

Community Update

We would like to thank everyone for their support re the community updates. If you have additional organisations, provisions or information to add to the community update, please contact your local Youth and Community Engagement Worker.

For additional Derbyshire Wide information, please refer to the termly Derbyshire Wide community update.

Amber Valley

Rebecca Patrick (PT)

rebecca.patrick@derbyshire.gov.uk

07812 772558

Erewash

Helen Steele

Helen.steele@derbyshire.gov.uk

07810 815980



Derbyshire Wide

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Food Banks

Rural Action Derbyshire

Rural Action Derbyshire provide an alphabetical list of all food banks.

Telephone: 01629 592970

Email: j.peck@ruralactionderbyshire.org.uk

For further information visit: [Rural Action Derbyshire](#)



Universal Infant Free School Meals (UIFSM)

Guidance about free school meals and transitional protection for them under Universal Credit—To get your free meal please ask at your child's school.



For further information visit: [Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](#)

Holiday Activity and Food Programme (HAF)

It's About Me is a programme for families in Derbyshire to help children and young people have fun, active, and healthy school holidays! Free School Meal eligible young people are priority to all providers who facilitate activities.



For further information visit: [It's about me | Welcome \(itsaboutmederbyshire.co.uk\)](#)

Money and Finance

Department for Work and Pensions

For further information visit: [Department for Work and Pensions - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



Department
for Work &
Pensions

The Derbyshire Discretionary Fund

The Derbyshire Discretionary Fund , The fund may be able to help you during an emergency or crisis situation and to support you to continue to live independently or cope with exceptional pressure when you have no other source of funding.

For further information visit: [Derbyshire Discretionary Fund \(DDF\) - Derbyshire County Council](#)

The Household Support Fund

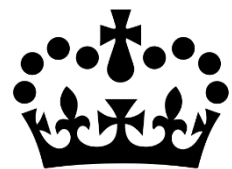
Provide payments which can help towards food, energy and essential living goods.

For further information visit: [Household support fund - Derbyshire County Council](#)

Gov - Help For Households

See what support is available to help with the cost of living and save money with our energy saving tips

For further information visit: [Help for Households - Get government cost of living support](#)



GOV.UK

Warm Home Discount Fund

Telephone: 0330 555 9424

For further information visit: [Warm Home Discount Scheme: Overview - GOV.UK \(www.gov.uk\)](#)

Money and Finance (continued)

Derbyshire Law Centre - Debt

We provide free legal advice and assistance about a wide range of debt problems to the residents of Derbyshire.



For further information visit: [Debt – specialising in housing-related debts | Categories | Derbyshire Law Centre®](#)

Fuel for Food Scheme

Advice and support to households who are using Derbyshire foodbanks and who are facing an immediate energy crisis.

Telephone: 0800 677 1332

For further information visit: [Warm Home Discount Scheme: Energy suppliers - GOV.UK \(www.gov.uk\)](#)

Step Change

Everyone will have to deal with an unexpected event at some point in their life. Situations such as a serious illness, redundancy or the death of a loved one can affect your life in many ways. In particular, they can have a devastating effect on your finances and how well you can manage your bills and living costs.

For further information visit: [Your Personal Situation. Debt & Money Advice. StepChange](#)

Citizens Advice

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

For further information visit: [Get help with the cost of living - Citizens Advice](#)



Money and Finance (continued)

Money Helper

For free guidance you can trust, we can help.

For further information visit: [Free and impartial help with money, backed by the government | MoneyHelper](#)

Money Saving Expert

Cutting your costs, fighting your corner.

For further information visit: [Money Saving Expert: Energy Help, Credit Cards, Flight Delays, Shopping and more](#)

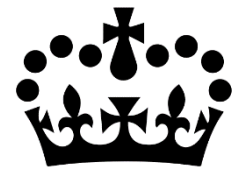
Turn2Us

Use the Benefits Calculator or Grants Search to find out what help you can get.

For further information visit: [Fighting UK Poverty - Turn2us](#)

Disabled Facilities Grants

Disabled Facilities Grants can help meet the cost of making changes to your home so you or someone you live with can live safely and independently. People of all ages and tenures can apply to their local council for a grant.



GOV.UK

For further information visit: [Disabled Facilities Grants - GOV-UK Find a grant \(find-government-grants.service.gov.uk\)](#)

Family Fund

Find out about the grants we provide, our eligibility criteria and how to make an application.



Family Fund

Helping disabled children

For further information visit: [Family Fund](#)

Money and Finance (continued)

Derbyshire County Council—Derbyshire Grants

Grants are available to voluntary and community groups, clubs, local charities and not for profit organisations. Individuals and businesses are not eligible to apply for this scheme.

This programme is unable to support projects or activities that are taking place in Derby.

For further information visit: [Derbyshire grants - Derbyshire County Council](#)

Welfare and Benefits

Derbyshire County Council

Our welfare rights team can help you find out about the benefits you're entitled to and how to claim.



We can help you find out about the benefits you're entitled to and how to claim, including:

- carrying out a benefit check – are you receiving your full benefit entitlement?
- which benefits to claim and how to claim them
- payments being suspended or benefit claims ending
- moving your existing benefits to a Universal Credit claim
- challenging decisions made by the benefits authorities
- preparing appeals and representing you at benefit tribunal hearings

Telephone: 01629 531535

Email: welfarebenefits@derbyshire.gov.uk

For further information visit: [Welfare benefits - Derbyshire County Council](#)

Gov - Benefits

Includes eligibility, appeals, tax credits and Universal Credit.

For further information visit: [Benefits - GOV.UK](#)
(www.gov.uk)



Welfare and Benefits (continued)

Gov - Check Benefits and Financial Support you can get

Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible.



For further information visit: [Check benefits and financial support you can get - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Turn2Us

Millions of people are missing out on thousands of pounds. Check what you're entitled to now.

For further information visit: [Turn2us Benefits Calculator](#)

Citizens Advice—Benefits

It's important to make sure that you get all the help that you're entitled to. These pages give you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.



For further information visit: [Benefits - Citizens Advice](#)

Money and Pensions Service – Welfare and Benefits

Everyone making the most of their money and pensions.



For further information visit: [4. Welfare and benefits \(maps.org.uk\)](https://www.moneyandpensions.gov.uk/4/welfare-and-benefits)

Mental Health and Money Advice - Welfare Benefit Advice

Helping you to find out what financial help is available in relation to welfare benefits and how to make a claim or appeal.

For further information visit: [Welfare benefit advice : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](https://www.mentalhealthandmoneyadvice.org)

Welfare and Benefits (continued)

Fuel for Food Scheme

Advice and support to households who are using Derbyshire foodbanks and who are facing an immediate energy crisis.

Telephone: 0800 677 1332

For further information visit: [Warm Home Discount Scheme: Energy suppliers - GOV.UK \(www.gov.uk\)](#)

Derbyshire Law Centre Homeless Relief Fund

Help with rent arrears, moving costs to secure tenancy & payment of court costs,

Telephone: 01246 550 674

Email: dlc@derbyshirelawcentre.org.uk

For further information visit: [Derbyshire Law Centre®](#)



Warm Home Discount Fund

Telephone: 0330 555 9424

For further information visit: [Warm Home Discount Scheme: Overview - GOV.UK \(www.gov.uk\)](#)

Housing

GOV – Find your local Authority Housing Team

A-Z information on Housing and Associated Information.

For further information visit: [Council housing and housing associations - GOV.UK \(www.gov.uk\)](#)

Housing (continue)

Derbyshire County Council - Housing Related Support



We fund a housing related support service to enable vulnerable people to achieve or maintain independent living in the community. More than 24,000 people per year in Derbyshire can be supported through the funding of these services.

For further information visit: [Housing related support services - Derbyshire County Council](#)

Derbyshire County Council – Accommodation Based Support Services

Accommodation based services consist of provider-owned or leased accommodation, with an attached floating support element to develop and promote independent living. Tenants receive more support than others in general needs accommodation, while working towards being more independent.

For further information visit: [Accommodation based support services - Derbyshire County Council](#)

Derbyshire County Council – Accommodation, Housing and Residential Care

There are many accommodation and housing options available to you in Derbyshire. Click the Website link below to find out more!

For further information visit: [Accommodation, housing and residential care - Derbyshire County Council](#)

GOV - Housing Benefit

Housing Benefit can help you pay your rent if you're unemployed, on a low income or claiming benefits

For further information visit: [Housing Benefit: Eligibility - GOV.UK \(www.gov.uk\)](#)

Housing (continue)

Citizens Advice

The Free Nation Wide Advice Service provides over the phone and face to face advice on various issues that people may face. This includes information regarding rent arrears and Mortgage repayments.



