grateful if you could support us in sharing this information.

If you have any questions or concerns then please do not hesitate to contact us: ddccg.enquiries@nhs.net

NHS Derby and Derbyshire Clinical Commissioning Group

There are many resources available on the Joined up Care Derbyshire website: <https://joinedupcarederbyshire.co.uk/> which brings together information from Health across Derby and Derbyshire.

I would also like to highlight the new accessible information that has just become available which you can find here:

[website](#)





Every Mind Matters

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.



[website](#)

Qwell

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.



[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

Derby and Derbyshire: Emotional Health and Wellbeing.

[Website](#)



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.



[website](#)

Telephone: 116123





Healthwatch Derbyshire

healthwatch
Derbyshire

Healthwatch Derbyshire Telephone Helpline

In response to Covid-19, there is now a telephone support line for people looking to access health or care services.

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.

Telephone: 01773 880786 – 10am - 3.30pm, Mon - Fri
Email: enquiries@healthwatchderbyshire.co.uk

An illustration at the bottom of the poster shows a hand pointing at a smartphone screen, a yellow speech bubble with three dots, a yellow speech bubble with a question mark, and a hand holding a telephone receiver.

RETHINK

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

[Website](#) Telephone: 01773 734989

Rethink Mental Illness

EMOTIONAL SUPPORT HELPLINE

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.

GIVE US A CALL ON 01773 734989
MON-FRI 9:00-17:00

An illustration at the top of the poster shows two red telephone receivers facing each other.



Derbyshire LGBT+

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

[website](#)

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

Email: INFO@DERBYSHIRELGBT.ORG.UK

Men-Talk

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.

Email:

mentalkmeeting@gmail.com

Derbyshire County Community Trust

What support do they offer? Virtual FREE online sessions for all the family to stay active, involved in their wider community and online interactive challenges.



[Website](#)

[Newsletter](#)

Borderline Derbyshire

Newsletter of the
Derbyshire Borderline Personality Disorder
Support Group



Deaf-initely Women

What support do they offer? Definitely Women have created a new group for women who are deaf, deaf-blind, hard of hearing and any hearing loss. 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. 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! We will be setting up Zoom topic group, we will include caption/voiceover/BSL.



[Website](#)

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](#)

Kooth

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.



[website](#)

Online chat: Available



Action for Children

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

<https://www.actionforchildren.org.uk/support-for-parents/>



[website](#)

Child line

Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.

Telephone: 0800111

Online Chat: Available on their website

The logo for Childline, the word 'childline' in a blue, lowercase, sans-serif font.

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

Winston's Wish

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

The logo for Winston's Wish, with 'WINSTON'S' in black, 'WISH' in red, and 'WW' in black.

Giving hope to grieving children

[Website](#)

The Mix

Essential support for under 25's, including mental health, housing and relationships

The logo for The Mix, with the words 'THE MIX' in a colorful, blocky font where each letter is a different color.

[Website](#)



Dr Radha's five mental health tips for lockdown

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.



[Website](#)



If you are a parent or carer for a child aged between 0-19 and want advice or have any worries you can text the Parents and Carers ChatHealth Service on: **07507 327754**

We can help with all kinds of things like:

- Bedwetting/soiling/toileting
- Concerns about hearing or vision
- Feeding problems
- Wetting
- Emotional wellbeing
- Behaviour
- Speech concerns

Text our confidential line 07507 327754 for advice and support

If you are aged 11-19 and want advice or have any worries text the Young People's ChatHealth Service: **07507 327104**

If you feel concerned about:

- Sexual health
- Relationships
- Emotional health
- Drugs and alcohol use
- Physical health

Text our confidential line 07507 327104 for advice and support

We might receive information if we have concerns about your safety but we would always speak to you first. Issues with children aged 16-17 can be reported to us and we will ensure the relevant practitioners will respond. Your messages are passed and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within 24 hours of writing the text you should get an immediate message back to confirm we have received your text. Texts will only be sent between 9am and 5pm. If you need help before you have had 5pm in contact you'll receive a text to return to 07507 327104. The helpline does not provide video calls or MMS picture messages. We support messages from all mobile numbers only, we do not include messages sent from landlines, international mobile numbers and some "texting numbers" outside apps. To protect the health professionals providing messages to you, we'll never share your name or change of your email address.



