

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)

Click on a category below to go directly to that page.
To return to this page please click on the home icon



Contents:

- ◆ **Foodbanks**
- ◆ **Money and Finance**
- ◆ **Housing**
- ◆ **Mental Health/ Emotional wellbeing/ Staying active**
- ◆ **Domestic Abuse**
- ◆ **Sexual Abuse**
- ◆ **Safeguarding**
- ◆ **Parental Support**
- ◆ **Education**
- ◆ **Employment/ Training**
- ◆ **Community Support**
- ◆ **Alcohol and Substance misuse support**
- ◆ **Support for Children and Young People**
- ◆ **Volunteering**
- ◆ **Any other Local info.**

Use the home button
to return to this



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 re-viewed 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 4QU
07984 589456





Food Deliveries;

RUMBLING TUMS CAFÉ



Call 01246 556604

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



Winsters Foods Deliveries

Chesterfield and Derbyshire sales@winstersfoods.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/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/>

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 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

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.



Warmer Derby & Derbyshire energy advice line

The 'Warmer Derby & Derbyshire' energy helpline **0800 677 1332**, supported by DCC and Derby City council, provides free impartial energy bills/tariffs/efficiency advice through the Covid-19 crisis.

We'd very much like to let people know we're still available – especially as many will be worrying about higher bills given so many of us are stuck in the house. It's harder than ever to get through to energy companies, prepay customers will be anxious about going out to top-up, while many more people find themselves on reduced incomes and Universal Credit.

In summary we can:

3-way phone call negotiations with energy companies and customers

Phone /video-call support & advice as appropriate

Postal delivery – info leaflets, small measures (LED bulbs, insulation tape etc) , thermometers

Crisis fund - for top ups, warming devices, other costs where people are desperate (some verification by referral agent or other advocate may be required)

Take details for post-Covid referral for loft & cavity-wall insulation etc if wanted

Referral for emergency central heating (ECHO) – getting broken systems fixed/replaced

Call **0800 677 1332**

Find us on Facebook: Warmer Derby & Derbyshire

Twitter @WarmerDerbys

<https://mea.org.uk/our-work/energy-advice-at-home/>

Please click link below to view flyer

[Warmer Derby & Derbyshire Flyer](#)



Money and Finance:

Department for Work & Pensions

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



[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](#)

Benefits during the Coronavirus

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

The Information is updated daily



[website](#)





[Website](#)

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.



Money Advice Service

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



[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](#)

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](#)

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](#)



Money Saving Expert

Employment Help



[website](#)

**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](#)

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,



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.

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.

Who is it for?

Anyone who is experiencing financial difficulties 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.

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 (rent, 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 matters 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@monysortedind2n2.org
www.monysortedind2n2.org




Who to contact in your local area :