**citizens
advice**

Telephone: 0800 144 8848

For further information to find your nearest centre visit: [Contact us - Citizens Advice](#)

Home Options

home-options.org

The Home-Options Partnership is a group of councils and housing providers who work together to provide homes across Derbyshire.

For further information to find your nearest housing register visit: [Home-Options - Home](#)

P3 Charity

P3 Charity is a charity and social enterprise who run a variety of different services including accommodation and housing related support.



PEOPLE
POTENTIAL
POSSIBILITIES

Telephone: 0115 850 8190

Email: Info@p3charity.org

For further information to find your nearest service: [Get Help - P3 \(p3charity.org\)](#)

P3 Charity - Housing

P3 Housing's vision is to provide 'great places to live' but we are not only focussed on providing excellent individual homes; we're committed to improving the neighbourhoods and communities in which our customers live.

Our mission is to provide good quality safe homes that people want to live in, in communities where they can thrive.

For further information visit: [P3 Housing - P3 \(p3charity.org\)](#)

Housing (continue)

YMCA Derbyshire

We offer everything from emergency through to longer term accommodation with 193 beds, we provide young people across Derby and Derbyshire a safe place to live.



Telephone: 01332 579550

Email: enquiries@ymcaderbyshire.org.uk

For further information visit: [YMCA Derbyshire Accommodation](#)

Age UK– Housing Options in later life

Starting to think more about where you live? There are lots of options available, from renting to sheltered housing or residential care.



For further information visit: [Housing choices | Residential and Home options for old age | Age UK](#)

Advice now– Housing Related Resources



We want everyone to have the knowledge, skills and confidence they need to be able to access somewhere to live that is safe and affordable. The guides on this page will help you to understand your housing rights.

For further information visit: [Help to deal with housing problems | Advicenow](#)

Housing Ombudsman

Find details of advice agencies and charities, legal advice and other helpful organisations.



For further information visit: [Links to helpful organisations - Housing Ombudsman \(housing-ombudsman.org.uk\)](#)

Housing (continued)

Royal British Legion—Housing Support

The Armed Forces community face unique challenges in finding a home after Service.

The Royal British Legion have produced guides to provide advice on how to reduce those difficulties.

For further information visit: [Housing Advice](#) | [Housing Support](#) | [Royal British Legion](#)

Framework-Step Up Housing

Step up provides accommodation and support for 16-24 year-olds in locations across Derbyshire.



Referrals: [Step-Up-floating-support-Referral-word-doc.docx \(live.com\)](#)

Email: Stepup@framework.org

For further information visit: [Step Up - Framework Housing Association \(frameworkha.org\)](#)

Live Life Better Derbyshire – Healthy Housing

Everyone has the right to a safe, secure roof over their heads but sometimes things can go wrong.

Housing issues can cause you unnecessary stress and worry and it's important to know your rights and responsibilities.

For further information visit: [Healthy housing - Live Life Better Derbyshire](#)



Derbyshire Law Centre – Housing and Homelessness

Telephone: 0800 707 6990



Telephone: [Housing & Homelessness](#) | [Categories](#) | [Derbyshire Law Centre®](#)

Housing (continued)

Derventio Housing

We provide supported housing so that you have somewhere safe to live. During your stay you will have practical support to help closer to your goals. They help you then move out of your derventio home when it is the right time for you.

Derventio
People Really **Do** Matter

Telephone: 01332 292776

Email: info@derventiohousing.com

For further information visit: [Derventio Housing](#)

East Midlands Homes (EMH)

We offer a range of supported housing options designed to meet your needs and enable you to be independent. They also offer Houses ready to let across areas of Derbyshire.



Telephone: 0300 123 6000

Email: customerservices@emh.co.uk

For further information visit: [EMH Housing](#)

Mind—Housing & Mental Health

Explains how housing and mental health can affect each other. Provides tips for coping and where to find support, and information on your legal rights.



For further information visit: [Support for housing problems - Mind](#)

Home Group

We know our customers know their communities and neighbourhoods best. So we worked with almost 300 of you nationwide from Somerset to Dundee, to develop our Customer Promise; a set of guiding statements where you can measure how we're performing and hold us accountable to them.

And they're not just words – we've been achieving some great things alongside you and your communities



Email: contactus@homegroup.org.uk

For further information visit: [Home Group | Welcome to Home Group](#)

Homelessness Prevention and Support

Gov—Help if You're Homeless

In England, your council must help if you're legally homeless or will become homeless within the next 8 weeks.

For further information visit: [Help if you're homeless or about to become homeless - GOV.UK \(www.gov.uk\)](https://www.gov.uk/help-if-youre-homeless)



Derby City Council

Our Rehousing Engagement Support Team (REST) provides support to people who are rough sleeping in Derby.

For further information visit: [Help for rough sleepers - Derby City Council](#)

Shelter

Find advice by topic,

For further information visit: [Housing advice from Shelter - Shelter England](#)



Crisis

We are the national charity for people experiencing homelessness. We help people out of homelessness and campaign for the changes needed to solve it altogether.



For further information visit: [Crisis homelessness charity - Together we will end homelessness](#)

Salvation Army

Find out about the different services provided by the Salvation Army to help tackle homelessness

For further information visit: [Homelessness | The Salvation Army](#)



Homelessness Prevention and Support (continued)

Homeless Link England

We are the national membership charity for organisations working directly with people who become homeless in England.



For further information visit: [Homeless Link](#)

Citizens Advice - Homelessness

Get advice on applying for homeless help from the council, including making an application and challenging a decision.



For further information visit: [Homelessness - Citizens Advice](#)

P3 Charity - Homelessness

Working alongside people to exit the streets, access settled long-term accommodation and get their lives back on track.



For further information visit: [Homelessness - P3 \(p3charity.org\)](#)

P3 Charity - Derbyshire Outreach Team (DOT)

Working to get people off the streets and into stable, safe accommodation.

For further information visit: [Derbyshire Outreach Team \(DOT\) - P3 \(p3charity.org\)](#)

National Homelessness Advice Service

NHAS is delivered by Shelter and provides FREE expert advice, CPD accredited training and support to professionals working in local authorities, voluntary advice agencies and public authorities in England.

For further information visit: [NHAS | National Homelessness Advice Service](#)

Homelessness Prevention and Support (continued)

Centre Point

Centrepont is the UK's leading youth homelessness charity. Alongside our partners, we support over 16,000 young people every year and campaign to end youth homelessness by 2037.



For further information visit: [Centrepont | Home](#)

St Mungos

We're on the streets, every day, meeting people sleeping rough. We're running hostels and emergency accommodation, giving people the time and space they need to recover. And we're here for the long haul, helping people to learn new skills, find jobs and reconnect.

For further information visit: [Homeless Charity - St Mungo's \(mungos.org\)](#)

Mental Health Crisis Lines

National Suicide Prevention Helpline

Offers supportive listening service to anyone with thoughts of suicide.

Call: 0800 689 5652



Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or know someone that is

Call: 0800 068 4141



Mental Health Crisis Lines (continued)

Campaign Against Living Miserably (CALM)

5pm – midnight everyday if you're struggling and need to talk.

Call: 0800 58 58 58



Alternatively, if you prefer not to speak on the phone, you could try the CALM **webchat service:** <https://www.thecalmzone.net/get-support>

Shout

If you would prefer not to talk, but want some mental health support. Offering confidential 24/7 text service providing support if you are in crisis and need immediate help.

Text: SHOUT to 85258



The Mix

If you're under 25, you can call the Mix from 3pm – midnight every day.

Call: 0808 808 4994



Alternatively, you can request support **by email using this form:** <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

Or using their crisis text messenger service: <https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger>

Switchboard

If you identify as gay, lesbian, bisexual or transgender, call Switchboard

Call: 0300 330 0630



Mental Health and Emotional Wellbeing for Young People

Snapp It

Snapp-it provides a safe and secure means of reaching out by providing instant 24/7 access all your local & national Mental, Emotional, Physical, Sexual and Spiritual Health and Wellbeing support services.



Email: snappitderbyshire@gmail.com

For further information visit: [Snapp-it](#) | [Chesterfield](#) | [Facebook](#)

Nip In The Bud

Encourages awareness about mental health disorders in children through short films.



Email: hello@nipinthebud.org

For further information visit: [Child Mental Health Conditions](#) | [Nip in the Bud](#)

The Mix

Provides mental health support for young people aged 11-25. Support over the phone from 4pm-11pm every day. Email, chat one-to-one online, sign up for free counselling online or 24/7 text crisis line.



Telephone: 0808 808 4994

For further information visit: [Speak To Our Team](#) | [Support For Mental Health & Other Issues](#) | [The Mix](#)

Young Minds

Mental Health related information and advice for young people, family members, and professionals working with young people.