Vita Minds



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

Vita Minds are new NHS providers within the IAPT (Improving Access to Psychological Services) community commissioned by Derby and Derbyshire CCG.

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](#).

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](#).

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 seem 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.

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.

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.

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



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

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

Wednesday

16:00-17:00
Feeling Good Wednesday!

with Sam, our Specialist Support Officer

Themed session which will allow time for discussion.

Registration required.

Please contact: samr@firststepsed.co.uk

Thursday

15:00-15:30
Mental Health Training

with Maria, Training and Events Manager

18:45-19:45
ALTERNATIVE WEEKS

WEEK 1 Kundalini Yoga for anyone interested, facilitated by Racheal
Please contact for more details
lisa@firststepsed.co.uk

WEEK 2 All Ages group for new and existing service users with eating difficulties facilitated by Lisa, trained nurse and training facilitator

Friday

11:00-12:00
Art Workshop

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

14:00-14:30
Stress Free Friday

with Ria, Chantay and Marta, our amazing volunteers who will bring some positivity, self-care and useful distractions to reduce your stress levels

Saturday

11:00-12:00
Start the Weekend Right

with Judith and Dijit, our fabulous volunteers, who run this group to support your general wellbeing, discuss different topics and bring some optimism to your coming weekend. Registration required. Please contact: rose@firststepsed.co.uk

All of the groups are free to attend and most of them are open to EVERYONE! To attend the sessions please click on the Zoom links posted on our social media or email us at info@firststepsed.co.uk for more information



A new social media group known as Broken Beauty aims to provide support for women in North Derbyshire struggling with stress, anxiety or depression. Run entirely by volunteers.

"We can be found on Facebook via the Broken Beauty page, and anyone can get in touch via Facebook messenger. We offer a completely confidential messaging service or you can join the online group, Broken Beauty chatroom which is a platform to connect with others, talk, listen and share any issues that are affecting you. We also hope to start some meetings within the community once the lockdown restrictions allow."

Active Derbyshire

What support do they offer? The School Games Organiser Network and Active Derbyshire are working together to create and publish a weekly programme of activities to help schools to support parents and carers to maintain an active routine for children and young people whilst at home.

[Website](#)



Derbyshire Dementia Support Service
To view information please click link below

[Flyer](#)



relate
the relationship people



DERBYSHIRE
County Council

Relate Derby (www.relatederby.org.uk) has been commissioned by NHS England to provide counselling services free to residents of Derby and Derbyshire and these can be accessed immediately. Due to the Covid-19 pandemic, we are delivering all our counselling services remotely via webcam and telephone. Please contact us on 01332 349177 or 07741193484 info@relatederby.org.uk.

IAPT (Improving Access to Psychological Therapies) counselling for couples and young people (16-18years).

People can access this free service if they are registered with a Derby or Derbyshire GP. Anyone who is experiencing anxiety, depression, low mood, relationship issues, loss, grief, trauma and other conditions, can contact their GP to get referred to Relate Derby or people can just contact us directly and we will advise them.

Support for children and young people's (age 5-18) emotional health and wellbeing.

If you know a child or young person who is experiencing depression, low mood, stress, panic or anxiety, or need wider emotional support due to the impact of the Covid -19 pandemic then please refer them to Relate Derby. Our specially qualified counsellors are ready to assist. This is a free service and we currently have no waiting list, so people can get access to a qualified counsellor straight away.

Counselling for people affected by Autism Spectrum Condition (ASC).

Relate Derby has a special project called 'Living Well with Autism' (LWA) which supports people with ASC who are wanting to explore their own relationships and people who have a family member with ASC. This service is free to people who are living in Derbyshire. For more information please visit our dedicated website <http://www.livingwellwithautism.org.uk/>

Our free Telephone Helpline (0808 178 9363)

This has been extended and is now running on Monday, Tuesdays and Thursdays 10am -1pm. Thanks to Foundation Derbyshire for their financial support.

Our helpline gives people the opportunity to speak directly to an experienced Relate trained counsellor without having to make an appointment.

Calls are free from landlines and most mobiles. If you are not sure whether or not you will be charged, please check with your mobile provider to confirm that 0808 calls are free before calling us.

