



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

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Amber Valley

June 2024

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Food banks

Hope for Belper

Referrals from partner agencies, but can take emergency self-referral if partners unavailable Belper



Opening times: 12pm to 2pm every Tuesday and Friday except for on Bank Holidays

Address: Baptist Church, 71 Bridge St, Belper, DE56 1BA

For further information visit: [Hope for Belper](#) | [Belper](#) | [Facebook](#)

Oscari Pantry

No referrals needed, but there is a small membership fee and shop donation fee



Opening times: Tuesdays 10am to 11.30am and 12.30 to 1.30pm

Address: Oscari, Church of Christ, College street, Riddings, DE55 4EZ

For further information visit: [Appointments](#) | [Oscari \(square.site\)](#)

or Facebook page: [Oscari](#) | [Facebook](#)

Salcare

Walk-in and referrals from partner agencies Emergency food for single people and families – either walk in or be referred by other agencies (social care, refuges, drug and alcohol services, etc). It is helpful if you can bring your own bag.



Opening times: Every Tuesday and Friday from 10am to 1pm

Address: Salcare, 59 Ray Street, Heanor, DE75 7GF

For further information visit: [Food Bank - Salcare](#)

Email address: enquiries@salcare.org.uk

Food banks (continued)

Sainsbury's - Food boxes

'Taste Me, Don't Waste Me' boxes will include a variety of surplus fresh fruit and vegetables and the boxes will be sold for £2



St Andrews Foodbank—Langley Mill

Opening Times: Fridays 1.30pm to 4:00pm

Address: Anglican Methodist Church, Station Road, Langley Mill, Derbyshire, NG16 4BP

Telephone number: 07552 781656

For further information visit: [St Andrew's - Notices Page \(standrewsonline.org.uk\)](http://standrewsonline.org.uk)

South Normanton Food Bank

Address: St Michaels and All Angels Church, Church Street South Normanton
Alfreton Derbyshire DE55 2BT

Telephone number: 01773 810410

For further information visit: [South Normanton Area Foodbank | Helping Local People in Crisis](http://southnormantonarea.foodbank.org.uk)

Email address: info@southnormantonarea.foodbank.org.uk

Money and Finance

Citizens Advice

For free, independent, confidential and impartial advice

Telephone number: 0808 2787 954

Address (Belper): 103 Bridge Street, Belper, Derbyshire, DE56 1BA

Address (Heanor): Town Hall, Market Place, Heanor, Derbyshire, DE75 7AA

For further information visit (Belper): [Citizens Advice Bureau \(Belper\) | Profile Page On Amber Valley Info](#)

For further information visit (Heanor): [Turn2Us - Advice Finder - Citizens Advice Derbyshire Districts \(Heanor\) - Heanor](#)



Amber Valley:

Cost of Living Support



Amber Valley
Borough Council

Find support, information, advice, and guidance to help you and your family:

- Help for households
- Help with Energy Bills
- Help with rent/ council tax

Telephone number: 01773 570222

For further information visit: [Cost of living support \(ambervalley.gov.uk\)](http://ambervalley.gov.uk)

Email address: enquiry@ambervalley.gov.uk

Household Support Fund

The household support fund (HSF) offers help to Derbyshire residents facing financial hardship by providing grants and other financial support. The fund is provided by the Department of Work and Pensions and is mainly administered by Derbyshire County Council.

For further information visit: [Help available for Amber Valley residents](#)

Money and Finance (continued)

Confidential Information and Advice

Free, confidential and independent information and advice service for those over 50 or their carers/relatives.



Address: Age UK Derby & Derbyshire, 29a Market Place, Heanor, Derbyshire, DE75 7EG.

Telephone number: 01773 768240

For further information visit: [Age UK Derby and Derbyshire| Our Services](#)

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 number: 01629 531535

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

Email address: welfarebenefits@derbyshire.gov.uk

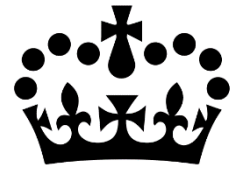
Welfare and Benefits (continued)

Gov Benefits

Includes eligibility, appeals, tax credits and Universal Credit

For further information visit:

<https://www.gov.uk/browse/benefits>



GOV.UK

Gov Check Benefits and Financial Support you can 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.



**citizens
advice**

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

Money and Pensions Service – Welfare and Benefits



**Money &
Pensions
Service**

Everyone making the most of their money and pensions.

For further information visit: [4. Welfare and benefits \(maps.org.uk\)](#)

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 \(mentalhealthandmoneyadvice.org\)](#)

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 number: 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 number: 01246 550 674

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

Email address: dlc@derbyshirelawcentre.org.uk



Warm Home Discount Fund

Telephone number: 0330 555 9424

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

Housing

Disabled Adaptations

Amber Valley Borough Council are working with Derbyshire County Council to make sure that aids and adaptations are provided for clients that need access to their home or to access services within the home. The service can be accessed through Call Derbyshire

Telephone number: 01629 53319

Homelessness and homeless prevention



You can take a look at more information on this webpage about your own circumstances.

Telephone number: 01773 84140

For further information visit: housing.solutions@ambervalley.gov.uk

Amber Valley Foyer Project

Amber Valley Foyer exists to provide housing and training opportunities to young homeless people (16- 24 yrs) in Amber Valley.

For further information visit: [Homeless Link. Accommodation in England, Nottingham \(hotels-in-nottinghamuk.com\)](http://Homeless Link. Accommodation in England, Nottingham (hotels-in-nottinghamuk.com))

Email address: avprojects@riverside.org.uk

Forces in the Community

Provides tailored employment guidance, housing advice, mental health support, counselling and benefit and welfare advice. For veterans and their families.



Telephone number: 0115 9220320

For further information visit: Charity Supporting Veterans | Forces in the Community

Email address: support@forces.org.uk

Housing (continued)

Derventio Housing

Derventio

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.

Telephone number: 01332 292776

For further information visit: [Get Help - Supported housing for people facing homelessness - Derventio \(derventiohousing.com\)](http://www.derventiohousing.com)

Email address: info@derventiohousing.com

Amber Trust

Social care charity promoting mental wellbeing and offering housing support.



Telephone number: 01773 742051

Homelessness Prevention

Risk of Eviction

Derbyshire Law Centre are available to take calls: Monday to Friday from 9.30am to 4.30pm on:



Telephone number: 01246 550674

Freephone: 0800 707 6990 SMS/Text: 07781482826

Text Box: 018001 01246 550674

Email address: dlc@derbyshirelawcentre.org.uk

Amber Valley BC part fund CallB4UServe to support landlords with queries

Email address: helen.scott@derby.gov.uk

Telephone number: 01332 641408

Homelessness Prevention (continued)

Broxtowe Youth Homelessness

BYH offers a range of services for young people ages 16-25 who are homeless or are going through any kind of housing crisis.



**BROXTOWE YOUTH
HOMELESSNESS**

Telephone number: 0115 939 6760

For further information visit: [Making A Real Difference | Broxtowe Youth Homelessness](#)

P3 - Amber Valley

If you are not rough sleeping, but still experiencing homelessness, for example you are sofa surfing or being threatened with homelessness, it is important for you to get in touch with your local homeless team.



**PEOPLE
POTENTIAL
POSSIBILITIES**

Telephone number: 01773 570222

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

Email address: housing.solutions@ambervalley.gov.uk

Mental Health Crisis Lines

Samaritans

To talk about anything that is upsetting you, 24 hours a day, 365 days a year.