Parent Helpline: 0808 802 5544

For further information visit: [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Mental Health and Emotional Wellbeing for Young People (continued)

Building Strong Minds

A comprehensive early intervention service for children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties.



Telephone: 01332 679379

Email: BuildSoundMindsDD@actionforchildren.org.uk

For further information visit: [Build Sound Minds Overview | Action for Children](#)

Bridge the Gap

Emotional Literacy project that provides 1:1 Support for Children, Proactive Emotional Education, Training for Schools and Health and Social Care, Parent & Child Groups, Community Events and Support, Parent Empowerment Workshops and Private sessions.



Telephone: 01332 600 827

For further information visit: [Child Mental Health Support | Bridge the Gap Derby England | Emotional Literacy \(jwbridgethegap.com\)](#)

Kooth

Free, safe and anonymous online support for young people.



For further information visit: [Home - Kooth](#)

Papyrus

Confidential suicide prevention advice and a range of resources for young people.



Hopeline: 0800 068 41 41

Email: admin@papyrus-uk.org

For further information visit: [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Mental Health and Emotional Wellbeing for Young People (continued)

Compassionate Voices (CIC)

Delivering fun, journalling workshops for girls 11+ struggling with their mental health and self-esteem.

Email: info@acompassionatevoice.co.uk

For further information: www.eventbrite.com/cc/this-is-memap-to-fantastique-workshops-for-girls-2003969

Mental Health

Derbyshire Recovery & Peer Support Service - Rethink Mental Illness

Offering a range of information and support to help people get through crises, live independently and feel that they don't have to face mental illness alone.



Telephone: 01773 734989

Email: DerbyshireRecoveryPeerSupportService@rethink.org

For further information visit: [We are Rethink Mental Illness](#)

Derbyshire Mental Health Support

If you or a loved one is experiencing distress or anxiety, or feeling that you can't cope, call us for support over the phone.



Derbyshire Healthcare
NHS Foundation Trust

Telephone: 0800 028 0077

For further information visit: [Telephone support for Derbyshire people experiencing anxiety or distress \(derbyshirehealthcareft.nhs.uk\)](#)

Derby and Derbyshire Emotional Health and Wellbeing

Emotional health and wellbeing signposting website.

Email: (derbyandderbyshireemotionalhealthandwellbeing.uk)

For further information visit: [Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](#)

Talking Mental Health Derbyshire

Information and questionnaires to help you decide if a referral is needed, or if self-help might be the better option for you.



TALKING
MENTAL HEALTH
DERBYSHIRE

Telephone: 0300 123 0542

For further information visit: [Contact us / refer yourself :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

Mental Health (continued)

NHS Talking Therapies

Talking therapies can help with common mental health problems like stress, anxiety and depression.

For further information visit: [NHS talking therapies - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Vita Minds

Offering a range of talking therapies for depression, generalised anxiety disorder, mixed depression and anxiety, and a range of other conditions.



Telephone: 0333 0153 496

For further information visit: [NHS Talking Therapy | Vita Health Group](#)

ChatHealth

Need to talk? Whatever's on your mind, we can help. Even if you just need someone who understands or want advice for a friend.



For further information visit: [Home Page - ChatHealth](#)

Rethink

Improving the lives of people severely affected by mental illness.



For further information visit: [We are Rethink Mental Illness](#)

Derbyshire Mental Health Map

Google map designed to give information on mental health services, peer support groups and useful information around Derbyshire.

For further information visit: [Rethink Mental Health Support Map Derbyshire - Google My Maps](#)

Derbyshire Mind

Focusing on improving mental health and wellbeing for people across Derby and Derbyshire



Telephone: 01332 623732

For further information visit: [Home - Derbyshire Mind](#)

Mental Health (continued)

Mentell

18+ and need a safe confidential space to talk, free from advice and judgement.



Email: community@mentell.org.uk

For further information visit: [Mentell – Men, is it time to talk?](#)

MENTalk

#ItsOkNotToBeOk

Telephone: 07976 315919

Email: mentalkmeeting@gmail.com

For further information visit: [MENTalk](#)



Samaritans

If you need someone to talk to, we listen. We won't judge or tell you what to do.



Email: jo@samaritans.org

Telephone: 116 123

For further information visit: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Papyrus

Hopeline: 0800 068 41 41

Text: 07860039967

Email: pat@papyrus-uk.org



For further information visit: [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Mental Health (continued)

No Panic

Self-help, recovery, providing people with skills they need to manage their condition.

Telephone: 0300 772 9844

Youth Line: 0330 606 1174

Email: info@nopanic.org.uk

For further information visit: [Home - NoPanic](#)



Anxiety UK

Telephone: 03444 775 774

Email: admin@anxietyuk.org.uk

For further information visit: [National charity helping people with Anxiety - Anxiety UK](#)



BEAT Eating Disorders

Telephone: 0300 123 3355

Email: info@beateatingdisorders.org.uk

For further information visit: [Support someone else - Beat \(beateatingdisorders.org.uk\)](#)



Family Lives: Eating Disorders

Telephone: 0808 800 2222

Email: askus@familylives.org.uk

For further information visit: [Bulimia, anorexia help and advice | Family Lives](#)



Mental Health (continued)

First Steps ED

For children and their families, young people, and adults affected by eating disorders.



Telephone: 0300 1021685

Email: info@firststepsed.co.uk

For further information visit: [Home - First Steps ED](#)

OCD Action

Delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends.



Telephone: 0300 636 5478

Email: info@ocdaction.org.uk

For further information visit: [OCD Action](#)

OCD UK

Telephone: 0800 0487012

For further information visit: [OCD-UK | A national OCD charity, run by, and for people with lived experience of OCD \(ocduk.org\)](#)



Cruse Bereavement

Grief can be overwhelming, you don't have to deal with it alone.



For further information visit: [Home - Cruse Bereavement Support](#)

Suicide Bereavement

Telephone: 01706 827 359



Email: sharon.mcdonnell@suicidebereavementuk.com

For further information visit: [Suicide Bereavement Support | Suicide Bereavement UK](#)

Mental Health (continued)

The Compassionate Friends

Help for bereavement of a child.

Telephone: 07986 595315



The
Compassionate
Friends

Supporting bereaved parents and their families

For further information visit: [The Compassionate Friends \(tcf.org.uk\)](http://tcf.org.uk)

Survivors of Bereavement by Suicide

Existing to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

Telephone: 0300 111 595315

Email: email.support@uksobs.org

For further information visit: [Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide \(uksobs.org\)](http://uksobs.org)



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

The Tomorrow Project

Delivering suicide crisis service and a police-referral suicide service.

Telephone: 01246 541935

Email: info@tomorrowproject.org.uk

For further information visit: [Home - Tomorrow Project](http://tomorrowproject.org.uk)



Treetops

Telephone: 0115 949 6944

Email: info@treetopshospice.org.uk

For further information visit: [Counselling and Emotional Support Service for adults dealing with bereavement - Treetops Hospice](http://treetopshospice.org.uk)



Treetops
Hospice

Mental Health (continued)

Switchboard LGBT+ Support

Telephone: 0300 3300630

Email: hello@switchboard.lgbt



For further information visit: [Switchboard LGBT+ Helpline](#)

Derbyshire Voluntary Action – Mental Health Support Pack

Derbyshire Voluntary Action's Mental Health Liaison Service have produced a helpful Mental Health Support Pack that provides information about mental health support, training and therapy service.



For further information visit : [Mental Health Support Pack | Derbyshire Voluntary Action \(dva.org.uk\)](#)

Compassionate Voices (CIC)

Deliver wellbeing & empowerment journalling workshops, activities/events for women struggling with their mental health & low self-esteem.

Email: info@acompassionatevoice.co.uk

For further information: www.eventbrite.com/cc/the-power-of-you-womens-empowerment-workshops-1970189

Health

How to Register with a GP

Visit: <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>



NHS

How to find an NHS Dentist

Visit: <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

Service and Support for parents and carer's

Visit: <https://www.nhs.uk/conditions/baby/support-and-services/services-and-support-for-parents/>

111 online - Get help for your symptoms

Visit: <https://111.nhs.uk/>

Health (continued)

Healthwatch



Telephone support line for people looking access health or care services

Telephone: 01773 880786

For further information visit: [Home](#) | [Healthwatch](#)

Email: enquiries@healthwatchderbyshire.co.uk

Your Sexual Health Matters

For sexual health wellbeing information and advice on sexually transmitted infections (STIs) and HIV testing, treatment and contraception, including free postal condoms service and online STI & HIV testing kits, delivered discreetly and confidentially.