About Relate

The Relate Federation is the UK's largest provider of relationship support, and last year we helped over 2 million people of all ages, backgrounds, sexual orientations and gender identities strengthen their relationships of all kinds. Relate Derby and Southern Derbyshire has been working locally since 1960 and is a registered (1110768) and a company limited by guarantee (4980776), 3 Wentworth House, Vernongate, Derby DE1 1UR. www.relatederby.org.uk

We're here to support people to build and maintain strong healthy relationships and improve their emotional, mental and physical well-being. We do this by delivering a range of education and training courses and counselling services for couples, individuals, family, children & young people and people with Autism Spectrum Condition who perhaps experiencing anxiety, depression, low mood/self-esteem, bereavement, grief, marriage or relationship or sex issues.

Domestic Abuse



**If you are in immediate danger
call the police 999**

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

Derbyshire Domestic Abuse Support Line

Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting the Derbyshire Domestic Abuse Support Line. Its available 24 hours per day, 7 days per week and offers a single point of contact to get the help you need.

Tel: 08000 198 668 and you'll get help from someone close by. You can also contact them by email: derbyshiredahelpline@theelmfoundation.org.uk

Call 08000 198 668

Email derbyshiredahelpline@theelmfoundation.org.uk

Text 07534 617252

Mon – Fri 8.00am – 7.00pm specialist domestic abuse workers will take the call and refer into the Derbyshire Domestic Abuse Support Services.

Overnight, weekends and bank holidays contact the helpline and the call will be taken by Call Derbyshire, who will respond and direct to the support services



Website

Safer Derbyshire

Derbyshire 24/7 helpline



website

08000 198 668

The National Domestic Abuse Helpline

Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.

website

0808 2000 247

24 hours a day

Free Calls





The Men's Advice Line

A confidential helpline for male victims of domestic abuse and those supporting them.

[website](#)

0808 801 0327

Women's Aid

Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.



[website](#)

Galop

Domestic Violence support for members of the LGBT+ community



Respect

Support if you are worried about hurting someone

If you are worried about hurting the ones you love while staying at home.

[website](#)

0808 8024040



Blue Sky is a free download mobile app, launched in partnership with the by Vodafone Foundation, providing support and information to anyone who may be in a abusive relationship or those concerned about someone they know



<https://www.reducingtherisk.org.uk/cms/content/hestias-bright-sky-app>

Derbyshire County Council

If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/ Starting Point.



[website](#)

Salcare

Domestic abuse support for all genders from all communities

We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday



[website](#)

enquiries@salcare.org.uk

01773 765899

Sexual Abuse



Advice Line

The Advice Line is available between 8am and 5pm every day of the week to provide you with accurate information and relevant advice for your personal situation - 01773 746115



Children and Young People's Therapy

Talking, creative and play therapies are available to children and young people for something that has happened either in the past or more recent.

ISVA and ChISVA Support

SV2 provides an ISVA service (Independent Sexual Violence Advisor or Children's Independent Sexual Violence Advisor) for anyone who has been the victim of rape, sexual assault or abuse. The ISVA's or ChISVA's main role is to provide emotional support and guidance for anyone reporting or considering reporting current or historic sexual offences to the police and through the Criminal Justice System.

[Website](#)

SARC

Our Sexual Assault Referral Centre is for anyone aged 18 or over who has been raped or sexually assaulted within the last 7 to 10 days. At the SARC you will undergo a forensic medical examination; hand over any other evidence, such as clothing etc; and complete a witness statement.

Adult Therapy

We are not currently taking new referrals for adult therapy but this is changing situation so please check our website and Facebook page for the latest information.

Support for victims and survivors 18+ who have or have had experiences of sexual abuse and violence, including childhood sexual abuse. Sail supports all genders from all communities. Referrals can be made from other agencies and self referral

1:1 counselling

ISVA (independent sexual violence advisor)

Art and Drama therapy

Group therapy

Move on support group

Helpline 0800 028 2678



[Website](#)

Safeguarding
Chesterfield



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).





NEW CALL HATE OUT MATERIALS AVAILABLE TO HELP TACKLE HATE CRIME AGAINST YOUNG PEOPLE

Stop Hate UK is excited to launch some new promotional materials to support our confidential 24-hr support service for young people, under the age of 18, experiencing or witnessing Hate Crime.