Call: 116 123

The Samaritans logo consists of the word 'SAMARITANS' in white capital letters on a green rectangular background.

SANEline

If you're experiencing a mental health problem or supporting someone else

Call: 0300 304 7000



Mental Health Crisis Lines (continued)

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



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:** [Get Help & Support With... | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

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



Mental Health Crisis Lines (continued)

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:** [Email us - The Mix](#)

Or using their **crisis text messenger service:** [Crisis Messenger - The Mix](#)



Switchboard

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

Call: 0300 330 0630



Mental Health & Emotional Wellbeing for young people

Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

Telephone number: 07507 330025

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



Mental Health & Emotional Wellbeing for young people (continued)

The Will Garvey Trust Foundation



Information and resources round support for the mental health of young people.

THE WILL GARVEY TRUST FOUNDATION

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

Callum's Voice

- Improving public understanding of Autism and mental health conditions.
- Empowering children and young people with Autism and mental health conditions to build on their strengths to achieve their potential.
- Promoting good mental health for children, young people and families.



Address: Room 10, Alfreton House, High Street, Alfreton, Derbyshire, DE55 7HH

Telephone number: 01773 688026

Email: admin@callumsvoice.org.uk

CAMHS Amber Valley

CAMHS stands for Child and Adolescent Mental Health Services. We support children and young people aged 0-18 (and their families) with a wide range of mental health difficulties

CAMHS
Child and Adolescent
Mental Health Services

Address: Rivermead, Goods Road, Belper, Derbyshire DE56 1UU

Telephone number: 01773 880554

Mental Health & Emotional Wellbeing for young people (continued)

LGBT+ Collective

Free One2One Support, Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/ referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.



For further information visit: <https://lgbtcollective.co.uk/>

Email: info@lgbtcollective.co.uk

Compass

We help you build your skills to cope with: Low mood; sadness, low motivation; Mild to moderate anxiety; worries, irrational fears and concerns; Common challenging behaviours: angry outbursts, pushing boundaries, frustration and distress Family and peer relationship difficulties; Difficulty adjusting to change and transition; Difficulty managing emotions.

Compass Changing Lives comprises of nine Mental Health Support Teams in Derby, Erewash, Bolsover, the Derbyshire Dales, Chesterfield and the Amber Valley.

For further information visit: [Compass Changing Lives - Compass \(compass-uk.org\)](http://Compass Changing Lives - Compass (compass-uk.org))



Mental Health

Infinite Wellbeing

Our aim is to share knowledge and tools for managing wellbeing, so children, adults, and families can understand, maintain, and improve their wellbeing, and enjoy the best in life.



Opening times: Monday – Friday 9am – 3pm
Saturday – 10am – 3pm

For further information visit: [Community Centre | Infinite Wellbeing | Heanor, Derbyshire \(infinite-wellbeing.co.uk\)](#)

Men in Sheds

Peer support for men in Swanwick

Opening times: Saturdays 10:00am, Wednesdays 3:30pm, Thursdays 3:30pm

Telephone number: 01773609603

Aldercar and Langley

Friends Community meet ups, walks and activities in Aldercar and Langley Mill

For further information visit: [Aldercar and Langley Friends | Meetup](#)

LGBT+ Collective

Free One2One Support, Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/ referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.



For further information visit: [lgbtcollective.co.uk](#)

Email: info@lgbtcollective.co.uk

Mental Health (continued)

NHS Derbyshire Healthcare

Amber Valley Team

Address: Ripley Town Hall (first floor)
Market Place Ripley DE5 3BT

Telephone: 0300 123 2678

For further information visit: [Amber Valley team :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](http://Amber Valley team :: Derbyshire Healthcare NHS Foundation Trust (derbyshirehealthcareft.nhs.uk))



Derbyshire Healthcare
NHS Foundation Trust

Amber Trust

Amber Trust is a well established social care charity specialising in offering accommodation and support services to adults with mental ill health or those who are at risk of social exclusion.

Address: 7-11 Wellington Street, Ripley, Derbyshire

Email: info@ambertrust.co.uk

Amber Valley Adult Recovery

The Amber Valley Neighbourhood team provides mental health support to adults regardless of age; this support is based on individuals' needs. The team will work with you to help you find both short-term and longer-term ways to improve your mental health, and to focus on healthy living and behaviours.

Telephone: 0300 123 2673

Rethink

Address: Community Support Group, The Croft, Ripley

Telephone: 01773 734 989



Mental Health (continued)

Amber Valley Walking Together Amber

Valley Walking Together work with individuals, groups and organisations to set up and manage local walks for health as part of the wider Walk Derbyshire model.



For further information visit: [Amber Valley Walking Together](#)

Email: mindfulwalks22@aol.com

Amber Valley Association for Mental Health LTD

Address: Mental Health Information and support Belper, DE56 2UA

Telephone: 01773 599599

CVS Mancave

Tuesdays 10am men only group, providing a place of skill sharing and informal learning.

Telephone: 01773 512076



SOUTH NORMANTON BUB HUB

7:00pm Every Thursday

#TalkItOut

Free Entry
Join us for an open, safe and non judgemental relaxed chat. Share your life challenges and get things off your chest with other like minded men. Information about mental health services. Refreshments provided.

Location
St Michael's Church Hall
Church Street
South Normanton
Derbyshire
DE55 2BT


In partnership with podcast **LETS BE FRANK** "USE YOUR VOICE"

Facebook: [bottledupblokes](#)
Twitter: [@BottledUpBlokes](#)
Email: help@bottledupblokes.com

bottledupblokes.com



This is not a clinical session and is not a substitution for therapy or emergency services. This group is run by volunteers who are not mental health professionals. Bottled Up Blokes is not affiliated with the church or any other religious groups.



Bottled Up Blokes

Football Sessions
Every Monday 7-8pm
Tibshelf Community School

We hold weekly football sessions at Tibshelf Community School. These sessions will be small sided games led by that weeks BUB Captains. The idea is to get men socialising, laughing and exercising to help with their physical and mental health.

Tibshelf Community School
Tibshelf, Derbyshire, DE55 5LZ

Online booking essential only at bottledupblokes.com.
Small donation of £1.50 required. Limited Availability

Mental Health (continued)

Belper Drop In

Thursdays 12:45-2:45 - This group is a friendly peer support drop in for anyone 18+ who live with or are experiencing mental health issues or for anyone who is lonely and isolated. The group runs from Strutt's Centre, Derby Road DE56 1UU.



BELPER DROP IN

WE ARE A FRIENDLY PEER LED DROP-IN GROUP FOR ANYONE, 18+ WHO LIVE WITH, EXPERIENCE OR HAVE BEEN DIAGNOSED WITH DEPRESSION, ANXIETY OTHER MENTAL HEALTH CONCERNS OR ARE FEELING ISOLATED.