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

<p>High Peak, Derbyshire Dales Citizens Advice Derbyshire Districts Roz McCoy (High Peak) 07866 947859 or 0300 456 8390 roz.mccoy@dcdcab.org.uk</p> <p>Mandy Simms (High Peak, Derbyshire Dales) 07494 032354 or 0300 456 8390 mandy.simms@dcdcab.org.uk</p> <p>Katy Turquize (Derbyshire Dales) 07730 089667 or 0300 456 8390 katy.turquize@dcdcab.org.uk</p> <p>Edwinstown, Chesterfield, North East Derbyshire Derbyshire Law Centre Carmen Yates 07866 033665 or 01246 550674 carmen.yates@derbyshirelawcentre.org.uk</p> <p>Debra Parkin 07478 669499 or 01246 550674 debra.parkin@derbyshirelawcentre.org.uk</p> <p>Derbyshire Unemployed Workers Centre John Power 07870 388045 or 01246 23444 john.power@duwc.org.uk</p> <p>Amber Valley, Erewash DHA - Direct Help and Advice Charlotte Cotton 07842 579199 or 0115 9300 199 charlotte.cotton@dhadvice.org</p> <p>Tim Robinson 07752 576247 tim.robinson@dhadvice.org</p> <p>Citizens Advice Derbyshire Districts Katy Turquize (Amber Valley, Erewash) 07730 089667 or 0300 456 8390 katy.turquize@dcdcab.org.uk</p> <p>South Derbyshire Citizens Advice Mid Merica Tracey Harris 01283 210008 or 07498 06904 tharris@citizensadvicemidmerica.org.uk</p> <p>Laura Speirs 01283 210008 or 07470 861261 lspeirs@citizensadvicemidmerica.org.uk</p>	<p>Derby City Derby Advice Leanne Scaynbrook 07852 300040 01332 643398 leanne.scaynbrook@derbyadvice.org</p> <p>DHA - Direct Help and Advice Tim Robinson 07752 575247 tim.robinson@dhadvice.org</p> <p>Derby City YMCA Derbyshire Jenni Hewkin 07707 854324 01332 577650 jenni.hewkin@ymcaderbyshire.org.uk</p> <p>Katy Frost 07793 049528 01332 579550 Katy.frost@ymcaderbyshire.org.uk</p>	<p>Bassetlaw, Mansfield, Ashfield DHA - Direct Help and Advice Alicia Parnell 01623 894 060 or 07305 802094 alicia.parnell@dhadvice.org</p> <p>Mansfield Citizens Advice Jennifer Swals 07307 688327 jennifer.swals@mansfieldcab.org.uk</p> <p>Vikki Foster 0745 3798425 vikki.foster@mansfieldcab.org.uk</p> <p>Jilkan Eves 0145 3793379 jilkan.eves@mansfieldcab.org.uk</p> <p>Derbyshire Law Centre Debra Parkin 07478 669499 or 01246 550674 debra.parkin@derbyshirelawcentre.org.uk</p> <p>Newark & Sherwood, Gedling St Ann's Advice Polly Tyler 07387 104833 or 0115 908 1534 polly.tyler@StAnnsAdvice.org.uk</p> <p>Broxtowe, Nottingham City, Rushcliffe St Ann's Advice Margaret Bagnall 07570 078773 or 0115 908 1523 margaret.bagnall@StAnnsAdvice.org.uk</p> <p>Jade Britten 07827 248747 OR 0115 9081534 jade.britten@StAnnsAdvice.org.uk</p> <p>Nadine Morgan 07387 104834 or 0115 908 1534 nadine.morgan@StAnnsAdvice.org.uk</p> <p>Nottinghamshire YMCA Samantha Collins 07398 387881 or 0115 9567600 Ext 259 samantha.collins@notcityymca.org</p> <p>Nottingham and Nottinghamshire Refugee Forum Josh Aspden (refugees) 07375 068512 josh.aspden@nottsrefugeeforum.org.uk</p>
--	---	--

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

Careline and Support Services- Chesterfield Borough Council

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





CHESTERFIELD BOROUGH COUNCIL

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.

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

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->

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



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



DERBYSHIRE
County Council

More Than Mental Health

More Than Mums

Covid-19 Mental Health Reminder

Get Dressed

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

Do You Hair/Makeup

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.

Eat New Healthy Recipes

If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy

Get Some Fresh Air

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.

Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.

Stay Connected

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.

Reach Out

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!



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind



Free Counselling Support for Derbyshire

Relate Derby 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, Relate Derby (www.relatederby.org.uk) are delivering all counselling services remotely via webcam and telephone. Contact them on 01332 349177 or 07741193484 email info@relatederby.org.uk

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. Specially qualified counsellors are ready to assist. This is a free service, currently with 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 the dedicated website www.livingwellwithautism.org.uk

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. The 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, check with your mobile provider to confirm that 0808 calls are free before calling.

If you're a Live Life Better Derbyshire client then did you know that we're holding online exercise sessions everyday?

You'll need to be logged into Skype to take part and signed upto our Live Life Better weight management service.