Stop Hate UK already has great experience in supporting this age group, but we recognised a need for a dedicated service and that we are ideally placed to provide this across our helpline areas.

Call Hate Out™ is available to all existing Stop Hate UK helpline areas, plus all of West and South Yorkshire, Leicestershire and Nottinghamshire.

Our new materials are available immediately, in electronic and hard copy format.

For more information contact info@stophateuk.org



Posters available in a variety of sizes



A6 Postcards - available in 2 designs



CALL™ Call:0808 801 0576
HATE Text: 07717 989 025
OUT www.callhateout.org
Stop Hate Crime Against Young People

A service provided by



Safeguarding



Make Yourself Heard

In danger, need the police, but can't speak?

- 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.

Lead by IOPC Supported by women's aid NPCC



**DERBYSHIRE
CONSTABULARY**

For concerns that are not immediate you can contact Derbyshire police using any of the below methods:
Facebook – send them a private message to /DerbyshireConstabulary
Twitter – direct message their contact centre on @DerPolContact
Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.
Phone – call them on 101.

Supporting vulnerable children and young people during the coronavirus outbreak

Hollie Guard - Personal Safety

free to download on any **Android** phone or **iPhone**

In danger? With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.





STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

At a time when community cohesion is needed more than ever, sadly we continue to see instances of Hate Crimes that threaten the safety of individuals in our community.

A hate crime is any crime which is perceived by the victim or anyone else, to be motivated by a hostility or prejudice towards someone because of their identity.

We would encourage all hate incidents to be reported to the police. Derbyshire County Council jointly funds StopHateUK to provide support, advice and alternative reporting to anyone affected by hate crime.



If you're worried about anti-social behaviour find more information or find out how to report different types of anti-social behaviour at www.saferderbyshire.gov.uk/asb

SafeToNet
To view information please click link below
[Online](#)





As the government lockdown and social distancing measures continue, there is growing concern for children and young people who may be at risk of exploitation and abuse.

School closures, restricted services and lack of face-to-face support mean that there may be less opportunities to protect children at risk.

Exploited children and young people don't always look vulnerable and may not act like victims. If something doesn't feel right though, it might not be.

Public spaces like bus and train stations, fast food outlets, hotels and roadside services can be where young victims of child exploitation are most visible. Help to protect children and young people. **Don't wait. Report it.**



If you are concerned about a child and think it's an emergency, dial 999 or 101 if it's not an emergency.

On a train text British Transport Police on 61016.

Otherwise contact Crimestoppers on 0800 555 111.

Modern slavery



Modern slavery is where a person is brought to, or moved around the country by others who threaten, frighten or hurt them, and force them into work or other things they don't want to do.

It is a term used to describe: human trafficking, slavery, forced labour and domestic servitude, slavery practices, such as debt bondage, sale or exploitation of children and forced marriage.

If you are worried, or suspect, that a person may be a potential victim of modern slavery or trafficking, please report it.

Police on 999, if the person is at immediate risk or 101, if a non-emergency - quote Modern Slavery Human Trafficking Unit

Call Derbyshire on 01629 533190 (24hr Adults & Children) Children triaged via [Starting Point](#)

Derby City Council: 01332 640777 and refer to social care

For advice - Modern Slavery Human Trafficking Unit on 0300 122 8057 or email MSHTU@derbyshire.pnn.police.uk



ACT

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.

Child Line

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

The Childline logo, consisting of the word 'childline' in a blue, lowercase, sans-serif font.

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

[website](#)

NSPCC

Support for Children and parents in regard to mental health, safety, bullying etc.



[website](#)

Parental Support
Chesterfield



De-escalation Leaflet



Top 10 do's and don'ts when it comes to escalation with your child:

<p>What to do:</p> <ul style="list-style-type: none">- Stay calm- Stop and think- Remain positive- Give yourself time to plan your response- Be non-judgemental- Remind yourself you're doing the right thing- Be gentle and firm- Persist- Walk away- Believe things can get better	<p>What to avoid:</p> <ul style="list-style-type: none">- React- Talk too much- Argue- Lecture- Threaten- Raise your voice- Use sarcasm- Blame- Say hurtful things- Use aggressive body language.
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Dealing with loss

Please click on link to see resources.

