

# 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 local community information, please refer to the monthly locality community update for your area.

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# Food banks: Derbyshire Wide

## Rural Action Derbyshire

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

**Phone: 01629 592970**

**E-mail:** [j.peck@ruralactionderbyshire.org.uk](mailto:j.peck@ruralactionderbyshire.org.uk)

[Rural Action Derbyshire](#) for more information



## 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.

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



## 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.

[It's about me | Home Activities \(itsaboutmederbyshire.co.uk\)](#) for more information



# Money and Welfare: Derbyshire Wide

## **Derbyshire County Council**

Our welfare rights team can help you find out about the benefits you're entitled to and how to claim  
01629 531535

**Web:** [Welfare benefits - Derbyshire County Council](#)



## **Department for Work and Pensions**

**Web:** <https://www.gov.uk/government/organisations/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.

**Web:** [Derbyshire Discretionary Fund \(DDF\) - Derbyshire County Council](#)

## **The Household Support Fund**

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

**Web:** [www.derbyshire.gov.uk/householdsupportfund](http://www.derbyshire.gov.uk/householdsupportfund)

## **Homeless Relief fund**

Help with rent arrears, moving costs to secure tenancy & payment of court costs, Email: [dlc@derbyshirelawcentre.org.uk](mailto:dlc@derbyshirelawcentre.org.uk), or Call 01246 550 674

**Web:** [www.derbyshirelawcentre.org.uk](http://www.derbyshirelawcentre.org.uk)



## **Warm Home Discount Fund**

**Call:** 0330 555 9424 **Web:** [www.gov.uk/the-warm-home-discount-scheme/energy-supplier](http://www.gov.uk/the-warm-home-discount-scheme/energy-supplier)

## **Fuel for Food Scheme**

Advice and support to households who are using Derbyshire food-banks and who are facing an immediate energy crisis  
0800 677 1332

**Web:** [www.gov.uk/the-warm-home-discount-scheme/energy-suppliers](http://www.gov.uk/the-warm-home-discount-scheme/energy-suppliers)

## **Money Helper**

**Web:** <https://www.moneyhelper.org.uk/en>

## **Money Saving Expert**

**Web:** [Money Saving Expert: Energy Help, Credit Cards, Flight Deals, Shopping and more](#)

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**Web:** [www.derbyshirelawcentre.org.uk](http://www.derbyshirelawcentre.org.uk)

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# Housing: Derbyshire Wide

## GOV- Find your local Authority Housing Team

A-Z information on Housing and Associated Information.

**Web:** [Council housing and housing associations - GOV.UK](https://www.gov.uk/council-housing-and-housing-associations)  
([www.gov.uk](https://www.gov.uk))



## 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.

**Telephone: 0800 144 8848**

**Web (Find your nearest Centre):** [Contact us - Citizens Advice](https://citizensadvice.org.uk/contact-us)



## Home Options

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

**Web (Find Your nearest Housing Register):** [www.home-options.org](https://www.home-options.org)

**home-options.org**

## 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!

**Web:** [www.derbyshire.gov.uk](https://www.derbyshire.gov.uk)



## P3 Charity

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

**Telephone: 0115 850 8190**

**Web (Find your Nearest Service):** [www.p3charity.org](https://www.p3charity.org)

**Email:** [Info@p3charity.org](mailto:Info@p3charity.org)



## 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](mailto:enquiries@ymcaderbyshire.org.uk)

**Website:** [YMCA Derbyshire Accommodation](https://www.ymcaderbyshire.org.uk)



## Framework-Step Up Housing

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

**Referrals:** [Form](#)

**Email:** [Stepup@framework.org](mailto:Stepup@framework.org)

**Website:** [Framework.org](https://www.framework.org)



## Homeless Link England

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

**Website:** [Homeless Link](https://www.homelesslink.org.uk)



## Derbyshire Law Centre

We offer free specialist housing law advice to the residents of Derbyshire:

**Telephone: 0800 707 6990**

**Web:** [Derbyshire Law Centre -Housing](https://www.derbyshirelawcentre.org.uk)



## 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.

**Telephone: 01332 292776**

**Email:** [info@derventiohousing.com](mailto:info@derventiohousing.com)

**Website:** [Derventio Housing](https://www.derventiohousing.com)



## 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](mailto:customerservices@emh.co.uk)

**Website:** [EMH Housing](https://www.emh.co.uk)



# Mental Health & Emotional Wellbeing for young people: Derbyshire Wide

## 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](mailto:snappitderbyshire@gmail.com)

**Web:** [https://www.facebook.com/snappitderbyshire/?paipv=0&eav=AfZR602\\_P6QLk7ohukdlFOnBa1r-dz-xRag-p1EWPACB3jvDSxw2Xu31NMHITghi-2M&\\_rdr](https://www.facebook.com/snappitderbyshire/?paipv=0&eav=AfZR602_P6QLk7ohukdlFOnBa1r-dz-xRag-p1EWPACB3jvDSxw2Xu31NMHITghi-2M&_rdr)



## Nip In The Bud

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

**Email:** [hello@nipinthebud.org](mailto:hello@nipinthebud.org)

**Web:** [https://www.nipinthebud.org/child-mental-health-conditions/?gclid=EAlaIQobChMI-sbmyZ-e-wIVloBQBh381wUdEAAYAiAAEgJdnfD\\_BwE](https://www.nipinthebud.org/child-mental-health-conditions/?gclid=EAlaIQobChMI-sbmyZ-e-wIVloBQBh381wUdEAAYAiAAEgJdnfD_BwE)



## 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.

**Tel:** 0808 808 4994

**Web:** [https://www.themix.org.uk/get-support/speak-to-our-team?gclid=EAlaIQobChMIipjM9Nrf-QIVAE\\_tCh2w6AMTEAAYASAAEgKtoPD\\_BwE](https://www.themix.org.uk/get-support/speak-to-our-team?gclid=EAlaIQobChMIipjM9Nrf-QIVAE_tCh2w6AMTEAAYASAAEgKtoPD_BwE)



## Young Minds

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

**Parent Helpline:** 0808 802 5544

**Web:** <https://www.youngminds.org.uk/>



## 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.

**Tel:** 01332 679379

**Email:** [BuildSoundMindsDD@actionforchildren.org.uk](mailto:BuildSoundMindsDD@actionforchildren.org.uk)

**Web:** <https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/>



## 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.

**Tel:** 01332 600 827

**Web:** [Child Mental Health Support | Bridge the Gap | Derby England | Emotional Literacy \(jwbridgethegap.com\)](https://www.bridgethegap.com/)



# Mental Health & Emotional Wellbeing for young people: Derbyshire Wide

## Kooth

Free, safe and anonymous online support for young people.

**Web:** [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](mailto:admin@papyrus-uk.org)

**Web:** [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)





# Mental Health: Derbyshire Wide

## 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

**Tel: 01773 734989** Email [DerbyshireRecoveryPeerSupportService@rethink.org](mailto:DerbyshireRecoveryPeerSupportService@rethink.org)

**Web:** [We are Rethink Mental Illness](#)

## Derbyshire Mental Health Support



**Derbyshire Healthcare**  
NHS Foundation Trust

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.

**Tel: 0800 028 0077** Email: [derbyshire-healthcareft.nhs.uk](mailto:derbyshire-healthcareft.nhs.uk)

**Web:** [Telephone support for Derbyshire people experiencing anxiety or distress](#)

## Derby and Derbyshire Emotional Health and Wellbeing

Emotional health and wellbeing signposting website,

**Email:** [derbyandderbyshireemotionalhealthandwellbeing.uk](mailto:derbyandderbyshireemotionalhealthandwellbeing.uk)

**Web:** [Derby & Derbyshire - Emotional Health & Wellbeing](#)

## Talking Mental Health Derbyshire



**TALKING**  
MENTAL HEALTH  
DERBYSHIRE

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

**Tel: 0300 123 0542**

**Web:** [Contact us / refer yourself :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

## NHS Talking Therapies

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

**Web:** [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.

**Tel: 0333 0153 496**

**Web:** [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.

**Web:** [Home Page - ChatHealth](#)

## Rethink



Improving the lives of people severely affected by mental illness.