 THURSDAYS

 12.45 - 2.45

 STRUTT'S CENTRE,
DERBY ROAD, DE56 1UU

THE DROP-IN GROUP OFFERS AN OPPORTUNITY TO CONNECT WITH OTHERS WHO ARE HAVING SIMILAR EXPERIENCES

**FOR MORE INFORMATION
PLEASE CALL 01773 734989**

Derbyshire Recovery & Peer Support Service

Mental Health (continued)

Mindful Walks

A friendly and informal walking group that meets in Belper. For walk dates and more information please contact Paula by email mindfulwalks22@aol.com



Wellbeing Wednesday Singing Group

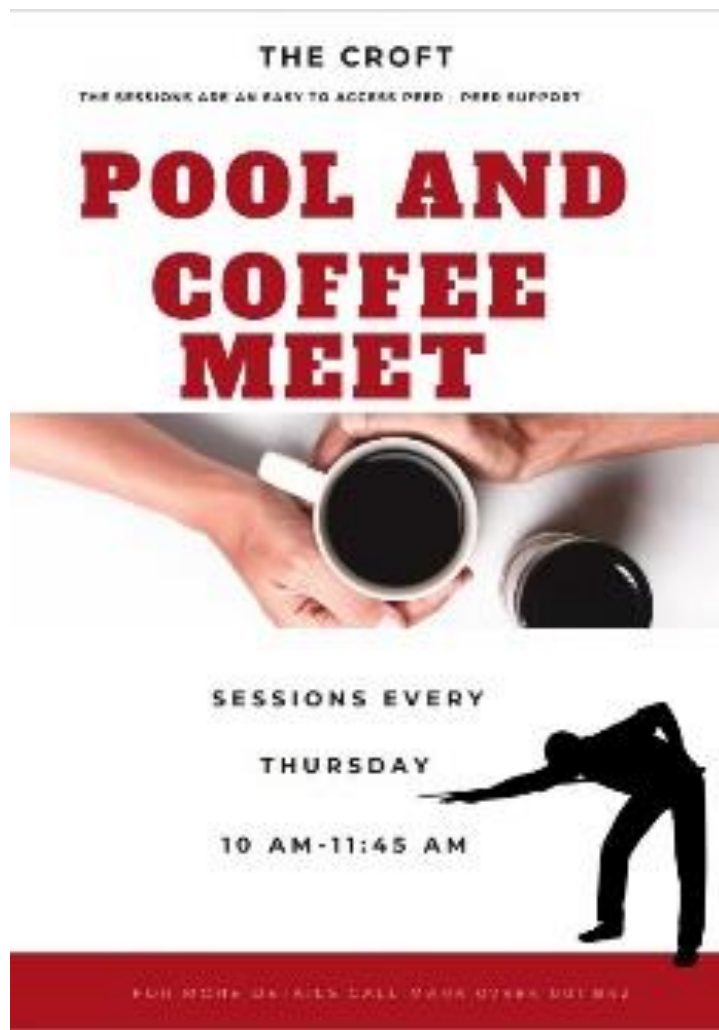
Wednesdays 1pm-3pm. Field Terrace Community Centre, Off Slack Lane, Ripley, Derbyshire DE5 3HL. This group meets weekly to sing songs and socialise. Supporting those with or without mental health concerns and those who are isolated. For more information call Peter or Lisa on 07958 538421

A vertical poster for the Wellbeing Wednesday Singing Group. At the top left, it says 'Supported by' above a red box containing 'Derbyshire Recovery & Peer Support Service'. In the top right corner is the Derbyshire County Council crest. The central graphic is a circular logo with the text 'WELLBEING WEDNESDAY SINGING GROUP' around the perimeter. Inside the circle are stylized human figures in various colors (blue, green, orange, red) holding hands, with a treble clef and musical notes in the center. Below the logo, the text reads 'Every Wednesday 1pm to 3pm'. Further down, the address is listed: 'Field Terrace Community Centre, Off Slack Lane, Ripley, Derbyshire DE5 3HL'. At the bottom, a purple banner contains the contact information: 'For more information call Peter or Lisa on 07958 538421'. The very bottom features a Facebook icon and the text 'Wellbeing Wednesday Singing Group'.


Mental Health (continued)

Pool and Coffee Meet

We meet every Thursday 10-11:45am. The pool and coffee sessions are all about relaxing and having fun in a safe space and a round like-minded people, there can be an element of peer support and a chance to listen and offer your experiences, but overall, just play pool, enjoy a cuppa in a relaxed, friendly, and safe space, a good chance to show some kindness and hope to others.



Mental Health (continued)



*Infinite Wellbeing
Treatment Room*

Rediscover your inner balance and vitality.

Step into our space, where a range of holistic therapists offer personalised 1-1 treatments and transformative workshops.

It has been designed to nurture mind, body, and spirit, with soft lighting, soothing scents, and natural décor.

We offer a variety of healing modalities such as angel or crystal healing, access bars, reiki, reflexology, readings, coaching and mindfulness. Our therapists are here to help support you in your journey.

18 Market Street, Heanor DE75 7NR

Mental Health (continued)

LET'S GET
SINGING!

MELODY MATTERS:
WELLNESS THROUGH SONG

12.30-14.00
EACH TUESDAY FROM 14TH MAY 2024
INFINITE WELLBEING, MARKET STREET, HEANOR



Health

How to Register with a GP

Visit: [How to register with a GP surgery - NHS \(www.nhs.uk\)](http://www.nhs.uk)



How to find an NHS Dentist How to find an NHS dentist

Visit: [How to find an NHS dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Service and Support for parents and carer's

Visit: [Services and support for parents - NHS \(www.nhs.uk\)](http://www.nhs.uk)

111 online - Get help for your symptoms

Visit: [Get help for your symptoms - NHS 111](http://www.nhs.uk)

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



Live Life Better Derbyshire

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

Telephone: 01629 538200

Email: asch.llbd.info@derbyshire.gov.uk

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



Health (continued)

Stepping Stone Day Centre

Meet new people in retirement, enjoy good company, tea and coffee, meals available.

Address: Community Hall, Ilkeston Road, Heanor DE75 7AG

Telephone: 01773 710939, Mon-Fri

Derbyshire Health Team

Address: Ripley Town Hall (first floor),
Market Place, Ripley, DE5 3BT

Telephone: 0300 123 2673, Mon-Fri,
9:00am to 5:00pm



Derbyshire Healthcare
NHS Foundation Trust

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](#)



Dementia Café

Meet and Chat with others who understand

- Alfreton 3rd Monday each month
- Ripley 3rd Thursday each month
- Belper 4th Monday each month



Staying Active

Sen Fit CIC

Fitness, Health and Well-being service for those with Special Educational Needs and Disability.

Group Sessions, one to One, Information and guidance, holiday activities etc...



For further information visit: [SEN-Fit cic | Derby \(facebook.com\)](#)

Belper Leisure Centre

Youth Classes: Swimming Club, Canoeing, Belper Sports FC, Belper Sports Ladies FC, Kickboxing, Kids Gym Classes, Tae Kwon-Do, Dodgeball and Volleyball.



For further information visit: [Belper Leisure Centre](#)

Ripley Leisure Centre

Active—Play and Bounce, Family Swimming, Junior Gym Sessions.

For further information visit: [Ripley Leisure Centre | Ripley – Places Leisure](#)

Alfreton Leisure Centre

Trampolining, Gymnastics, Play and Bounce

For further information visit: [Children | Alfreton Leisure Centre | Alfreton – Places Leisure](#)

William Gregg Leisure Centre - Heanor

Play and Bounce, Swimming

For further information visit: [William Gregg VC Leisure Centre | Heanor – Places Leisure](#)

Staying Active (continued)

Full Power Fitness

Telephone: 01773 531934

Youth Boxing/ Gym

For further information visit: [Full Power Fitness – Full Power](#)

Infinite Wellbeing

Fun and Fit toddler sports sessions, plus a wide range of physical activity sessions for adults.

Opening times: Monday – Friday 10am – 3pm
Saturday – 10am – 3pm



Live Life Better Derbyshire

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer

For further information visit: [Getting active - Live Life Better Derbyshire](#)



GOGA (Get Out Get Active)

For further information visit: [Get Out, Get Active Amber Valley | Facebook](#)

or: [Get Out Get Active - Home](#)



Amber Valley School Sports Partnership

We work alongside schools, community groups, leisure providers, national and government authorities to achieve our aim of improving the lives of local people.