Information and booking line: 0800 328 3383

For further information visit: [Home \(yoursexualhealthmatters.org.uk\)](http://yoursexualhealthmatters.org.uk)

Staying Active

Walk Derbyshire

Walk Derbyshire aims to promote all walking opportunities across the county



Email: info@walkderbyshire.org.uk

For further information visit: [Find/add a Route - Walk Derbyshire](#)

Active Derbyshire

We work with partners to empower people to be active in a way that works for them.



Email:info@activederbyshire.org.uk

For further information visit: [Home - Making Our Move](#)

Staying Active (continued)

Strictly No Falling

Exercises to keep active and prevent falls.



For further information visit: [Age UK Derby and Derbyshire | Strictly No Falling Classes](#)

Live Life Better Derbyshire

Whether you want to feel fitter, lose weight or quit smoking we're here to help the people of Derbyshire to Live Life Better.



Telephone: 0800 085 2299 / 01629 538 200

Email: llbd.info@derbyshire.gov.uk

Twitter / X: @DCCPublicHealth

Facebook: Live Life Better Derbyshire

For further information visit: <https://www.livelifebetterderbyshire.org.uk>

Safeguarding

Child Protection Service

If you believe that any child is in danger ring Call Derbyshire, choosing the option for urgent child protection calls at any time.



Telephone: 01629 533190

Or contact the police by ringing their call centre number **telephone number:** 101 (24 hours per day)

For further information visit: [Child protection service - Derbyshire County Council](#)

Safeguarding (continued)

Derbyshire Safeguarding Adults Board

Concerned about someone? Ring Call Derbyshire.

Telephone: 01629 533190

Email: asch.bschesterfield@derbyshire.gov.uk

For further information visit: [Home - Derbyshire Safeguarding Adults Board \(derbyshiresab.org.uk\)](http://derbyshiresab.org.uk)



Starting Point

Professional Use Only

A list showing how universal, early help & specialist services in Derbyshire are provided and how support is made available at each level of need.

For further information visit: [Starting Point contact and referral service - Derbyshire County Council](#)

Derby and Derbyshire Safeguarding Children Partnership

Helping to keep children and young people safe in Derbyshire.

Email: ddscp@derby.gov.uk

For further information visit: [Derby Safeguarding Children Partnership \(ddscp.org.uk\)](http://ddscp.org.uk)



Derby and Derbyshire
Safeguarding Children Partnership

Derbyshire Constabulary

Advice for parents, guardians and professionals.

Finding out that your child, or a child in your care, has witnessed or been the victim of child abuse can be incredibly difficult. The first priority is to make sure that the child and any others affected are safe. The second is to ensure that the threat or danger to them is removed. We aim to do both.



For further information visit: [Advice for parents, guardians and professionals | Derbyshire Constabulary](#)

Safeguarding (continued)

NSPCC Safeguarding Children and Child Protection



Resources and guidance for voluntary and community organisations, faith groups, private sector providers, as well as schools, hospitals and sports clubs.

For further information visit: [Safeguarding children and child protection | NSPCC Learning](#)

NHS England Safeguarding

NHS England is dedicated in ensuring that the principles and duties of safeguarding children, young people, and adults at risk are holistically, consistently and conscientiously applied with the wellbeing of all, at the heart of what we do.



For further information visit: [NHS England » About NHS England Safeguarding](#)

GOV.UK - Working Together to Safeguard Children

Statutory guidance on inter-agency working to safeguard and promote the welfare of children.



GOV.UK

For further information visit: [Working together to safeguard children - GOV.UK \(www.gov.uk\)](#)

The Children's Society - Child Protection and Safeguarding

Child protection and safeguarding means protecting children from abuse, and identifying and stopping abuse that might already be happening.



For further information visit: [Child Protection & Safeguarding | The Children's Society \(childrenssociety.org.uk\)](#)

Safeguarding (continued)

Action for Children - Safeguarding Children

Safeguarding is at the heart of everything we do. It's how we protect children, young people and vulnerable adults from harm.



For further information visit: [Safeguarding children | Action For Children](#)

National Council for Voluntary Organisations—What is Safeguarding

Creating a safe and welcoming environment, where everyone is respected and valued, is at the heart of safeguarding.

It's about making sure your organisation is run in a way that actively prevents harm, harassment, bullying, abuse and neglect. It's also about being ready to respond safely and well if there is a problem.

For further information visit: [What is safeguarding? | NCVO](#)

Domestic Abuse Support

Galop

Domestic Abuse Support for members of the LGBT+ Community.

Telephone: 800 999 5428

Email: help@galop.org.uk

For further information visit: [Galop - the LGBT+ anti-abuse charity](#)



Safer Derbyshire

Information for Domestic Abuse Support and information Services in Derbyshire.



For further information visit: [Domestic abuse \(saferderbyshire.gov.uk\)](http://saferderbyshire.gov.uk)

Domestic Abuse Support (continued)

Refuge

Freephone, 24 hour Domestic Abuse Helpline

Telephone: 0808 2000 247

For further information visit: [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#)



Derbyshire Domestic Abuse Helpline

The Derbyshire Domestic Abuse Helpline facilitated by The Elm Foundation a safe, welcoming, supportive place for any man, woman or child affected by domestic abuse.

Telephone: 08000 198 668

Hard of hearing /deaf text: 07534 617252

For further information visit: [Haven | Derbyshire Domestic Abuse Helpline](#)



Cease delivered by Remedi

A course to give information on indications of an abusive relationship, have an understanding of options available.

For further information visit: [Remedi \(remediuk.org\)](#)



The Men's Advice Line

A confidential helpline for male victims of Domestic Abuse and those supporting them.

Telephone: 0808 801 0327

For further information visit: [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#)



Domestic Abuse Support (continued)

Respect

Support for perpetrators of Domestic Abuse.



Telephone: 0808 8024040

For further information visit: [Help For Domestic Violence Perpetrators | Respect Phonenumber UK](#)

The Elm Foundation

Support whether you are living with domestic abuse now, have been subjected to it in the past, or are concerned about a friend, family member or colleague.



Telephone: 08000 198 668

Email: derbyshirehelpline@theelmfoundation.org.uk

For further information visit: [The Elm Foundation – Freedom from Domestic Abuse.](#)

Women's Aid

For further information visit: [Home - Women's Aid \(womensaid.org.uk\)](#)



Silent Solution

If you phone: **999** from a mobile but it is not safe for you to speak, Silent Solution is a system the police use to assess and respond to your call.

Phone: **999** and if it's not safe to respond to the BT operator when they ask what service you want, stay connected. If the operator hears any suspicious noise, you'll be transferred to the police.

If nothing is heard, you may be asked to press 55 - this will connect you to a police call handler. Listen carefully to their questions and instructions so that they can assess your situation and arrange for assistance. This system means that the police can respond to genuine emergencies when people are in danger and accidental or hoax 999 calls do not distract them.

Domestic Abuse Support (continued)



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.


IOPC Independent Office for Police Conduct

#YouAreNotAlone

Supported by **women's aid** until women & children are safe

NPCC National Police Chiefs' Council

Derbyshire Victim Services

Telephone: 0800 612 6505

Text: DVS to 82228

Email: support@dvssupport.org

For further information visit: www.derbyshirevictimservices.co.uk

Domestic Abuse Support (continued)

Derbyshire Domestic Abuse Support Services CHANGES Project

Changes is a voluntary programme assisting those concerned they might be hurting, scaring, or controlling their partner and want help making changes



Do you want to make changes?

Relationships can be challenging and make us feel vulnerable.

Being intimate with someone means getting close enough to get hurt. This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to.

We sometimes find ourselves behaving in ways which hurt or scare the people around us, and make us feel bad about ourselves.

You do not have the right to hurt or scare your partner (or ex-partner), call them names, intimidate them or force them to do things they do not want to do.

You do not have the right to choose who they can or cannot see.

But it's never too late to start making changes.

Do you want to change your behaviour?

We can help you to start to make positive changes.

This service is completely free of charge and tailored to meet individual needs.

We provide individual assessments, and group-work sessions which help people to understand relationship difficulties, to take responsibility for abusive behaviour, and to make positive changes for themselves, their (ex) partners, and their children (if they have any).

Eligibility Criteria:

Males, aged 18 years or over who are not currently involved in any Criminal proceedings, and not actively involved in Private Family Law proceedings, or have been within the previous 12 months.

Using violent and/or abusive behaviour towards their partner or ex-partner and identified as Low or Medium risk.

Ready and willing to learn and take accountability for their actions.

If any mental health needs/concerns, or any drug/substance/alcohol misuse have been identified which may impact on service provision, the client must be actively seeking/receiving support for this in order to be accepted onto the program.

Professional Referrals:

If you suspect or know that someone you are working with is mistreating their partner, please get in touch. We can help them make positive changes in their life so they stop their abusive behaviour towards others. We also provide practical 1-2-1 support to survivors who are partners/ex-partners of those who are participating in the Changes programme.