The current session times are:

- Monday 4pm – 4.45pm
- Tuesday 2pm – 2.45 pm
- Wednesday 6pm – 6.45pm
- Thursday 4pm – 4.45pm
- Friday 9.30am – 10.15am

To find out more email richard.keeton@derbyshire.gov.uk





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.

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

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





Qwell



Qwell is a free online Mental Health and Wellbeing resource for parents and carers **Rethink Mental Health** of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the

website

Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday -Friday and 6pm-10pm at weekends

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

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





Derby and Derbyshire: Emotional Health and Wellbeing.

[Website](#)



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

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

The Mix

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



[Website](#)



Place2Be

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.



website

Telephone: 020 7923 5581

Out of hours: 07850 265681

Deaf-initely Women

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.

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



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

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



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

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

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.

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

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/community-response-unit.aspx>

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



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.



[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](#)

Healthwatch Derbyshire

A poster for Healthwatch Derbyshire Telephone Helpline. It features the Healthwatch Derbyshire logo at the top right. The main text reads 'Healthwatch Derbyshire Telephone Helpline'. Below this, it states: 'In response to Covid-19, there is now a telephone support line for people looking to access health or care services.' It then provides contact information: 'If you don't have access to the internet or can't find the information you are looking for online at: www.joineducarederbyshire.co.uk/public-info-covid-19 please get in touch.' and 'Telephone: 01773 880786 – 10am - 3.30pm, Mon - Fri' and 'Email: enquiries@healthwatchderbyshire.co.uk'. At the bottom, there are illustrations of a hand pointing at a tablet, a yellow speech bubble with three dots, a yellow speech bubble with a question mark, and a hand holding a telephone receiver.

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.joineducarederbyshire.co.uk/public-info-covid-19 please get in touch.

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



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
- Wiping
- Emotional wellbeing
- Behaviour
- Speech concerns

We accept advice requests if we were concerned about your safety or the safety of your child. Parents only (children up to the age of 16) can contact us and we will never share your personal details with anyone else. Your messages are secure and can be sent to your health care staff who follow the same confidentiality rules. We will do our best to answer your questions and 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 are worried before you text call 24hr NHS on 111 or contact your GP. We have a helpline for 24hr advice on 07507 327754. We support messaging from UK mobile numbers only. Texts are sent via a secure NHS approved text service. Texts are sent to a secure NHS approved text service. To ensure the health professional that handles messages is not too busy to answer them. Messages are changed if your child asks.

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

We might refuse services if we have concerns about your safety but we would usually want to give first. Parents with children aged 11-19 can contact us and we will ensure the relevant professional will respond. Your messages are secure and can be sent to your health care staff who follow the same confidentiality rules. We will do our best to answer your questions and 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 are worried before you text call 24hr NHS on 111 or contact your GP. We have a helpline for 24hr advice on 07507 327754. We support messaging from UK mobile numbers only. Texts are sent via a secure NHS approved text service. Texts are sent to a secure NHS approved text service. To ensure the health professional that handles messages is not too busy to answer them. Messages are changed if your child asks.

Text our confidential line **07507 327104** for advice and support

Borderline Derbyshire

Newsletter of the
Derbyshire Borderline Personality Disorder Support Group

Newsletter



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."

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: <https://joinedupcarederbyshire.co.uk/public-info-covid-19/other-news/covid-19-health-and-wellbeing-resources-posters-different-languages>

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



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, video-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

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->

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

Safer Derbyshire

Derbyshire 24/7 helpline



website

08000 198 668

Salcare

Domestic abuse support for all genders from all com-
munities

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





The Men's Advice Line

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

[website](#)

0808 801 0327

Galop

Domestic Violence support for members of the LGBT+ community



The Men's Advice Line

A confidential help

[website](#)

Women's Aid

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



[website](#)

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

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: derbyshire-daheadline@theelmfoundation.org.uk

If you're deaf or hearing impaired, text: 07534 617252.