Bereavement
Resources to use to



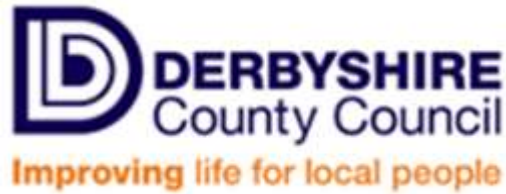
The Cruse www.cruse.org.uk

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.



Parental Support



Health Exercise and Nutrition for the Really Young (Henry)

Due to Covid-19 HENRY (Health Exercise and Nutrition for the Really Young) are not facilitating courses at present, but we are working on this being delivered virtually or signposting families to interactive E-learning courses. We are also developing family cookery sessions to offer on the other side of this pandemic.

Please follow the below link to register interest for families to access future courses (please scroll to the bottom of the page to register interest):

HENRY: <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/children-and-young-peoples-health/henry/health-exercise-and-nutrition-for-the-really-young-henry.aspx>



Website

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.

Tik Tok: a guide for parents

A new Parent Info article explores [how Tik Tok works](#), the parental controls available, and how they can help their child to stay safer on the platform.





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

DIY Haircuts

website

Coronavirus updates

website

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

Cooking on a budget

website

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

Contacting your Dentist

Access to NHS Dentistry is currently limited during the pandemic as dentists have been asked to stop all routine "face-to-face" dental care. However, if you need urgent dental care, help is at hand:

CALL your dental practice: They will give you advice over the telephone and make arrangements for you if you need to be seen. If you don't have a dentist, find your nearest dentist and CALL them. You can search for your nearest dentist at: <https://www.nhs.uk/service-search/find-a-dentist>. You can also contact NHS 111.



Communication Unlimited



- Tel: 01332 369920
- SMS: 07812300280
- Fax: 01332 369459
- Email: bookings@cu-bsl.co.uk
- Facebook: <https://www.facebook.com/BSLcommunicationunlimited/>

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.



ChatHealth is a confidential text messaging service that offers advice to parents worried about children 0-19

Text: 07507 327754

Education

Chesterfield




Explore Chesterfield Museum from home



Although Chesterfield Museum is closed, they've put together some things for you to do at home. Click [HERE](#) to discover craft items, quizzes, experiments, poetry and lots more.

You can also visit the Museum without leaving home on a [virtual tour](#). Keep an eye on the [Chesterfield Museum Facebook page](#) where they'll be showcasing individual items from their collection with the stories behind them



INFORMATION SHEET

Helpline: **0800 02 888 40**

childbereavementuk.org

Remembering - Collaborative projects for the school community

If a pupil or member of staff dies, the school community may welcome a collaborative project to help to remember the person who died, creating something positive for everyone to share. In this way, pupils and staff may feel more connected to each other and take comfort in working together, even though they may be physically separated. The finished project could be shared within the school and, if appropriate, with the family of the person who died.

Collaborative project ideas:

- Audio or film messages which could be collated in classes, tutor groups, year groups or as a whole school message. These could also be recorded and sent in by digital means.
- Individual works of art, which could be based on a common theme such as a season, time of day, special place, sport, hobby or interest. These could be uploaded to a virtual gallery.
- Compiling a cookbook in memory by contributing favourite recipes.
- Composing a piece of music using instruments, household items, percussion and/or singing.
- Writing individual lines of poetry which could form a remembrance poem.
- Contributing to a book of condolences.
- Writing, recording or drawing messages for the family of the person who died.
- Making a jigsaw wall for which students write messages or create decorated tessellating shapes, such as paper jigsaw pieces, which can be put together as a wall in school when everyone returns.
- Setting up an online memorial or fundraiser in memory.
- Helping other people by sharing ideas about what has helped them at this difficult time, and creating an information guide to help bereaved pupils in other schools.

Some of these project ideas may also be helpful suggestions for a grieving family, as a way of connecting extended family members and friends when they are not able to attend a funeral or visit each other.