Project aims:

- ✓ Increase the safety for victims of domestic abuse and their children
- ✓ Assess and manage risk
- ✓ Victim supported by Partner Safety Worker
- ✓ Provide services to diverse communities
- ✓ Promote respectful relationships
- ✓ Hold perpetrators to account
- ✓ Deliver a co-ordinated response
- ✓ Evaluation and development
- ✓ Support social change



Project Providers

The Changes project is managed and delivered by a consortium of three organisations, who deliver intervention, guidance and support to those individuals referred to the project.

The consortium is made up of three specialist domestic abuse support providers: The Elm Foundation, Crossroads Derbyshire and Derbyshire WISH Domestic Abuse Services and together the consortium provides cover throughout Derbyshire.

01773 483430
 CHANGES@ndha.org.uk



Domestic Abuse Support (continued)

180 Derbyshire

Telephone: 07974 608015

Email: 180derbyshire@findtheglow.org.uk

For further information visit: [Home - Find The Glow](#)



The poster features a teal and white color scheme. At the top left is the 180° logo, which consists of a teal arrow curving 180 degrees around the number '180°'. Below the logo is the text 'Changing abusive behaviour. Creating healthy relationships.' To the right of the logo is a decorative pattern of teal dots of varying sizes. The main title 'The 180° Project' is written in a large, bold, teal font. Below the title is a dark teal box containing white text: 'We can stop abusive behaviour in its tracks. If someone wants to change, we can work with them to **transform their behaviour** and unlock healthier relationships.' At the bottom of the poster is a teal-tinted photograph of a man's face in profile, looking to the right. The word 'glow' is written in a white, lowercase, sans-serif font in the bottom right corner.

Sexual Abuse Support

Rights of Women

Legal Advice for women in England and Wales on criminal law.



Telephone: 020 7251 8887 Tuesday 14:00—16:00
Thursday 19:00—21:00

Email: nfo@row.org.uk

For further information visit: [Rights of Women - Helping Women Through The Law](#)
[Rights of Women | helping women through the law](#)

SV2

SV2 is a charity commissioned by Derbyshire Constabulary. We work in partnership with the police but independently in order to advocate for anyone who accesses our services.



Telephone: 01773 746 115

Email: help@sv2.org.uk

For further information visit: [SV2 - Supporting Victims of Sexual Violence - Home](#)

Sail

Sexual Abuse and Incest Line



Telephone: 0800 028 2678

Text Only: 07522 561397

Email: helpline@sailderbyshire.org.uk

For further information visit: [SAIL Derbyshire - Sexual Abuse & Incest Line](#)

Addiction Support

Derbyshire CGL Young People's Service

offers free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol. We offer brief 1:1 harm reduction intervention, ongoing 1:1 specialist intervention, group work sessions, drop ins, information stalls, outreach, and professional training.



Young People's Service

Derbyshire

Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome, and you can contact us via email or telephone.

Telephone: 01773 303646

Email: derbyshire@cgl.org.uk

For further information visit: <https://www.changegrowlive.org/young-peoples-service-derbyshire>

Derbyshire Recovery Partnership

Do you, or someone you know, have problems with Alcohol or Drugs and are finding that this is causing you problems?



Telephone: 0124 620 6514

Email: info@derbyshirerecoverypartnership.co.uk

For further information visit: [Home | Derbyshire Recovery Partnership](#)

Change, Grow and Live (CGL)

We're here for you if you need help with challenges including drugs or alcohol.



**Change
Grow
Live**

To find your nearest support visit: [Change Grow Live | Charity | We can help you change your life](#)

Addiction Support (continued)

FRANK

Drugs A-Z List, Advice and Support. Are you worried about a friend/child or unsure of what to do in a drug related emergency? Contact FRANK for help & advice.



Telephone: 0300 123 6600

Text: 82111

Email: frank@talktofrank.com

For further information visit: [Honest information about drugs | FRANK \(talktofrank.com\)](#)

NHS Advice

For further information on Drug Addiction visit: [Drug Addiction](#)

For further information on Alcohol Addiction: [Alcohol Addiction](#)



Action For Children Derbyshire - Substance Misuse

Space 4 U: Supporting children who are seriously affected by someone else's substance misuse.



Telephone: [Contact us | Action for Children Derbyshire | Action for Children](#)

Email: [Contact us | Action for Children Derbyshire | Action for Children](#)

For further information visit: [Action For Children](#)

Addiction Support (continued)

Rehab 4 Addiction

Service that helps people find the nearest rehabilitation treatment centre for addiction.



An advisory and referral service for people who suffer from alcohol, drug and behavioural addiction.

Telephone: 0800 140 4690

Email: info@rehab4addiction.co.uk

To find your nearest support visit: [Rehab 4 Addiction: Drug Rehab & Alcohol Rehab Treatment](#)

Nacoa

Providing information, advice and support for everyone affected by a parent's drinking.



Telephone: 0800 358 3456

Email: helpline@nacoa.org.uk

For further information visit: [Nacoa: Helping everyone affected by their parent's drinking - Nacoa](#)

GamCare

One-to-one face-to-face, online and telephone therapeutic support and treatment for people experiencing gambling harm, as well as family and friends who are impacted by gambling across the East Midlands.



Telephone: 0808 8020 133

Live Chat: [Talk to us now - GamCare](#)

For further information visit: [Homepage](#)

Addiction Support (continued)

Gordon Moody

The leading provider of gambling therapy services in the UK and a force of healing and hope for individuals, families and communities affected by gambling related harm.

At Gordon Moody we deliver a range of services from residential treatment to online support.



For further information visit: [Gambling Therapy - Practical advice and support for problem gambling](#)

YGAM

YGAM is an educational charity and does not provide direct treatment or support to those affected by gambling or gaming, but our extensive directory will help you get the support you need.



For further information visit: [Homepage - YGAM](#)

LGBT+ Support

Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, we are here to support anyone who is Lesbian, Gay, Bisexual and Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends. In person and online youth groups available



Telephone: 01332 207 704

Email: info@derbyshirelgbt.org.uk

For further information visit: [Derbyshire LGBT+](#)

Consortium - For Stronger LGBT+ Communities



Derbyshire LGBT+ Mission Statement "Providing high-quality services for LGBT+ people throughout Derbyshire"

For further information visit: [Derbyshire LGBT+ \(consortium.lgbt\)](#)

LGBT+ Support (continued)

Galop

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse



Telephone: 0800 999 5428

Email: help@galop.org.uk

For further information visit: [Galop - the LGBT+ anti-abuse charity](#)

Stonewall: LGBT+ Support

Whether or not you feel ready to dive into a new opportunity, you might need support on your journey.



For further information visit: [LGBTQ+ Support | Stonewall](#)

Mermaids

A safe place for transgender, nonbinary and gender-diverse young people to find support and help one another.

Telephone: 0808 801 0400

For further information visit: [Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)



LGBT Collective Revolution

LGBT Collective are an LGBT+ Provision in Derbyshire. All LGBT Collective groups, activities and support we offer are inclusive and they welcome both LGBT+ community and allies to all our provisions



For further information visit:

http://p3nlhclust404.shr.prod.phx3.secureserver.net/SharedContent/redirect_0.htm

!

Support for Children and Young People

Childline

Free phone line, email or one to one online chat with a counsellor, for any young person aged under 19. Available any time day or night for any young person needing any kind of support or advice. Phone call does not show up on a phone bill.



Telephone: 0800 1111

Email: available upon setting up a confidential online account

For further information visit: [Childline | Childline](#)

GIRES - Gender Identity Research & Education Society

GIRES is a professionally managed membership charity supported by volunteers that, in collaboration with other groups in its field, hears, helps, empowers and gives a voice to trans and gender diverse individuals, including those who are non-binary and non-gender, as well as their families.



Telephone: 01372 359 481, Mon– Fri 8:00am to 4:00pm

For further information visit: [Gender Identity Research & Education Society – Improving the Lives of Trans People \(gires.org.uk\)](#)

Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, we are here to support anyone who is Lesbian, Gay, Bisexual and Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends. In person and online youth groups available



Telephone: 01332 207 704

Email: info@derbyshirelgbt.org.uk

For further information visit: [Derbyshire LGBT+](#)

Support for Children and Young People (continued)

SHINE

Cancer support for young adults. Support groups across the UK.



Telephone: 07804 479413, Mon– Fri 10:00am to 6:00pm

For further information visit: [home - Cancer support charity for young people - Shine \(shinecancersupport.org\)](http://home - Cancer support charity for young people - Shine (shinecancersupport.org))

Carers Trust

Carers Trust's network of local carer organisations in England, Scotland and Wales offer information, advice, practical support and/or care in the home. Many of them, but not all, have services for young carers and young adult carers.