Sexual Abuse



Website

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

Derbyshire Domestic Abuse Support Services

a partnership of local organisations around the County providing services for women, men and their families including refuge accommodation, support for people in the community and support for children and young people.

Refuges are still operating and support in the community is currently delivered remotely.

Derbyshire Domestic Abuse Helpline

Website

For advice or support for yourself, a relative or friend contact:

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](#)

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.

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.



[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





Further Reporting of Courier Fraud In Chesterfield

Fraud Awareness in Chesterfield

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,

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/>

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.

Led 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

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

Call Derbyshire 01629 533190 Starting Point 01629 535353

**STARTING
POINT**
A new way of working in Derbyshire.





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 road-side 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.



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.

childline

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**



[Zog](#) is flying into the Winding Wheel Theatre this September and we have a whole host of activities available to keep fans entertained in the lead up. The company have provided some lovely activities which are listed below. We would also like to remind you that the animated version of Zog is available to watch on [BBC iPlayer](#) as well as a story reading by [Eddie Redmayne](#) on

**5-7 years
Home Learning Activity Pack
Dragon school**

Objectives

- To apply language and vocabulary from a story to own writing
- To explain a character's behaviour through role play

Resources

- Copy of Zog: Dragon school and Axel Scheffler
- Resource Sheet 1: Writing Zog's school report
- Resource Sheet 2: Zog's story

Resource Bank

**3-5 years
Home Learning Activity Pack
Being a flying doctor**

Objectives

- To recognise the role of a doctor
- To show the basic equipment used by a doctor

Resources

- Copy of Zog: Dragon school and Axel Scheffler
- A doctor's key equipment: Name them. Use the objects to do a roleplay. Make up a patient. Write a story, poem, song, or rap.
- Tricky letter cards
- Resource Sheet 1: A doctor's checklist
- Resource Sheet 2: What's in the doctor's bag?

BIGGER, BRIGHTER AND MORE ROAR-SOME THAN EVER!

ZOG

★★★★ UTTERLY BRILLIANT

★★★★ SUPERBLY FUN

LIVE IN THEATRE

JULIA DONALDSON + AXEL SCHEFFLER

EDUCATION PACK

[FLYING DOCTOR ACTIVITY PACK](#)

[COLOURING SHEET](#)

[ALL ABOUT ZOG EDUCATION PACK](#)

**COMING TO THE WINDING WHEEL THEATRE, CHESTERFIELD
FRI 25 - SUN 27 SEPTEMBER 2020**





[Beauty and the Beast](#), Chesterfield's Spellbinding [Pantomime](#), will be hitting the Pomegranate Theatre stage from December 2020 and we just can't wait! Below, we have some activities including an advanced colouring sheet for the older kids (and adults!).

[COLOURING SHEET](#)



[ADVANCED COLOURING SHEET](#)



[PUZZLES PAGE](#)





The [Royal Opera House](#) is here to help "Unleash your creativity" with fun activities made available each week to get you singing, dancing and making. You can complete the Challenge of the Week and share what you produce with the #OurHouseToYourHouse. Here are a few examples of activities they have on offer...



Get crafty with a scale model of the Royal Opera House, using recycled bits and bobs from around the house. Suitable for ages 5-11 (adult supervision required for younger children) [MAKE YOUR OWN OPERA HOUSE STAGE](#)



Join the Royal Opera House prop making department, and make a feast of party props. Suitable for ages 8-14) [AN ACTIVITY WITH THE ROH PROP MAKERS](#)



We love the [Northern Ballet](#) and we are so pleased that they came to the Pomegranate Theatre to perform [Tortoise & the Hare](#). The Northern Ballet have

exciting downloads for each of their ballets and you can find links to these below...

[Ugly Duckling](#) (story book, activity sheet & online puzzle)

[Three Little Pigs](#) (Story Book)

[Elves & the Shoemaker](#) (Story book, activity sheet)

[Tortoise & the Hare](#) (Activity sheets including word search)



You will be pleased to know that you can catch up with [Little Red Riding Hood](#) on the BBC iPlayer and there is an activity sheet below.