For further information visit: [Amber Valley School Sport Partnership CIO \(avssp.co.uk\)](#)



Coathangers Youth Club

Address: St Lawrence's Church, Heanor

Opening times: Tuesdays 6.30-8pm

or Facebook page: [Facebook](#)

Staying Active (continued)

Strictly No Falling

This group runs out of the Palmer Morewood Club, 36 Hall St DE55 7BU. Wednesday @ 11am. They have fun, socialise, and maintain independence. Join our local activity session to improve your strength, balance, and coordination. Contact Collette 07778 745650 for more information. This group is working in partnership with Derbyshire Community Health Services NHS Foundation Trust, Derbyshire Recovery and Peer Support Service, and Age Concern.



STRICTLY NO FALLING
Have fun, socialise and maintain your independence

Join a local activity session to improve your strength, balance and coordination.

Alfreton strength & balance class
Palmer Morewood Club
36 Hall St DE55 7BU
Wednesday 11..00

Contact Collette
07778 745650

Derby & Derbyshire **ageUK**
Working in partnership with Derbyshire Community Health Services NHS Foundation Trust

www.ageuk.org.uk/derbyandderbyshire/enfclasses

DERBYSHIRE County Council
Inspiring life for local people

© 2012 Derby & Derbyshire Age UK

Staying Active (continued)

Dot-Teas Emporium

Dot-teas have multiple groups during the week. They have a craft group, gardening group, book club and even a human library session twice a month. For more info on the groups please contact them on 01773 882678. Address - 99 - 101 Bridge St, Belper DE561BA



Dot - Teas Emporium Community Group Sessions

2nd TUES of each month: Book Club 10 -12 pm

EVERY WED: Crafts (£1 subs) 1-3 pm

EVERY WED: Dot Gardening Club (times to suit)

1st THUR of each month: Dot Art Club 10 -12 pm

EVERY THURS: we do a homecooked meal
includes a tea or americano £5.50

EVERY FRI: Dot Craft Club 10 -12 pm

EVERY OTHER SAT: 10:00-12:00 pm human
library. You borrow a human and not a book as
we all have a story to tell.

99-101 Bridge St, Belper DE56 1BA

Tele: 01773 882678



Staying Active (continued)

Rogue Runners

Rogue Runners Ripley are a Jog Derbyshire registered running and walking club a lovely relaxed and supportive group aiming to benefit both individuals mental and physical health. You can run miles with smiles or walk and talk to gain confidence. For all ages and abilities, there are no limits set. Please contact roguerunnersripley@btinternet.com



Staying Active (continued)

Ripley Sport 4 Wellbeing

Every Wednesday 1pm-3pm. Ripley Leisure Centre. Free to access, Peer support, make new friends and keep active, sport sessions held in the hall. Badminton, Basketball, Football, Table Tennis. For more information contact mark.hudson@rethink.org 07484001842



Safeguarding

Derby and Derbyshire Safeguarding Children Partnership

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



Derby and Derbyshire
Safeguarding Children Partnership

Call Derbyshire

Telephone: 01629 533190 or by Text: 86555



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

Derbyshire Safeguarding Adults Board

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



Domestic Abuse Support

Salcare

Freedom Programme

Group for women who want to learn more about the reality of domestic abuse.

Telephone: 01773 765899

Address: Community Room, 59 Ray Street, Heanor, DE75 7GF

Escape is a domestic abuse support service supporting victims of domestic abuse which is open to all genders from all communities.

Telephone: 01773 764562

Email: enquiries@salcare.org.uk

For further information visit: [About Salcare - Salcare](#)



Domestic Abuse Support

The Elm Foundation

Amber Valley: Accommodation: Communal and dispersed accommodation - Women, Men and their children Community Based support - Adults Community Based Support - Children and young people.



Telephone: Derbyshire Domestic Abuse Support Line: 08000 198 668

Email: derbyshiredahelpline@theelmfoundation.org.uk

Mobile Text for deaf and hard of hearing: 07534 617252

Women's Aid

Use the Tool below to find Domestic Abuse Support Services in the area of Erewash.



For further information visit: [Women's Aid Directory - Women's Aid \(womensaid.org.uk\)](http://WomensAidDirectory-WomensAid.womensaid.org.uk)

Avedass

Domestic Violence —Information and Support

Address: 59 Ray Street, Heanor, Derbyshire, DE75 6GF

Telephone: 01773 530043

Derbyshire Constabulary

Advice and Information around Domestic Abuse

For further information visit: Advice about domestic abuse | Derbyshire Constabulary



Domestic Abuse Support (continued)

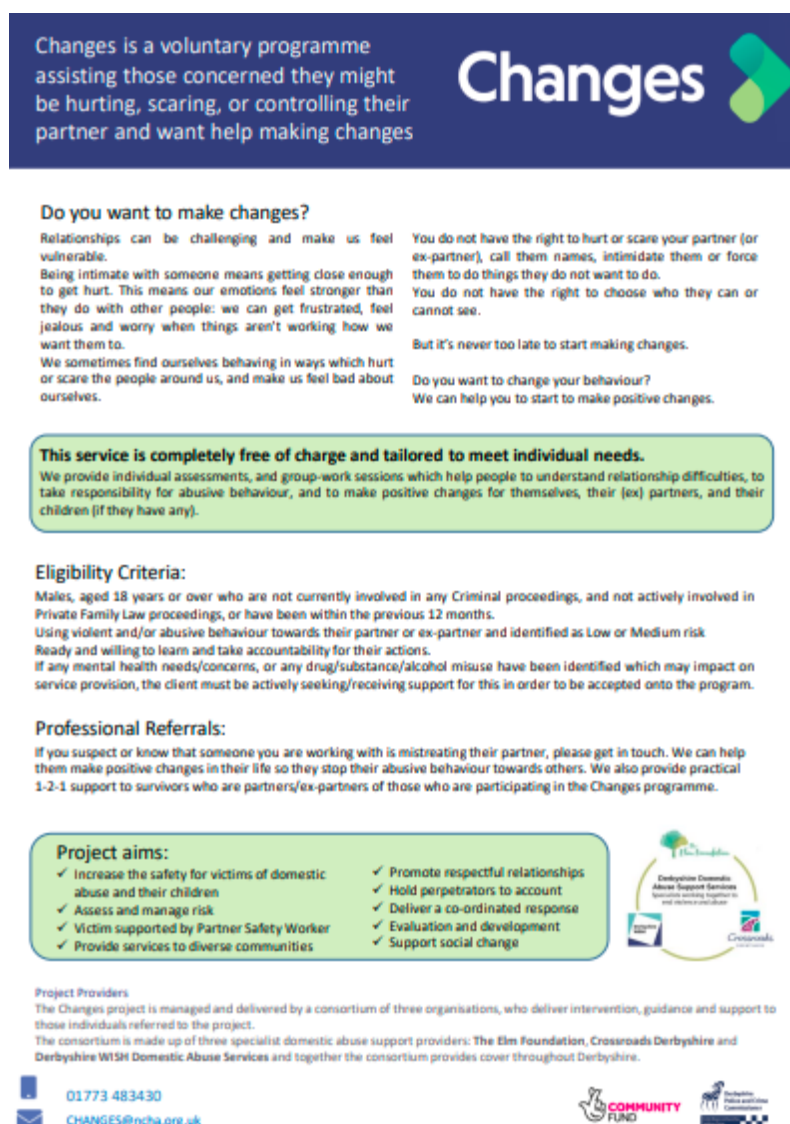
Derbyshire WISH YPVA Service

Derbyshire WISH YPVA service will work with younger victims (aged 13 –19), who are experiencing or have experienced domestic abuse as part of an intimate relationship.