Telephone: 0300 772 9600, Mon– Fri 9:00am to 5:00pm

Email: info@carers.org

Web: Homepage - Carers Trust

Derbyshire Carers Association

Support groups, activities and events for young carers across Derbyshire (not Derby City). We can offer support to help young people manage their caring responsibilities, such as accessing funding, moving into higher education and accessing adult carer services.



Telephone: 01773 833833

Email: info@derbyshirecarers.co.uk

For further information visit: [home - Cancer support charity for young people - Shine \(shinecancersupport.org\)](http://home - Cancer support charity for young people - Shine (shinecancersupport.org))

Support for Children and Young People (continued)

Spurgeons

Spurgeons offers a wide range of services to support young carers, from mentoring and educational support to activities and trips away to give them much needed time out from their caring duties.



Telephone: 01933 412412, Mon– Fri 9:00am– 5:00pm

Email: info@spurgeons.org

For further information visit: [Home - Spurgeons](#)

Action for children – Sidekick

Sidekick is a confidential helpline for young carers in the UK. You can message us any time, about anything that's bothering you as a young carer.



Telephone: 07888 868 059 (text only)

Email: sidekick@actionforchildren.org

Web: [Sidekick from Action for Children | Text us your question](#)

Barnardos

We offer practical and emotional support so that you can enter adulthood with the confidence you need to achieve your full potential. Support for young carers, care leavers, homelessness, employment training and skills, mental health and LGBTQ+ support.



Telephone: 0800 11 11

For further information visit: [Believe in children | Children's charity | Barnardos \(barnardos.org.uk\)](#)

Support for Children and Young People (continued)

Me We Young Carers

An online booklet of advice for young carers made by young carers.

For further information visit: [Booklet for young carers – me-we.eu](http://me-we.eu)



The Children's Society

Offering education and guidance to young people and professionals around child sexual exploitation, children's rights and advocacy, county lines and criminal exploitation, mental health and wellbeing, young people missing from home, poverty, refugees and migrants, young carers and substance misuse.

Telephone: 0300 303 7000

Email: supportercare@childrenssociety.org.uk

Web: [The Children's Society | UK children's charity \(childrenssociety.org.uk\)](http://The Children's Society | UK children's charity (childrenssociety.org.uk))



Information for Parents & Carers

Derbyshire Children's Centres

Information, support and guidance for parents can be found on the respective **Facebook pages of our centres:**

- [Amber Valley children's centres](#)
- [Bolsover and North East children's centres](#)
- [Chesterfield children's centres](#)
- [Erewash children's centres](#)
- [High Peak and North Dales children's centres](#)
- [South Derbyshire and South Dales children's centres](#)

Our Facebook pages provide a wide range of information, including safety information, links to local services, welfare support, activities to be done at home, healthy eating, dental health and much more.



Information for Parents & Carers

Derbyshire Libraries events

Telephone: 01629 533444

Email: ask.library@derbyshire.gov.uk

Facebook: [Derbyshire Libraries | Facebook](#)

Visit the Facebook site for information on events and activities for adults and children at your local library.

Baby and toddler rhyme time events: [Story and rhyme times - Derbyshire County Council](#)



Derbyshire Family Health Service

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Telephone: 01246 515100

For further information visit: [Derbyshire Family Health Service](#)



The Family Corner

Information, advice, activities, online learning for all the family.

For further information visit: [Family Corner | Features and tips about your child's development](#)



HENRY

HENRY programmes Healthy Families Right From the Start 0-5 years, Healthy Families, Growing Up 5-12 years, and Fussy Eating online workshops are running either online or in local venues across Derbyshire.

For further information visit: [Health, exercise and nutrition for the really young \(HENRY\) - Derbyshire County Council](#)



The HENRY programmes are free to join and help you give your child the best possible start in life.

For further information visit: [Homepage | HENRY](#)

Information for Parents & Carers (continued)

Junction Arts -

Derbyshire based participatory Arts Organisation

Online Activities for Children.



For further information visit: [Junction Arts | Voyage of discovery](#)

Let's Go with the Children

Find fun filled family activities.



For further information visit: [Places to go across the UK | Lets Go With The Children](#)

British Society of Paediatric Dentistry

BSPD has lined up a great team to help make toothbrushing fun for families. Meet Dr Ranj, Hey Duggee, CBeebies and Brush DJ. Choose a video and be inspired to look after your teeth!



For further information visit: [British Society of Paediatric Dentistry \(BSPD\) > Kidsvids](#)

Healthzone App

Parents can use these to find out local information of what's available to support them in pregnancy and post birth.

Each hospital uploads their own information.

See link to the app: [HealthZone UK – Apps on Google Play](#)

Information for Parents & Carers (continued)

HANDI App

The HANDI paediatric app is a free app designed for parents, offering simple and straightforward advice to help you feel more confident to deal with a range of common childhood illnesses.



For further information visit: [HANDI Paediatric app :: Derbyshire Family Health Service](#)

- [Download HANDI on Apple device](#)
- [Download HANDI on Android device](#)

Tiny Happy People

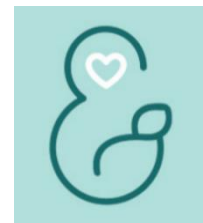


Tiny Happy People is here to help you develop your child's language skills. Explore our simple activities and play ideas and find out about babies and toddlers' amazing early development.

For further information visit: [Children's language development and parenting advice - BBC Tiny Happy People](#)

Mother Hub

For Derbyshire women showing with the choices they have in their maternity care and provide reliable information for pregnancy, birth and the early days with baby.



For further information visit: [MOTHERHUB | FERTILITY | PREGNANCY | FOURTH TRIMESTER \(welcometomotherhub.com\)](#)

Derbyshire DadPad

Aims to help dads to be prepare for parenthood. Supporting patients and families, 1-1 support for families patients and carers and look at their needs.



To find out more and to download the app: www.thedadpad.co.uk/app

Information for Parents & Carers (continued)

The Breastfeeding Network

National Breastfeeding Helpline: 0300 100 0212.



For queries relating to Drugs in Breastmilk **please visit** the [Drugs in Breastmilk](#) page where you can access our factsheets **or contact the DIBM team directly on** druginformation@breastfeedingnetwork.org.uk

For further information visit: [Home - The Breastfeeding Network](#)

Association of Breastfeeding Mothers

Breastfeeding support – use the link to find a group near you.



For further information visit: [Home - ABM](#)

Better Health, Start for Life

Whatever you want to know about parenthood, from breastfeeding to when your baby will have their first vaccinations, you should find it here. We're here to give you the essential guide and lots of free tools for having a healthy, happy baby.



For further information visit: [Start for Life home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Cry-Sis

Telephone: 08451 228 669

(Charged call - 9am to 10pm, 7 days a week.)

THE CRY-SIS HELPLINE 0800 448 0737

Lines open 7 days a week 9am-10pm

For further information visit: [Help with older babies | cry-sis](#)

For further information visit: [Help with young babies | cry-sis](#)

Financial help for Childcare

For further information visit: [Childcare - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



GOV.UK

Information for Parents & Carers (continued)

Derbyshire Families Information Service (FIS)



Free, impartial information and guidance for parents, carers, practitioners, children, and young people on a wide range of services, activities, funded childcare options and events available in Derbyshire.

Telephone: 01629 535793 (9am-5pm Monday to Friday)

Email: info.fis@derbyshire.gov.uk

Facebook: [Derbyshire Families Information Service - FIS | Matlock | Facebook](#)

For further information visit: [Families Information Service \(FIS\) - Derbyshire County Council](#)

Funded Childcare for 2-year-olds



Derbyshire families on a low income or on certain benefits can get up to 15 hours of funded childcare per week for their 2-year-olds.

Tel: 01629 535793 (9am-5pm Monday to Friday)

Email: info.fis@derbyshire.gov.uk

Web: [Funded childcare for eligible 2-year-olds - Derbyshire County Council](#)

PACEY

Discover more about how professional childcare can be the best choice for your family and put your mind at ease.



For further information visit: [Parents | PACEY](#)

Information for Parents & Carers (continued)

Safety Concerns

If you are concerned about a child and think it's an emergency - **Call 999**

Non-emergencies - Call 101

On a train - text British Transport Police on **61016**.

Otherwise contact Crimestoppers on **0800 555 111**.

Don't wait. Report it.



Safe and Sound

Supporting vulnerable young people at risk of exploitation across Derby and Derbyshire.

Open to parents and professionals as well as young people.

Online reporting system.

Enquiry form available online.