Support, information and resources

Child Bereavement UK's free national Helpline provides confidential support and information for professionals and families. We can respond to email and Live Chat via our website. Our website also provides a range of resources for schools and families:

Helpline: **0800 02 888 40**
 Live Chat via childbereavementuk.org
 Email support@childbereavementuk.org

9am-5pm, Monday-Friday (except Bank Holidays)

For large print version
 call: **0800 02 888 40**

To give feedback on our information, email
support@childbereavementuk.org

Child Bereavement UK
 80/81A Riverside Way, York, YO1 1LQ
 Registered in England & Wales, 1546415
 Charity No. 1094180



Education

National Careers service give free and impartial information, advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment or training.



Website



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/Hearnor/Swadincote) contact Chris Ellerington 07890 804090
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Becky Stancill 07787 070707



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 ncc.scans@derbyshire.gov.uk or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020



National Careers:
Please see the ne National careers video below showing what services Nation Careers caches are offering.

[You tube link](#)





Adult Community Education News

Love learning locally
Adult Community
Education News



Silly Squad Summer Reading Challenge

A fun and free reading challenge for children aged 4-11 running from June to September. Celebrating funny books, happiness and laughter. Children are asked to share or read books, comics, jokes anything that makes them happy. These can be books they have at home or books that are downloaded for free from Derbyshire Libraries. They can join in the fun at the Silly Squad website where there are lots of games and quizzes as well as book recommendations and reviews written by children.



Delivered by the Reading Agency and supported by Derbyshire Libraries. Contact Anna Cotsell, Childrens Services Manager, Libraries and Heritage.

www.sillysquad.org.uk

www.derbyshire.gov.uk/summerreadingchallenge

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

website

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

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

Community Support



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 Our-Watch website on the link below and enter your postcode.

Website

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](#).

Deaf-initely Women Community Support Group





European Union
European
Social Fund

For more information about:

Workpays, please visit: www.workpays.co.uk

Or call: 01246 211317

Help getting back to work

In light of Covid-19, many people are finding themselves further vulnerable or even, vulnerable for the first time as they are affected and are faced by unemployment. Due to these uncertainties Workpays are here to offer a glimmer of hope to those affected by reaffirming that they are here to work with participants **free of charge** regain control, confidence and independence get back to work.

Here's how they can help:

Workpays (an umbrella organisation that delivers many contracts including Building Better Opportunities (BBO)) supports the most vulnerable and hardest to reach progress towards, if not into, work. Workpays provides accredited and non-accredited training to participants, equipping them with skills, knowledge and qualifications required to progress into their chosen industry.

Building Better Opportunities (BBO): hosted by Groundwork Nottingham and funded by the Big Lottery Community Fund and European Social Fund supports individuals on a 1:1 basis identify and remove barriers that prevent their progression towards work.

BBO is a programme for unemployed and economically inactive people aged 16+ (or 15-18 if NEET).

BBO is a national programme; however runs according to local priority and need. Support length varies per person. Intervention budgets can be used to fund, alleviate and remove presented barriers including: childcare, qualifications, transport, mental health support and so on.

If you have participants/service users (or know of any person) that would benefit from FREE support then please get in touch.



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

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

Employment/ Training



Website

Have you recently been furloughed?

National Careers Service COVID-19 Activities

Do you need help to make decisions on learning, training and work opportunities?
The service offers confidential and impartial advice.
This is supported by qualified Careers Coaches.

Please contact ncs.scans@derbyshire.gov.uk or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020



National Careers Service

Do you need help to discover your digital skills and to look for online learning/courses?

Derbyshire County Council National Careers Service offers information, advice and guidance to adults on employment and learning.

Our staff are:

- Experienced and qualified to a minimum of Level 4 in Information, Advice and Guidance
- Friendly, supportive and adaptable to learner needs
- Impartial and able to advise on and refer to a wide range of local provision

During the COVID-19 outbreak our centres are closed for face-to-face appointments, but we're still offering impartial information, advice and guidance in other ways. Support will be available 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 303858
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308573
- Errewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadincote) contact Chris Ellerington 07896 004096
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 381263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald 07967 308908 or Becky Stancill 07767 870797

National Careers service give free and impartial information, advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment or training.