Telephone: 01773 765900

Email: DerbyshireWISHreferrals@ncha.org.uk

Changes



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@ncha.org.uk

Telephone: 0800 0198 668

Email: info@letsmakechanges.co.uk

For further information visit: [The Changes Project - Let's Make Changes \(letsmakechanges.co.uk\)](http://TheChangesProject-Let'sMakeChanges.letsmakechanges.co.uk)

Domestic Abuse Support (continued)

Safer Derbyshire

We work in partnership to make Derbyshire a safe place to live, work and visit. All our priorities are agreed through the Derbyshire Safer Communities Board (SCB).



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

Sexual Abuse Support

Derbyshire Constabulary - Support for Rape and Sexual Assault

If you've been raped or sexually assaulted, we're here for you. If you're ready to, you can report rape and sexual assault to us online. But if you don't want to talk to us, or if you want extra support, there are lots of people who can help. You're in control, and it's up to you who you talk to and what help you get.

For further information visit: [Support for rape and sexual assault | Derbyshire Constabulary](https://www.derbyshire.police.uk/support-for-rape-and-sexual-assault)



Salcare

Sexual Abuse Information and Support

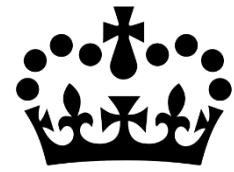
For further information visit: <https://www.salcare.org.uk/>



Sexual Abuse Support (continued)

Sexual Abuse Support - GOV.UK

Whenever it happened to you it is never too late to get support for sexual violence or abuse.



GOV.UK

A list of helpline services is available here: [Sexual abuse support – Support for victims-survivors of sexual abuse](#)

If you are in immediate danger, call 999 and ask for the police.

For further information visit: [Sexual abuse support – Support for victims-survivors of sexual abuse](#)

Sexual Health Matters

Use our online services via the Your Sexual Health Matters

Website: [Home \(yoursexualhealthmatters.org.uk\)](http://yoursexualhealthmatters.org.uk)

Contact: Lauren Attack, Sexual Health Promotion Practitioner (South Derbyshire, Erewash and Amber Valley)



Telephone: 07768036923

SV2– Supporting Victims of Sexual Abuse

SV2 provides a range of therapy services for adults and children including art therapy for children aged 0-13.

SV2 works with victims/survivors of sexual violence and abuse to Inform, Support, Protect and Empower them.



Telephone: 01773 746115

Email: help@sv2.org.uk

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

Addiction Support

Horti-Culture: Wash Arts

'Horti-Culture' project will work with people in recovery to deliver creative and horticultural opportunities providing support and enrichment to create positive changes in behaviour.

Telephone: 0115 9301229

For further information visit: ww1.washarts.co.uk



Recovery Plus Specialist

Leading group work around the themes of addiction / recovery / mental health. There is the opportunity for one to one sessions and Support Workers who can support with practical issues i.e. housing, food, appointments. Also CAB will support with benefits, debt issues etc.

Email: info@growingrecoveryinderbyshire.co.uk

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



Change, Grow and Live – Erewash

We support young people who are using drugs or alcohol, feel they have a problem and want some help.

Telephone: 01773 303646

Email: Derbyshire@cgl.org.uk

For further information visit: [Find a Change Grow Live service near you](#)



Rehab4Addiction

With Rehab 4 Addiction, you can say goodbye to waiting for treatment. When you ask us for support, we will arrange treatment for you in Erewash in a matter of days or weeks.

Telephone: 0800 140 4690

For further information visit: [Drug & Alcohol Rehab in Erewash - Rehab 4 Addiction](#)



Addiction Support (continued)

CGL – Change, Grow and Live drop-in



Young People's Service

Derbyshire

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. 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 303 646

Email: derbyshire@cgl.org.uk

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

LGBT+ Support

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
!

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

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+ 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](#)

Support for Children and Young People

Derbyshire CGL

Derbyshire CGL Young People's Service offer free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol.



Young People's Service

Derbyshire

We offer brief 1:1 harm reduction interventions, ongoing 1:1 specialist interventions, group work sessions, drop ins, information stalls, outreach, and professional training.

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: [Young People's Service, Derbyshire | Change Grow Live](#)

Support for Children and Young People (continued)

Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

Telephone: 07507 330025

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



Information for Parents & Carers

HAF - Holiday Activity and Food

Free holiday clubs for young people eligible for free school meals— information available on website

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



Active Partners Trust

The Active Partners Trust have some re- sources which they are happy to put together as packs which would be suitable for individuals of varying ages.

Email: jon.sparkes@activepartnerstrust.org.uk

For further information visit: [Junction Arts | Junction Arts - Discover Arts Award Online now!](#)



Information for Parents & Carers (continued)

Service and Support for parents and carers

For further information visit: [Services and support for parents - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Brighteyes Soft Play & Café

Address: 32-46 King Street, Alfreton, Derbyshire, DE55 7DQ

Soft play opening times:

Monday 9:00am till 4:00pm
Tuesday – 9:00am till 4:00pm
Wednesday – 9:00am till 4:00pm
Thursday – 9:00am till 4:00pm
Friday – 9:00am till 4:00pm
Saturday – 10:00am till 4:00pm
Sunday – 10:00am till 4:00pm

Café opening times:

Mon to Fri – 9:00am – 5:00pm
Sat – 10:00am till 7:00pm
Sun – 10:00am till 4:00pm

Prices: Babies – £1.50, Children 1 & Over – £4.50

Telephone: 01773 417014

Email: brighteyes192019@outlook.com

For further information visit: [Brighteyes Softplay and Cafe LTD | Derby | Facebook](#)

Details taken from The Gensis Centre Website. Correct at 19/01/2023 and subject to change. Please check that sessions are still running before attending a group and that the above details are still correct.

The Breastfeeding Network

National Breastfeeding Helpline: 0300 100 0212.



For further information visit: [The Breastfeeding Network | Independent Breastfeeding Support](#)

Information for Parents & Carers (continued)

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](#)



BOOGIE BEAT MUSIC & MOVEMENT

 **IN PARTNERSHIP WITH**  Enriching
Communities
connect • engage • enjoy

ENRICHING COMMUNITIES CIC

Our music and movement classes are energetic and fun, combining music and dance with carefully structured learning!

PERFECT FOR BABIES UP TO 6 YEAR OLDS!

Based on traditional fairy tales and nursery rhymes with a lively and active dance twist!

Call or email to register your **FREE** place
Monday's (Term Time Only)
14:00-14:45

**Staying COVID-19 Secure
3 Key Steps**

 **DERBYSHIRE**
County Council
Improving life for local people

Emma 07896759024
emma@boogiebeat.co.uk
enrichingcommunitiescic@gmail.com

Langley Mill Children's
Centre
Bailey Brook Drive
Langley Mill
NG16 4FS

Made with PosterMyWall.com



Information for Parents & Carers (continued)

One Plus One

Online relationship support for parents. Learn to cope with stress and communicate better.

For further information visit: [OnePlusOne – homepage](https://www.oneplusone.org.uk)

Online relationship support for parents



Parents in this area can now access THREE ONLINE COURSES from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR ALL PARENTS



FOR NEW PARENTS



FOR SEPARATING PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting: www.oneplusone.org.uk/parents



Information for Parents & Carers (continued)

SEN-Fit Support Group

For parents & carers. Meet 1st Wednesday of every month at Infinite Well Being, Market Street, Heanor. From 9.30am – 11am. Free to attend. Get support, information and advice.