Telephone: 01332 36212

For further information visit: [Home - SAFE AND SOUND \(safeandsoundgroup.org.uk\)](http://www.safeandsoundgroup.org.uk)

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



PACE - Parents Against Child Exploitation

Information to enable parents and carers to safeguard and stop their children being exploited.

For further information visit: [Parents Against Child Exploitation \(Pace\) UK \(paceuk.info\)](http://paceuk.info)



Information for Parents & Carers (continued)

Safe to Net

Parental control Apps to keep children safe on the internet.

**SAFEGUARDING
AND DIGITAL WELLBEING**



For further information visit: [Best Parental Control Apps for iPhone | Best Parental App for iPhone \(safetonet.com\)](#)

UK Safer Internet Centre



Information for parents and carers to help keep children safe online.

For further information visit: [Parents and Carers - UK Safer Internet Centre](#)

Families Information Service (FIS)

Derbyshire's Families Information Service (FIS) provides free, impartial information and guidance for parents, carers, practitioners, children, and young people on a wide range of services, activities, and events available in Derbyshire.



Telephone: 01629 535793 9:00am to 5:00pm Mon to Fri

Email: info.fis@derbyshire.gov.uk

Barnardo's Family Support Service

Offering support to parents, carers and families in the community and in diverse cultural circumstances. Guidance and advice aimed at supporting vulnerable children and their families is also offered.



Telephone: 01773 825923

Email: family.support@barnardos.org.uk

For further information visit: [Support for parents and carers | Barnardo's \(barnardos.org.uk\)](#)

Information for Parents & Carers (continued)

ChatHealth

A text messaging service run by Derby Family Health for young people, parents and carers living in Derby city offering confidential health advice and support.

Young people and their parents can text for advice on issues such as sexual health, relationships, drug and alcohol use and physical health.

The team is made up of qualified school nurses, health visitors, community staff nurses and support workers, and can advise and support young people on a range of issues such as sexual health, relationships, drug and alcohol use and physical health.

Parents and carers of young children can get advice on issues such as bedwetting, feeding problems, behaviour and speech concerns.

Text service available Mon –Fri; 9 –5pm

Text (Young person aged 11-19): 07507327104

Text (Parent/carer): 07507327754

Email: BuildSoundMindsDD@actionforchildren.org.uk

For further information visit: www.services.actionforchildren.org.uk/derbyshire/

Code Club

Riverside, Alvaston, Mickleover & Normanton libraries

Coding clubs organised by libraries. Sessions are run by trained volunteers, teaching children basic computer programming, including how to create computer games and animations.

Age: 9-13 years

Cost: Free, booking essential

Saturdays: Term time, must be a member of the library, easy to join in person or online.

For further information visit: www.inderby.org.uk/libraries/clubs-and-activities/code-club-for-children



Information for Parents & Carers (continued)

Home Start

Offering early intervention and support to parents through home start volunteers visiting parents in their own home. Helping parents gain the skills and confidence to ensure their children get the best possible start in life and achieve their full potential. Also a project specifically for vulnerable parents



Self-referral, supporting families in and around Derby and the Amber Valley that have at least one child under five.

Monday to Friday: 9:00am to 4:00pm

Telephone: 01332 742619

Email: admin@homestartderby.co.uk

For further information visit: www.homestartderby.co.uk

SEND Support

Derbyshire Information, Advice and Support Service for SEND

Telephone: 01629 533668

Email: ias.service@derbyshire.gov.uk

For further information visit: [Welcome to the Derbyshire Information, Advice and Support Service for SEND - Derbyshire Information, Advice & Support Service for SEND \(derbyshireiass.co.uk\)](http://www.derbyshireiass.co.uk)



**Derbyshire
information Advice &
Support Service for SEND**

Providing impartial advice for special educational needs and disability

Ambitious About Autism

Supporting autistic children and young people, championing their rights and creating opportunities

Telephone: 020 8815 5444

Email: info@ambitiousaboutautism.org.uk

For further information visit: [Ambitious about Autism | National charity for autistic children and young people](http://www.ambitiousaboutautism.org.uk)



**Ambitious
about Autism**

SEND Support (continued)

Autism Information and Advice

Telephone: 01332 228790

Email: autismservice@citizensadvicemidmercia.org.uk

For further information visit: [Autism Services | Hello and welcome to Derbyshire's new Autism Information and Advice Service! \(autisminformationservice.org.uk\)](#)



National Autistic Society

Campaigning for the improved rights of people with autism.

Telephone: 0207 833 2299

Email: nas@nas.org.uk

For further information visit: [National Autistic Society \(autism.org.uk\)](http://autism.org.uk)



Centre for ADHD & Autism Support

Telephone: 01773 741221

Email: enquiries@adhdandautism.org

For further information visit: [Home - Centre for ADHD and Autism Support](#)



See Ability

Specialising in supporting people who have learning disabilities or autism.

Telephone: 01372 755 000

Email: enquiries@seeability.org

For further information visit: [Our specialisms | SeeAbility](#)



SEND Support (continued)

Mencap

Supporting people with Learning Disabilities and their families.



Telephone: 0207 833 2299

Email: helpline@mencap.org.uk

For further information visit: [Learning Disability - Down's Syndrome - Williams syndrome | Mencap](#)

Association for Real Change

Supporting people with Learning Disabilities.



Telephone: 01246 555043

Email: contact.us@arcuk.org.uk

For further information visit: [ARC UK – Association for Real Change](#)

Penderels Trust

Telephone: 02476 511 611

Email: derbyshire@penderelstrust.org.uk

For further information visit: [Penderels Trust - Opening the Door to Independent Living](#)

Leonard Cheshire

Providing support to people with disabilities to live, learn and work as independently as they choose, whatever their ability.



Telephone: 01246 268339

For further information visit: [home | Leonard Cheshire](#)

SEND Support (continued)

Accessible Derbyshire

Helping to make Derbyshire accessible for all.

Email: info@accessiblederbyshire.org



For further information visit: [Accessible Derbyshire - Welcome](#)

Revitalise

Creating lasting experiences for people with disabilities.

Telephone: 0208 501 2331

Email: marketing@revitalise.org.uk



For further information visit: [Home | Revitalise](#)

Mid-Derbyshire Riding for the Disabled

Telephone: 07933 295630

For further information visit: [Mid-Derbyshire Riding For The Disabled | It's what you CAN do that counts \(wordpress.com\)](#)

Disability Assist

Email: disabilityassist@hotmail.co.uk

For further information visit: [Disability Assist | Disabled People's Information Advice and Guidance Service \(wordpress.com\)](#)

British Red Cross—Hire or Rent a Wheelchair

Find out about hiring a wheelchair for short term use, near to where you live.

For further information visit: [Hire or rent a wheelchair | British Red Cross](#)



SEND Support (continued)

Disability Sport

DisabilitySport.org.uk is a guide to organised sport and recreational opportunities for people with disabilities at both local and international levels.

Email: info@disabilitysport.org.uk

For further information visit: [Disability Sport - About Us](#)

Epilepsy Action

Telephone: 0808 800 5050



Email: epilepsy@epilepsy.org.uk

For further information visit: [Home - Epilepsy Action](#)

Royal Association for Deaf People

Providing services to deaf people in their first or preferred language, usually British Sign Language (BSL).



Royal Association for Deaf people

Telephone: 0300 688 2525

Email: info@royaldeaf.org.uk

For further information visit: [Home Page - Royal Association for Deaf people \(royaldeaf.org.uk\)](#)

Deaf-initely Women

Telephone: 01773 828233

Email: info@deafinitelywomen.org.uk

For further information visit: [Deaf-initely Women | Deaf Women in Derby, Derbyshire, Nottingham, Nottinghamshire, Stronger Together \(deafinitelywomen.org.uk\)](#)

SEND Support (continued)

British Acoustic Neuroma Association

Telephone: 01246 550011

Email: admin@bana-uk.com

For further information visit: [Login - BANA | British Acoustic Neuroma Association \(bana-uk.com\)](#)

National Deaf Children's Society

For further information visit: [National Deaf Children's Society | Supporting deaf children \(ndcs.org.uk\)](#)



Royal National Institute of the Blind

Telephone: 0303 123 9999

For further information visit: [RNIB | Home](#)



Education

Outdoor Learning

Tel: 01629 533439

Email: environmentalstudies@derbyshire.gov.uk

Educational visits, trips, training, workshops, and Derbyshire Forest School Projects.

For further information visit: [Derbyshire Environmental Studies Service - Derbyshire County Council](#)
[Derbyshire Environmental Studies Service booklet](#)



Derbyshire Adult Community Education

Online directory:

[Derbyshire Adult Community Education Service Events | Eventbrite](#)

The "Love learning locally" logo, a purple circle with the text "Love learning locally" in white, and the URL "derbyshire.gov.uk/adulteducation" in small text at the bottom.