[WATCH LITTLE RED RIDING HOOD ON BBC iPLAYER](#)

[COLOURING SHEET](#)

Parental Support



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.

Coronavirus updates

website

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

Cooking on a budget

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.

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.
--	--



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.





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#.Xr0VhmkKg2w>

Meal planning



Family Meal Planner
- Issue 1.pdf



5 Day Lunch
Planner - Issue 2.pdf



Fact File - Cooking
Know How.pdf



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



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

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.

Covid-19 Entertainment

Keep your family informed and entertained during the coronavirus shut-downs 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/>



Care Experienced Young Person Song

One of our care experienced young people, Lucy James recorded, in her own bedroom, a song about her experience of social isolation.

'When It's Over' was written for Derby Theatre's Plus One 'Reimagine 2020' Launch. For this song I was asked give my interpretation of today's reality and self-isolation. Given the array of circumstances that could be effecting care experienced people and others alike, I wanted to angle my approach towards a more mutual perspective. I found that this was the idea of recognising and validating our shared human response to a global issue, yet still collectively hoping for the best, in spite of fearing the unknown. I feel very lucky to have been given the opportunity to be supported in making music during these uncertain times, and I hope that this can provide a little hope or comfort to anyone in need of it, or inspire some creativity! Sending all my best to everyone!'

<https://soundcloud.com/lucyjamesmusic/when-its-over-lucy-james-for-reimagine2020>

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

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



Managing_grief_A_
guide_for_educator



Remembering_Colla
borative_projects_fo

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#.Xr0VhmkKg2w>

Please see County wide Education support below



Education



Primary School Resources

website

Secondary School Resources

website

Digital Skills

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>

Make it activities

English – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d>

Polish – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d>

Kitchen Activities

English – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=a4aa24ed-ed26-4bd5-a2eb-be11fddde0bb>

Polish – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=17c6ad2e-afb5-43a2-8ff1-000d2da05901>

Indoor Activities

English – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578>

Polish – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=287903f4-9808-4e87-a633-49a4306cfd6f>





Outdoor Activities

English – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=fd30d8de-fc23-45d8-93f1-d2eead8f13bf>

Polish – <https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=22d0d143-98c4-4aca-b829-f65d11bbf6fc>

National Careers Service



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/Steveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873
- Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadincote) 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.



**I-Step Up
2020**

Take your next steps
towards achieving your
full potential

Starting on
Tuesday
07 July 2020
for 4 weeks

Every Tuesday,
Wednesday and
Thursday between
10am and
2.30pm

Derbyshire County Council
Education & Skills
Leads Agency

Online education resources for home learning

Online educational resources for schools and parents to help children to learn at home during the coronavirus (COVID-19) outbreak.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>

Eligibility: Aged 18-30? | Not currently in Education, Employment or Training



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

Employment/ Training
Chesterfield



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

- Assistant Cook – Cygnet Health Care, Chesterfield. To apply visit - www.indeed.co.uk
- Mobile Tyre Fitter - Austin Clarke Search & Selection, Chesterfield. To apply visit - www.indeed.co.uk
- Store Support Assitant – JCR, Barlborough. To apply visit - jamesconveniencecretail
- Semi-Skilled Joiner – Gowercroft Joinery, Alfreton. To apply visit - www.indeed.co.uk
- Security Officer – Cordant Security, Clay Cross. To apply visit - www.indeed.co.uk
- School Caretaker – Tradewind, Chesterfield. To apply visit - www.twrecruitment.com
- Coordinator (Champions & Events) – Destination Chesterfield, Chesterfield. To apply visit - www.indeed.co.uk
- Delivery Driver – Domino's Pizza, Clowne. To apply visit - www.indeed.co.uk
- General Operative (Construction) – Balfour Beatty. To apply visit - <https://balfourbeattycareers>
- Depot Assistant – First Bus, Sheffield. To apply visit - uk.firstgroupcareers.com
- Sales Adviser – Doordeals Ltd, Chesterfield. To apply visit - www.indeed.co.uk
- Customer Service Assistant – Wickes, Sheffield. To apply visit - www.tpplccareers.co.uk
- Cleaner – Derbyshire County Council, Chesterfield. To apply visit - jobs.derbyshire.gov.uk
- ▣ Manager/Supervisor/Officer Roles – 20/21 National Census Jobs, Nationwide Locations – To register your interest visit - www.censusjobs.co.uk