Princes Trust
Website



Prince's Trust



2 DAYS ONLINE

FREE BUSINESS WEBINAR:

CALL 0800 842 842

Learn all about self-employment
AND how to setup and run your
own business.

Includes marketing, invoicing, taxation,
finances, skills for business and funding.

RHGCONSULT
challenge _ inspire _ succeed

Join us on the
22nd & 23rd JUNE 2020
9.30am-4.30pm

START SOMETHING



European Union
European Regional
Development Fund

**Alcohol and
Substance misuse support**



[website](#)

Change Grow live

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.



[Website](#)

Supporting children who are seriously affected by someone else's substance misuse.

Derbyshire Recovery and Peer Support Service

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).

Telephone:

01773 303646

Email: derbyshire@cgl.org.uk.



Support for Children
and Young People
Chesterfield



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/>



Giving hope to grieving children

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



Support for Children and Young People



CAMHS - Supporting bereaved children during the outbreak of Covid-19



The outbreak of Covid-19 means that many aspects of our lives have changed. School is closed for most, lots of families are working from home, and we are all having to spend more time apart. The news is full of talk of the virus and the effect it is having.

Many children and young people will have questions and worries about the virus, but those who have experienced the death of someone important or who have an ill family member might be particularly worried.

This has been created to provide information to help professionals feel more informed about how best to support children, young people and their families with bereavement.

To view full information please click link below

[CAMHS - Supporting bereaved children during the outbreak of Covid-19](#)

Childrens guide to Coronavirus

[Website](#)

UNICEF for Every Child



[Website](#)

ONLINE Postal Condoms

[Website](#)

What support do they offer? Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained councillors.

Telephone: 0800111 **Online Chat:** Available on their website **ChildLine – [Website](#)**

childline

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



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](#)

Volunteering
Chesterfield



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 roni.green@derbyshire.gov.uk

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

email susan.wragg@derbyshire.gov.uk



You can contact Chesterfield Volunteer Centre on 01246 276777 info@chesterfieldvc.org.uk. They are open on 9:00am-5:00pm Monday - Friday. They do shopping and deliver and you can pay by card. <http://chesterfieldvc.online/>



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

Weston Park Cancer Charity – Volunteer Drivers



Kirsty Scarborough, Project Manager, Weston Park Cancer Charity, is project managing the takeover of the Nenna Kind service in Chesterfield and part of that includes a free bus service between Chesterfield and Sheffield for cancer patients which is staffed by a small number of volunteers.

Currently the service isn't running due to the Covid situation, Weston Park Cancer Charity would like to recruit some more volunteers and have a wider 'pool' to draw from. If you are interested in volunteering please contact Kirsty Scarborough, Project Manager, Weston Park Cancer Charity on 07496 964517 or Kirsty@wpcancercharity.org.uk

You can read the Support Centre Driver Volunteer Role Profile [HERE](#)





COVID-19 Book: Share Your Story – submit your photos, art, poems and short stories

Derbyshire Voluntary Action is to publish a book documenting the Covid-19 Pandemic as seen through the eyes of Chesterfield, North East and Bolsover residents...but we really need your help in doing this.

- **Do you have interesting photos of bad haircuts, VE Day celebrations, volunteer's delivering food parcels, deserted streets and queues outside supermarkets?**
- **Have you kept a diary during this time or have you expressed yourself in a short story or poem?**
- **Have you or your children created rainbows for your windows or a scarecrow in your garden?**

Maybe you now feel inspired to create something?

Submissions will be welcomed from amateur and professional artists, poets, photographers, creative writers, crafters, whether you are the young, the elderly, volunteers, survivors of Covid-19 or the bereaved...everyone has their own unique story that deserves to be told and preserved for future generations. This book aims to unite us through a common goal, celebrating how we rose to an unprecedented challenge and showed that community spirit is alive and kicking.

Allow your creativity to record your experience and consider the ways you've dealt with the changes, the ups and the downs, the feelings of isolation and loneliness and let's not forget the heart-warming stories, the acts of kindness towards strangers and elements of lockdown we may not want to lose!

Our Vision Our Future receives the Queen's Award for Voluntary Service.

Our Vision Our Future is a voluntary group based in Chesterfield Derbyshire. We have been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Please click links below for more information

[Queens Award press release](#)

[QAVS June 1 2020 power point](#)

[Photos](#)



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.