Education (continued)

Courses offering different qualifications and study levels

Love
learning
locally

We offer a range of courses offering different qualifications and study levels, and support and guidance to help you make the right decision.

For further information visit: [Qualifications and skills - Derbyshire County Council](#)

Careers Workshops

Telephone: 07812 473033 / 07812 473034

Email: ncs.scans@derbyshire.gov.uk

Workshops for:

- 18 to 24
- 50+ career planning
- CV and job searching Interview Skills
- Identifying transferable skills

For further information visit: [Careers workshops - Derbyshire County Council](#)



DCC Learning for 14 – 19 Year Olds

Build your confidence and gain real skills for work or to help you with further study.

Email: 14-19study.programme@derbyshire.gov.uk

Leaflet: [Learning for 14 to 19-year-olds \(derbyshire.gov.uk\)](#)

For further information visit: [Learning for 14 to 19-year-olds - Derbyshire County Council](#)



Learn My Way

Free courses for you to learn digital skills to stay safe and connected.

For further information visit: [Learn My Way - Good Things Foundation](#)



Education (continued)

Get online in Derbyshire - local support

Rural Action Derbyshire has a map that lists digital inclusion projects, activities and support that can be accessed across Derbyshire.



For further information visit: [Find Digital Support in Derbyshire | Rural Action Derbyshire](#)

Education & Training

National Careers Service

Telephone: 0800 100 900 to speak to an adviser.

We're open: 8:00am to 8:00pm Monday to Friday,
10am to 5pm Saturday and bank holidays.

For further information visit: [Careers advice - job profiles, information and resources | National Careers Service](#)



Derbyshire County Council Careers Service



Advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment or training.

County Wide contact: 07717 343085

Email: louise.wilson@derbyshire.gov.uk

For more information and to register your interest online: [Careers service - Derbyshire County Council](#)

Get online in Derbyshire - local support

Rural Action Derbyshire has a map that lists digital inclusion projects, activities and support that can be accessed across Derbyshire.



For further information visit: [Find Digital Support in Derbyshire | Rural Action Derbyshire](#)

Education & Training (continued)

Reed in Partnership - Derbyshire



Buxton

Telephone: 01298 60 53 76

Chesterfield

Telephone: 01246 95 62 75

Derby - Aspire House

Telephone: 01332 32 13 28

Derby - Stuart House

Telephone: 01332 973244

Swadlincote

Telephone: 0128 390 7035

For further information visit: [Reed in Partnership](#)

For further information on offering courses to help further career skills visit:
[Training Courses & Qualifications on reed.co.uk](#)

Princes Trust—Start Your Own Business

Take that dream you've been dreaming of and, with our Enterprise training, mentoring and funding, become your own boss.



Prince's Trust

For further information visit: [Support for starting a business](#) | [Help for young people](#) | [The Prince's Trust \(princes-trust.org.uk\)](#)

Princes Trust—Build Your Confidence

We've got a range of programmes to develop your skills and boost your confidence. Try something different with new friends today!

For further information visit: [Grow your skills and confidence](#) | [How we can help](#) | [The Prince's Trust \(princes-trust.org.uk\)](#)

Education & Training (continued)

Derbyshire Careers Service

Impartial information, advice and guidance on employment and learning to anyone 19 years or older or 18 who is not in employment, education or training.



Telephone: 07717 303855

Email: wendy.leigh@derbyshire.gov.uk

For further information visit: [Careers service - Derbyshire County Council](#)

NLT Step Into Employment and Training

Delivering engineering, business and health & safety training to companies across Derbyshire.



For further information visit: [NLT Training Services | Chesterfield / Scunthorpe | Engineering, Industry & Business Skills Apprenticeships \(nlt-training.co.uk\)](#)

YES (Youth Employment Support)

This is a one-stop-shop for young people aged from 16 to 24, offering access to training and careers advice and guidance.

Working in partnership, we have developed an inviting and engaging space for the Youth Hub, enabling young people to access support both locally and in an environment that is in the heart of the community. The aim is to provide an alternative space away from the Job Centre.

Telephone: 01629 539720

Text: HUB to [86555](tel:86555)

Email: youth.hub@derbyshire.gov.uk

For further information visit: [Youth employment support - Derbyshire County Council](#)

Education & Training (continued)

Way2Work

Whatever your age, abilities or background, Way2Work from Futures will help you find work quickly if that's what you need, or work with you to get you the skills to become work-ready.



Telephone: 08000 858520

For further information visit: [Way2Work - Futures for You](#)

Well for Work

For those who aren't ready to jump straight into work, individual support can be offered to develop confidence, skills and the ability to enter employment as a longer term goal.



Telephone: 07812 473 033

Or register your interest online at: [Careers service - Derbyshire County Council](#)

For further information visit: [Well for Work - Futures for You](#)

Make it Click

Make It Click features free courses, tools and templates that you can trust. You can learn new apps, improve the skills you already have and take a positive step forward in your work.



Telephone: 0114 349 1666

Email: hello@goodthingsfoundation.org

For further information visit: [Making It Click: Supporting people with low internet use - Good Things Foundation](#)

Education & Training (continued)

D2N2 Skills Bootcamp

Skills Bootcamps are free, flexible courses of up to 16 weeks, giving people the opportunity to build up sector-specific skills and fast-track to an interview with a local employer. All Skills Bootcamps will offer a guaranteed interview for a job at the end.



For further information visit: [What are Skills Bootcamps? | D2N2 \(d2n2lep.org\)](https://www.d2n2lep.org)

Gov Skills Toolkit

Free courses to help you learn new skills or get a new job

Learn about:

- practical maths
- computer essentials
- personal growth and wellbeing
- professional development
- business and finance
- digital design and marketing
- computer science and coding

For further information visit: [The Skills Toolkit – Free digital courses to help you progress in work and boost your job prospects](#)

Online Training

Online work skills courses, study anytime, anywhere.



For further information visit: [Online work skills courses | from £9 +VAT | Approved Certificate \(one-training.org.uk\)](https://www.one-training.org.uk)

Derbyshire County Council - Become a Volunteer

Volunteering is all about giving your time to do something useful, without getting paid.

If you're thinking of giving up some of your time to lend a hand, search our list of local organisations looking for volunteers.

For further information visit: [Become a volunteer - Derbyshire County Council](#)

Education & Training (continued)

Derbyshire Voluntary Action

Connecting health & wellbeing services to Derbyshire's communities.

For further information visit: [Derbyshire Voluntary Action \(dva.org.uk\)](http://dva.org.uk)



National Council for Voluntary Organisations

Let's champion the remarkable role of charities and volunteers.

For further information visit: [NCVO | NCVO](http://ncvo.org.uk)



Royal Voluntary Service

Royal Voluntary Service mobilises volunteers in every corner of Britain to support people in need and the NHS.

For further information visit: [The UK National Volunteer Charity | Royal Voluntary Service](http://www.rvs.org.uk)

National Association for Voluntary and Community Action

We are NAVCA, the National Association for Voluntary and Community Action.

We are the national membership body for local infrastructure organisations in England

For further information visit: [NAVCA](http://navca.org.uk)

Groundwork

Groundwork Five Counties works across Nottinghamshire, Derbyshire, Lincolnshire, Rutland and Leicestershire.

Groundwork is a federation of charities mobilising practical community action on poverty and the environment across the UK.



Telephone: 0115 978 8212

Email: ceo@groundworknottingham.org.uk

Other Directories

The Derbyshire Directory

The Derbyshire Directory can help you find out what's happening on your doorstep



For further information visit: [The Derbyshire Directory - Derbyshire County Council](#)

Safer Derbyshire Directory

The Derbyshire Domestic Abuse Service Directory outlines the domestic abuse services that are available in certain areas throughout Derbyshire.



For further information visit: [Derbyshire Domestic Abuse Service Directory \(saferderbyshire.gov.uk\)](#)

Derbyshire Voluntary Action

Search for the service you need.



For further information visit: [Derbyshire Voluntary Action \(dva.org.uk\)](#)

Derbyshire Voluntary Action—Mental Health Support Services

For further information visit: [Mental Health Support Services | Derbyshire Voluntary Action \(dva.org.uk\)](#)

Derby & Derbyshire Emotional Health & Wellbeing - Signposting Website

This emotional health and wellbeing signposting website for Derby and Derbyshire contains local and national links and resources updated regularly. Please use the search bar with key words or click and scroll down the sections.

For further information visit: [Derby & Derbyshire - Emotional Health & Wellbeing \(derbyandderbyshireemotionalhealthandwellbeing.uk\)](#)

Other Directories (continued)

Community Directory Derbyshire

The most up-to-date list of all the voluntary and community groups active in Derbyshire



For further information visit: [Community Directory Derbyshire](#)