Three Outreach Vacancies - Crossroads Derbyshire

Organisation: Crossroads Derbyshire

In order to help meet the increasing demand resulting from Covid-19 Crossroads Derbyshire are looking to recruit the following:

Complex Needs Worker 22.5 hours

Adult Outreach Worker 37 hours

Children's Outreach Worker 37 hours

All posts have a deadline of Monday 22 June at 9.30 am. Interviews will be held week commencing 29 June 2020.

www.crossroadsderbyshire.org/about-us/careers/

Street Outreach Worker - P3

Organisation: P3

Street Outreach Worker to work with people across Derbyshire, who need support to find safe and secure accommodation.

www.p3charity.org/work-for-us/current-vacancies#faq-110

**Community Chesterfield in partnership with the University of Derby presents
A Free Online training session:
Mental Health Toolkit**

**Tuesday 16th June 3.00-4.00pm
Booking Essential**

Mental Health Toolkit - Wellbeing & Work

Community Chesterfield FREE Training Courses - Book Your Place

Community Chesterfield have LOTS of WONDERFUL FREE training courses (for Chesterfield's Voluntary & Community Sector) to sign up for and complete virtually.

Corporate Partnerships for Social Change – June 10th

Mental Health Toolkit - Wellbeing & Work – June 16th

Developing your 'Case for Support' Toolkit – June 23rd

Funding Strategy and Income Diversification – 14th July

To find out more and book your place visit: <https://www.communitychesterfield.org.uk/whats-on?view=calendar&month=06-2020>





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



Website

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.

Bassetlaw CVS

website

01909 476118

admin@bcvs.org.uk

Links CVS

website

01246 274844

info@linkscvs.org.uk

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

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





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](https://www.stop-hate-uk.org/) 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



Women and Gambling Related Harm - FREE Online Training



[GamCare](#) is a national provider of free information, advice and treatment for anyone affected by problem gambling. There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, health problems, depression and anxiety, feelings of isolation, and suicidality.

Their FREE training is usually offered face-to-face, but they now have a 1 hour 45 minute session which they are delivering online via Zoom. Individuals can register to attend the training at their convenience, using a mobile phone, tablet, or laptop.

During the training session, they will talk about gambling-related harm, risk factors, impacts, and how to recognise and support people affected. Learn about their treatment network and how to refer clients to their free treatment services. This training is essential for any professionals who work with women and families.

Sessions currently available:

Tuesday 9 June - 2.00pm to 3.45pm

Thursday 18 June - 9.30am to 11.15am

Wednesday 24 June - 1.30pm to 3.15pm

Book your place using Eventbrite: <https://www.eventbrite.co.uk/e/women-and-gambling-related-harm-free-online-training-tickets-104981366092?aff=ebdssbonlinesearch>



DERBYSHIRE CARERS ASSOCIATION



Are you a Carer or concerned about a Carer during the Covid-19 crisis?

Derbyshire Carers Association support Carers who look after a friend or family member who, due to illness, disability, mental health problems or an addiction cannot cope without their help or support. We are commissioned by Derbyshire County Council to be the lead provider of Carer Services across Derbyshire.

To help us to better support our most vulnerable Carers during these difficult times Derbyshire Carers Association are offering a new supportive service to connect Carers to vital support services within their community.