SEN-Fit Walking Group

2nd Thursday of Month 6:30-8pm. Join us for a walk each month in nature where you can get support, advice and information while also getting those daily steps in, Suitable for all, please contact us if you have reduced mobility so we can advise you of the route. Free to attend, Refreshments available.

For more information on either session please call 07734 455806 or check our social media pages.

Instagram: @senfit_derby

Facebook: SEN-Fit CIC

SEND Support

Derbyshire Information, Advice and Support Service for SEND



Derbyshire information Advice & Support Service for SEND

Providing impartial advice for special educational needs and disability

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 \(derbyshireiass.co.uk\)](#)

SEN-Fit Support Group

For parents & carers. Meet 1st Wednesday of every month at Infinite Well Being, Market Street, Heanor. From 9.30am – 11am. Free to attend. Get support, information and advice.

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For more information on either session please call 07734 455806 or check our social media pages.

Instagram: @senfit_derby

Facebook: SEN-Fit CIC

Sen– Disco

Monthly discos for special needs children age 4-19.

Held at Blackwell Community Centre, DE55 5HH.

For further information visit: [SEN Disco | Alfreton | Facebook](#)



SEND Support (continued)



NEUROHUB
NEURODIVERGENCE THRIVES HERE



Fairplay



MONKEY PARK
BRINGING OUR COMMUNITY TOGETHER

Hub Opening Hours
Calls and booked appointments:
Tuesdays 12.30pm to 3pm
Wednesday to Friday 10am - 4pm

Drop ins: Wednesday 10am - 3pm,
Friday 10am - 1pm

Mob 07874 941 890
 Please try the mobile number first
Tel (01246) 235 815
 Messages can be left at Fairplay (01246) 203 963

Email: neurohub@fair-play.co.uk

Monkey Park Community Hub
 128a Chester St, Chesterfield S40 1DN
www.monkeypark.org.uk
www.fair-play.co.uk

www.sensoryimagination.com



At Sensory Imagination, all children can simply be kids. Through inclusive sensory play and art, we nurture the unique gifts in every child.

Neurodiverse or neurotypical - all are welcome here. Our play transforms children as they create, explore and imagine.

Join our heartfelt community where differences are celebrated.



Where all that matters is their joy.

Sensory Imagination Where all kids can play, grow and thrive

Messy Private
Crafts Play Hire

And so
 much more



07375871477

Hello@sensoryimagination.com

SEND Support (continued)

Music & Movement Classes


SEND FUSION
Music & Movement

A SAFE SPACE FOR CHILDREN TO BE SELF-EXPRESSIVE AND FEEL EMPOWERED

FOR THOSE WITH SEND NEEDS, AGED 5-11

£5 per class
Additional children
£3 per class



EVERY TUESDAY
4-4.45
STARTING 23RD APRIL

Infinite Wellbeing
Community Centre
Market St. Heanor
DE75 7NR
(down the drive,
in the back hall)



2 FREE TASTER SESSIONS!!
23RD APRIL & 30TH APRIL

Please note - parents/carers are required to remain onsite.
Participation is optional but really fun!



SEND Fusion



@SENFUSION



@send.fusion
SEND Fusion

sendfusion@outlook.com

SEND Support (continued)

SEN-Fit Support Group

For parents & carers. Meet 1st Wednesday of every month at Infinite Well Being, Market Street, Heanor. From 9.30am – 11am. Free to attend. Get support, information and advice.

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For more information on either session please call 07734 455806 or check our social media pages.

Instagram: @senfit_derby

Facebook: SEN-Fit CIC

[SEND Support \(continued\)](#)



MEHEM MUSIC EDUCATION HERE EAST MIDLANDS

EAST MIDLANDS INCLUSIVE CHOIR

everyone has their own voice to share!

It's FREE and welcomes anyone up to age 25 and their families.
With online and in-person rehearsals you can make music your own way!
sing, move, dance, sign, make sounds with an instrument or soundmaker.

Online rehearsals
Once per fortnight during term time
Via Zoom - a link will be sent to those who sign up

Next in-person rehearsal

 **FIND OUT MORE + SIGN UP**
mehem.org/inclusive

SEND Support (continued)

Super 1s

All disabilities welcome
Ages 12-25

www.lordstaverners.org/super1s



Free inclusive cricket sessions!

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

TUESDAYS:
Long Eaton Hub | 3.15pm - 4.15pm
Brackenfield School, Bracken Rd,
Long Eaton, Nottingham NG10 4DA

WEDNESDAYS:
Willows Hub | 4.30pm - 5.30pm
Willows Sports Centre, 1 Willow
Row, Derby DE1 3NZ

FRIDAYS:
Alfreton Hub | 4pm - 5pm
Alfreton Leisure Centre, Church St,
Alfreton, Derbyshire DE55 7BD

FOR MORE INFORMATION CONTACT:
Jess Bakewell on 07464 593386 or
jess.bakewell@dcfcricket.com



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SC046238



DERBYSHIRE Cricket
Foundation

Activities for Children & Young People

Blend Youth Project

Youth Groups - Ripley and Crich,

Youth Drop ins - Heanor and Ripley

Outreach—Belper Parks Estate



Check out social media, and their website for their weekly schedule:

[Blend Youth Project](#)

The Old Farm Bus

Youth Group/ Events, Family events for all ages—Belper and Ripley

For further information visit: [The Old Farm Bus | Facebook](#)



AYUP

Alfreton Youth Umbrella Provision:

Free Youth Club

Fridays 5:00 to 7:00pm

Alfreton Leisure Centre

Coat Hangers Youth Club—Langley Mill

Email: c.robinson10@yahoo.com

Creative Arts Belper

10 workshops available for family art projects over the summer holidays

For further information visit: [Creative Arts Belper](#)

Find your local Scouts group

Telephone: 07843933773

For further information visit: [Scouts](#)



Activities for Children & Young People (continued)

Childrens Saturday Club - Ripley

Supporting Children and young people between 8 and 14 who have been diagnosed with Autism, 10-12 spaces are available for each session. 10:00am to 4:00pm every other Saturday.

Address: Unit 3a, Unicorn Business Park, Ripley, DE5 3EH

Telephone: 01773 741221

Email: enquiries@derbyshireautismservices.org

Fleet Arts

Providing various community art groups and projects in Amber Valley for all age groups.

For further information visit: [Fleet Arts | Belper | Facebook](#)



LGBT+ Collective

Fortnightly, Free, Inclusive youth clubs Belper, Heanor, Alferton, Ripley, Matlock, Swadlincote (dates and times available on website or on social media)

Email: youthclub@lgbtcollective.co.uk

For further information visit:

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



Brighteyes Soft Play & Café

Prices: Babies – £1.50, Children 1 & Over – £4.50

Telephone: 01773 417014

Email: brighteyes192019@outlook.com

For further information visit: [Brighteyes Softplay and Cafe LTD | Derby | Facebook](#)

Details taken from The Gensis Centre Website. Correct at 19/01/2023 and subject to change. Please check that sessions are still running before attending a group and that the above details are still correct.