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 infor-

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.

Website



Any other Local info.
Chesterfield



Inclusive Pedals has been given funding by Cycling UK to provide a number of free basic bike services for key workers (as defined by the government list).

It includes collection and delivery within 10 miles of Chesterfield, if more extensive work is required it will act as part payment.

More details on www.inclusivepedals.org.uk

We are also restarting the popular Dr Bike workshop in the Queen's Park north car park on Saturday June 6th. Again this provides free repairs but for anyone, any new parts used are charged at more or less cost. We are operating a booking system to aid social distancing although you can just turn up but may have to wait.

Slots can be booked here <https://cal.smoothbook.co/5ec245e8368405403b21eee6#/class>

The
BIG BIKE REVIVAL
For Key Workers

Free bike service in Chesterfield for key workers

more details;
www.inclusivepedals.org.uk

or 07834838076



Free services to keep key workers cycling
BigBikeRevival.org.uk #BigBikeRevival





If you notice anything suspicious, or have any information about crime, please contact us on one of the following non emergency options:

[Facebook](#) – send us a private message to /DerbyshireConstabulary

[Twitter](#) – direct message our contact centre on @DerPolContact

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

- Phone – call us on 101.

You can also call the independent charity Crimestoppers anonymously on 0800 555 111, or online through the Crimestoppers website, www.crimestoppers-uk.org.

Please note in the event of an emergency you should always call 999.



Vehicle Security Warning for Residents In North East Derbyshire

We're asking residents to be more vigilant after a recent rise in vehicle crime in the north east Derbyshire and Bolsover area.

Over the past few weeks officers have noticed an increase in thefts from and of vehicles throughout the North East Derbyshire and Bolsover district.

During the past three weeks we have had reports of seven vehicles which have been stolen and ten reports of parts or valuables stolen from vehicles.

The most recent incidents took place sometime overnight between Thursday 11 June and Friday 12 June.

A Ford Transit van was stolen from Tibshelf Road, at Holmewood, and the registration plates were stolen from a Ford Focus on Sookholme Road, Shirebrook.

Other areas where we have seen reports include Barlborough, Calow, Killamarsh, North Wingfield, New Tupton, Dronfield, Barlow, Wingerworth, Clowne, Langwith Juntion, Eckington and Wadshelf.

As well as registration plates, spare wheels have been taken, and valuables including an iWatch, a sat nav, mobile phone, glasses, a tablet and tools have also been stolen from inside both cars and vans.

While policing plans are in place to help target this trend, we're urging people to make sure their vehicles and valuables are safe and secure.

Inspector Rob Bowns, who is in charge of policing in the Bolsover and North East Derbyshire district areas, said: "Our officers are working to investigate these crimes, and patrols are carried out throughout our area to help deter offences, but we need your help.

"It's easy for vehicle security to go to the back of people's minds once they've parked up their car or van, and unfortunately this can put them more at risk of their car or van being targeted."

Insp. Bowns added: "There is quite a lot of advice on how you can prevent vehicle crime of all types, with some of the simplest steps including removing valuables from your vehicles and making sure windows and doors are shut and locked.

"Please do what you can, and remember that if you notice any activity in your neighbourhood which seems unusual or suspicious, report it to us."

Our advice to vehicle owners includes:

- Always make sure windows and doors are closed and locked, and there are no valuables which can be seen.
- Remove all valuables and items you cannot do without where possible.
- Fit theft resistant number plate fittings to prevent them from being stolen and used to hide the identity of other cars which are stolen or used in crimes.
- Keep electronic keys in specialist security pouches overnight or when they are not in use.
- Invest in good quality, full faced steering wheel locks or gear locks which can slow down offenders and put them off targeting your vehicle by making it more difficult.
- Keys and ignition fobs should be kept safe and out of sight and reach when at home, and not left near the doors, in your hallway or kitchen.



Derbyshire Healthcare

NHS Foundation Trust

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

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).

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

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 guid-

Any other Local info.



Library News

Residents who are not online but still want to find information about our library service, get help with enquiries or basic digital skills are being encouraged to ring a dedicated call-back information line for support.

[Plenty of ways to get information from your county library](#)