We can contact carers to help them with a wide range of issues as we have 30 years of experience of working with carers

Types of help

- Help /advice to source practical help
- We have direct links with Social care
- Advice and links where to get legal and financial help
- Practical advice
- Help to make an emergency plan
- Links to befriending support, and peer support to help with wellbeing and resilience
- Specialist advice for conditions and links to other specialist services e.g. those with Dementia or Parkinson's disease and mental health

Specific help and support for Young Carers – which includes social, practical and emotional support for them and their families.

We are accepting referrals for Adult and Young Carers. To make a referral please email derbyshire.carers@nhs.net or phone 01773 833 833

Registered Charity No. 1062771

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>



**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/>

Dealing with loss



NHS Bereavement
Document.docx



12583-Teenagers-G
uide bereavement.p



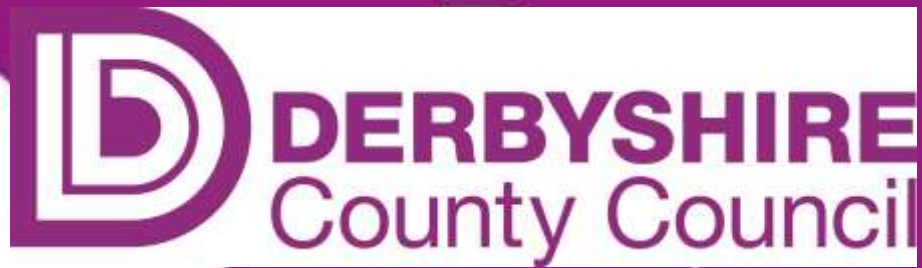
Giving hope to grieving children

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





**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

Support for Children and Young People



Childrens guide to Coronavirus

[Website](#)

Covid-19 Packs for Children

[Website](#)

UNICEF for Every Child

[Website](#)



ONLINE Postal Condoms

[Website](#)

childline

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

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

Telephone: 0800111 on their website

Online Chat: Available
ChildLine – [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](#)





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



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**

If you feel concerned about:



Sexual health



Relationships



Emotional health



Drugs and alcohol use



Physical health

We might share information we have gathered about your wellbeing with a health professional to give you the best health advice. In the case of 11-19s we will ensure the relevant professionals are notified. Your information will not be shared with other health care staff unless it is necessary for your safety. We will only use your information in making the best care plan for you. We will only use your information for research purposes. If you need help, please call our helpline on 07507 327104. Our helpline is open 24 hours a day, 7 days a week. We support messaging from 11-19s mobile numbers only. Please don't use mobile numbers and text services, international mobile numbers and some "hidden numbers" mobile apps. To protect the health professional's privacy we will not share your name. We will not share your name.

We can help with all kinds of things like:



Bedwetting/soiling/toileting



Concerns about hearing or vision



Feeding problems



Weaning



Emotional wellbeing



Behaviour



Speech concerns

We might share information if we were concerned about your safety but we would usually speak to you first. Parents with children up to the age of 19 consent to us and we will ensure the relevant professionals will respond. Your messages are shared with you but may be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate response back to confirm we have received your text. Texts will only be sent between 9am and 9pm. If you need help before you have had your text, please call our 24-hour helpline on 07507 327104. Our text service does not involve video calls or SMS pictures/messages. We support messaging from 11-19s mobile numbers only. Texts do not include messages sent from landlines, international mobile numbers and some "hidden numbers" mobile apps. To protect the health professional's privacy we will not share your name. We will not share your name.

Text our confidential line 07507 327104 for advice and support

Text our confidential line 07507 327754 for advice and support

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



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](#)





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





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.

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



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!

With your permission the work you submit will be featured in the Covid-19 book, our Network magazine, Derbyshire Voluntary Action website's COVID 19 page, social media platforms and when it is safe to do so, an event for us all to meet and view the array of submissions.

Please send your submissions to charlotte@dva.org.uk

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](#)



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.

Local Information



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/5ec245e8368405403>

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

we are
cycling
UK


Department
for Transport



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 guidance notes