Activities for Children & Young People (continued)

Infinite Wellbeing

Free Multi- Activity Youth sessions

Opening times: From 5:00pm, Mondays, Wednesdays and Fridays

Working with local youth providers to provide a wide range of youth activities

Opening times: Mondays, Wednesdays, Fridays 5:00pm to 9:00pm

Address: Infinite Wellbeing Community Centre, Market Street, Heanor, DE75 7NR

For further information visit: [Book Online | My Site \(infinite-wellbeing.co.uk\)](#)

Rhyme Time

Opening times: Mondays 10:30am, Tuesdays 12:30pm, Wednesdays 12:30pm, Thursdays 12:30pm, Fridays 11:00am

Role Play Centre

Opening times: 9-3 Monday to Friday and 10-3 on Saturdays

Address: Infinite Wellbeing Community Centre, Market Street, Heanor, DE75 7NR

Youth drop in and activities

Opening times: Mondays, Wednesdays and Fridays 5-7pm

For further information visit: www.infinite-wellbeing.co.uk

Bears - Breastfeeding

Heanor Children Centre, Roper Avenue, Heanor

Telephone: 01629 532616

Facebook page: [\(1\) Facebook](#)

Activities for Children & Young People

Heanor & Langley Mill - Local Baby and Toddler Groups

(Some sessions do not run during school holidays- please check)

| Name and Address | Day/Time | Age | Cost |
|--|--|--|--|
| Boogie Beats Langley Mill Children's Centre Bailey Brook Drive, Langley Mill NG16 4FS Tel: 01629 533677 emma@boogiebeat.co.uk | Monday 02:00- 02:45 (Term Time only) | 0-5yrs | Free |
| Baby Sensory Marpool Reform Church Chapel Street, Marpool, Heanor, Derbyshire DE75 7NA Tel: 07554996492 nolfsnorth@babysensory.co.uk | 10:00- 11:00 11:30- 12:30 (Need to book) | 0-13months | £7.25 per session |
| Aldercar Toddler Group Aldercar Infant and Nursery School Godkin Drive, Langley Mill NG16 4GL Tel: 01773 713428 | Tuesday 9:00-11:00 (Need to book) | 0-3yrs | £2 (one adult to attend per child due to space) |
| Swimming in the Baby Pool sessions William Gregg Leisure Centre, Hands Road, Heanor, DE75 7HA Please call and check, as times sometimes change Tel: 01773 537940 | Tuesday 11:00- 12:15 Wednesday 12:00- 1:30 Thursday 12:00- 1:00 | 3 months+ | £4.80- per adult. Children under 3yrs old are free. £3.40- children over 3yrs old. |
| Heanor B.E.A.R.S Group Breastfeeding Support Group Heanor Children's Centre Roper Avenue, Marpool, Heanor, Derbyshire DE75 7BZ Tel: 01629 533677 Tel: 07776495900 (B.E.A.R.S) | Tuesday 09:30- 11:00am | For parents who are breastfeeding and children | Free |

Continued over the page ➡

| | | | |
|--|--|-------------|---|
| Tiny Talk Baby Signing St Andrew's Church, Station Road, Langley Mill NG16 4BP | Tuesday 10:15- 11:15 | 0-2yrs | £6.50 per session |
| Brinsley Primary & Nursery School Moor Road, Brinsley NG16 5AZ Teacher: Kimberley Gavuzzi Tel: 07794881317 www.tinytalk.co.uk/kimberleygavuzzi kimberleygavuzzi@tinytalk.co.uk | Wednesday 10:30- 11:30 | | Email/call for enquiries. |
| Heanor Weenies 16 Wilmot Street, Wilmot Street Centre, Heanor, DE75 7EF Tel: 01773 533050 | Wednesday 10:00- 2:00 | 0-5yrs | £2.50 for first child. £1 per extra child. |
| Tots New Horizon Church 1 Linkmel Road, Langley Mill NG16 3RZ Tel: 01773 252888 | Wednesday 10:00- Midday | 0-5yrs | £1.50 per child |
| Story and Rhyme Time Heanor Library Ilkeston Road, Heanor, DE75 7DX Tel: 01629 533795 | Thursday 11:00-11:30 | 0-5yrs | Free |
| Hokey Cokey Club Marpool United Reformed Church, Chapel Street, Marpool, Heanor, Derbyshire, DE75 7NA. Tel: Val Smith 01773 715205 | Friday 9:30- 11:30 | 0-5yrs | £2 for an adult and one child and then additional 50p for extra adult or child over 6m old. |
| Ohanababy Classes Heanor Miners Welfare 50 Ilkeston Road Heanor Derbyshire DE75 7DT Tel: 07572609607 natasha@ohanababyclasses.co.uk www.ohanababyclasses.co.uk | Wednesdays 10.00-10.45am and 11.15-12.00pm. | 0-13 months | Cost £7 a class for block bookings. £7.50 for PAYG. |

Correct at 19/01/2023 and subject to change. Before attending a group, we suggest you check that it is still running at the days and times noted.

Activities for Children & Young People (continued)

AY! **JUST TURN UP!**

A Y U P

FREE SPORTS CLUB

11-16YRS WELCOME

4-6PM @ GENESIS

EVERY WEDNESDAY

RAN BY: THE OLD FARM BUS

Alfreton Town Council

AYUP!

#Good vibes change lives

FREE WORKSHOPS FOR 11-17 YEAR OLDS

FRIDAY'S
5pm till 7pm

Music, Creative Writing, Expressive Art Workshops

WEEKLY SIGN IN ON EVENTBRITE!

Alfreton Leisure Centre - Places Leisure, Church St, Alfreton
DE55 7BD
The Old Farm Bus
WWW.THEOLDFARMBUS.CO.UK / THEOLDFARMBUS@GMAIL.COM

WHAT'S ON

AYUP

follow us!

find us on facebook

ayupalfreton@gmail.com

MONDAY @ blend
AYUP Outreach with Blend Youth Project 4-6pm
Starting from 4pm @ The Welfare/Skatepark (David Nieper Academy)
Please note: This is not a 'club night', this is an outreach project to help engage with the youth of Alfreton throughout various locations in the town. **FREE!**

WEDNESDAY
AYUP Sports Club - Alfreton Leisure Centre
4-6pm FREE - 11-16 yrs
Sports and Games for fun not competition **FREE!**

THURSDAY (FORTNIGHTLY)
Thursdays - AYUP/ LGBT Collective - LGBT+ Youth Club
Alfreton Tea Rooms - 5.30-7pm **FREE!**

FRIDAY
AYUP Youth Club with The Old Farm Bus
STUDIO 44. (ABOVE NAUGHTY BUT NICE)
1 INSTITUTE LANE, ALFRETON DE55 7BD **FREE!**

Activities for Children & Young People

(continued)

SEN-Fit Tea Time Club

For Girls aged 10-16, with diagnosed or undiagnosed SEND needs. This session is about building, physical, independence, and social skills. Over the two hour session we Get active in a variety of ways, have tea together, and take part in social activities. Sessions run 4-6pm Thursdays at Infinite Well Being Centre, Market Street, Heanor.

SENDay Holiday Club

Sessions for Children aged 6-16, we run 4 hour sessions during the school holiday. At these sessions children have access to Physical activities, emotional literacy activities, Crafts, Games, Cooking, while building independence and social skills. Sessions are held in small groups with specialist staff to ensure children get the best out of their sessions. Sessions are held in Borrowash, Spondon and Heanor. Free places available subject to funding, days and times vary contact us for more details Info@sen-fit.co.uk or call 07734455806.

Employment & Training

National Careers Service

Telephone: 0800 100 900 to speak to an adviser.

Telephone: 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](#)

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:

Telephone: 07717 343085

Email: louise.wilson@derbyshire.gov.uk

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

YMCA Derbyshire

Telephone: 0115 944 3226

Email: training@ymcaderbyshire.org.uk

For further information visit: <https://ymcaderbyshire.org.uk/contact-us/the-campus-ilkeston/>

YMCA

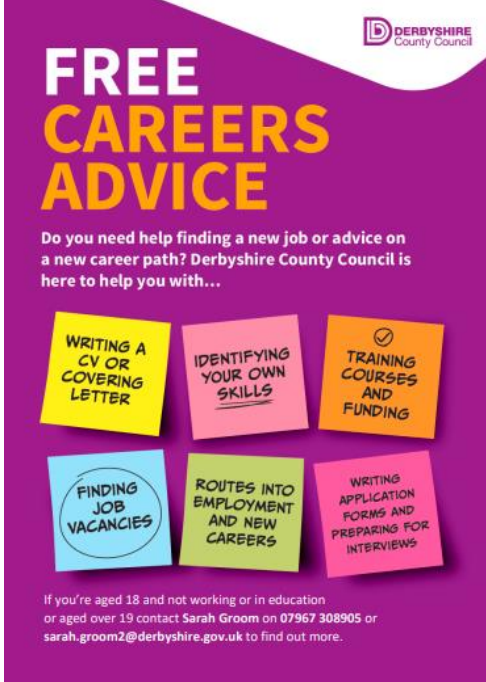
Employment & Training (continued)

Derbyshire Careers

If you are aged 18 and not working or in education or over 19

Telephone: 07967 308905

Email: Sarah.groom2@derbyshire.gov.uk



FREE CAREERS ADVICE

Do you need help finding a new job or advice on a new career path? Derbyshire County Council is here to help you with...

- WRITING A CV OR COVERING LETTER
- IDENTIFYING YOUR OWN SKILLS
- TRAINING COURSES AND FUNDING
- FINDING JOB VACANCIES
- ROUTES INTO EMPLOYMENT AND NEW CAREERS
- WRITING APPLICATION FORMS AND PREPARING FOR INTERVIEWS

If you're aged 18 and not working or in education or aged over 19 contact Sarah Groom on 07967 308905 or sarah.groom2@derbyshire.gov.uk to find out more.

YES Derbyshire –Youth Employment Support

Access local training and job opportunities, as well as a range of services to address health and wellbeing support needs.

Telephone: 01629 539720

Text: HUB to 8655

Email: youth.hub@derbyshire.gov.uk

Derbyshire Adult Community Education

Online directory: [Adult community education - Derbyshire County Council](#)

Courses offering different qualifications and study levels

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: [Adult community education - Derbyshire County Council](#)

DCC Learning for 14 – 19 Year Olds

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

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

Employment & Training (continued)

DCC Disability Employment Service



The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work and paid employment.

What we do:

- Help to match you to the job that's right for you • Help finding work experience and voluntary work
- Make sure you find out about job vacancies
- Help with selling yourself in your application forms and CV
- Help you prepare for interviews advise you about support in the workplace, such as equipment or other support you may need
- Support you to access work placements and apprenticeships
- Help employers to support their disabled staff

Telephone: 01629 532440

Email: disabilityemploymentsvice@derbyshire.gov.uk

Volunteering

Youth and Community Engagement Workers



If you are interested in volunteering with children, young people or families for Derbyshire County Council Children's Services **please contact:**

Rebecca:

Rebecca.Patrick@Derbyshire.gov.uk

Amber Valley CVS

[Amber Valley CVS \(avcvs.org\)](http://avcvs.org)



Volunteering (continuing)

LGBT+ Collective

One2One - web-based volunteers

Volunteer Youth Workers for youth clubs, events and holiday clubs

Email: hello@lgbtcollective.co.uk



For further information visit: [Privacy error \(lgbtcollective.co.uk\)](#)

Derbyshire Time Swap

Swap your time with individuals and organisations in Derbyshire.

For further information visit: [HOME | Derbyshire Time Swap | Swap your time with others](#)



Looking for a volunteering opportunity?

We have the following positions available :

Secretary
Coordinator Supporter
Coordinator

Email: Derbyrecruiter@readeasy.org.uk for a chat



Registered charity: 1202775

Any other information



 **B.E.A.R.S.**

Free breastfeeding support & social

1:15pm - 2:15pm
BELPER GROUP WEEKLY
Fridays

Ask Me About Breastfeeding

Belper Early Years Centre
Alder Road, Belper
DE56 1LP

18+ 

ALFRETON OVER 18'S LGBT+ DROP IN GROUP

THIS IS A FREE INCLUSIVE GROUP FOR OVER 18'S WE WELCOME ANYONE WHO IDENTIFIES/ QUESTIONING AS LGBT+ AS WELL AS ALLIES.

 **ALFRETON TEA ROOMS,**
27 HIGH STREET,
ALFRETON,
DE55 7HH

**MEET NEW PEOPLE
GAMES AND CRAFTS
GET INFORMATION AND ADVICE**

7:30PM-9PM
THURSDAY 17TH AUGUST
THURSDAY 31ST AUGUST
THURSDAY 14TH SEPTEMBER
THURSDAY 28TH SEPTEMBER

 **07883 509 312**
LGBTCOLLECTIVE.CO.UK
HELLO@LGBTCOLLECTIVE.CO.UK

Any other information (continued)

Infinite Wellbeing Weekly Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|----------------------------------|----------------------------|---------------------------------------|-------------------------------|----------------------------|
| | | | 9am Coffee & Crochet | | 8.30am Curly Peach Pilates |
| 11am Tai Chi | 11am Seated Tai Chi | | 9.30 am Female only Anxiety & Fitness | 10.30-2.30 Community Catch Up | 9am Kids Cooking Club |
| 12.15pm Seated Tai Chi | 12.30pm Bamba's Quiz | | 10.30 Warm Space | | 9.30am NaMasYoga Class |
| | | 2-4pm Meet a friendly face | 1pm Circuits Class | 2pm Chair Based Exercise | 10-12 Legal Advice Drop in |
| | 6pm Spiritual Development Circle | 5-7pm Youth Activities | | 5-7pm Youth Activities | |
| 6.30pm Cubs | 6pm Tai Chi | 6.45pm Dance in Line Class | 5.30pm Beavers 6.30pm Scouts | | |

Any other information (continued)





Infinite Wellbeing

COMMUNITY CENTRE

Cafe Role Play Area

Family friendly Cinema Party Packages

Room Hire

Community Groups Support Groups

Holiday Club Youth Activities






AFTER SCHOOL CLUB

Join our exciting after-school club tailored for ages 4-11, running Monday to Friday until 6pm! Let your kids unwind with fun activities, enjoy snacks, and get picked up right from school hassle-free.

£10 per child

www.infinite-wellbeing.co.uk

Infinite Wellbeing Treatment Room

Rediscover your inner balance and vitality.

Step into our space, where a range of holistic therapists offer personalised 1-1 treatments and transformative workshops.

It has been designed to nurture mind, body, and spirit, with soft lighting, soothing scents, and natural décor.

We offer a variety of healing modalities such as angel or crystal healing, access bars, reiki, reflexology, readings, coaching and mindfulness. Our therapists are here to help support you in your journey.

18 Market Street, Heanor DE75 7NR

Scan to follow us on Facebook



Any other information (continued)



AFTER SCHOOL CLUB

Join our exciting after-school club tailored for ages 4-11, running Monday to Friday until 6pm!

Let your kids unwind with fun activities, enjoy snacks, and get picked up right from school hassle-free.

£10 per child

www.infinite-wellbeing.co.uk