**Web:** [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.

**Web:** [Rethink Mental Health Support Map Derbyshire - Google My Maps](#)

## Derbyshire Mind



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

**Tel: 01332 623732**

**Web:** [Home - Derbyshire Mind](#)



# Mental Health: Derbyshire Wide

## Mentell

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

Email: [community@mentell.org.uk](mailto:community@mentell.org.uk)

Web: [Mentell – Men, is it time to talk?](#)



## MENTalk

#ItsOkNotToBeOk

Tel: 07976 315919 Email: [mentalkmeeting@gmail.com](mailto:mentalkmeeting@gmail.com)

Web: [MENTalk](#)



## Samaritans

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

Tel: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)



## Papyrus Hopeline

Tel: 0800 068 4141 Text:

07860039967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Web: [HOPELINEUK | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#)



## No Panic

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

Tel: 0300 772 9844 Youth Line: 0330 606 1174 Email: [info@nopanice.org.uk](mailto:info@nopanice.org.uk)

Web: [Home - NoPanic](#)



## Anxiety UK

Tel: 03444 775 774 Email: [admin@anxietyuk.org.uk](mailto:admin@anxietyuk.org.uk)

Web: [National charity helping people with Anxiety - Anxiety UK](#)



## BEAT Eating Disorders

Tel: 0300 123 3355 Email: [info@beateatingdisorders.org.uk](mailto:info@beateatingdisorders.org.uk)

Web: [Support someone else - Beat \(beateatingdisorders.org.uk\)](#)



## Family Lives: Eating Disorders

Tel: 0808 800 2222 Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Web: [Bulimia, anorexia help and advice | Family Lives](#)



## First Steps ED

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

Tel: 0300 1021685 Email: [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)

Web: [Home - First Steps ED](#)



## Talk ED

Talk ED provides an essential support service for people struggling with eating disorders, and their loved ones

Web: [home - TalkED \(talk-ed.org.uk\)](#)

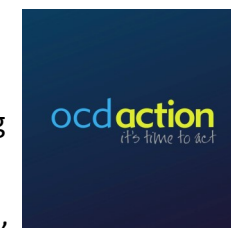


## OCD Action

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

Tel: 0300 636 5478 Email: [info@ocdaction.org.uk](mailto:info@ocdaction.org.uk)

Web: [OCD Action](#)



# Mental Health: Derbyshire Wide

## OCD UK

**Tel: 0800 0487012**



**Web:** [OCD-UK | A national](https://www.ocduk.org)

[OCD charity, run by, and for people with lived experience of OCD \(ocduk.org\)](https://www.ocduk.org)

## Cruse Bereavement Support



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

**Web:** [Home - Cruse Bereavement Support](https://www.cruse.org.uk)

## Suicide Bereavement

**Tel: 01706 827 359 Email:** [sha-](mailto:sha-ron.mcdonnell@suicidebereavementuk.com)



[ron.mcdonnell@suicidebereavementuk.com](mailto:ron.mcdonnell@suicidebereavementuk.com)

**Web:** [Suicide Bereavement Support | Suicide Bereavement UK](https://www.suicidebereavementuk.com)

## The Compassionate Friends

Help for bereavement of a child



**Tel: 07986 595315**

**Web:** [The Compassionate Friends \(tcf.org.uk\)](https://www.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



**Tel: 0300 111 595315 Email:** [email.support@uksobs.org](mailto:email.support@uksobs.org)

**Web:** [Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide \(uksobs.org\)](https://www.uksobs.org)

## The Tomorrow Project

Delivering suicide crisis service and a police-referral suicide service



**Tel: 01246 541935 Email:** [info@tomorrowproject.org.uk](mailto:info@tomorrowproject.org.uk)

**Web:** [Home - Tomorrow Project](https://www.tomorrowproject.org.uk)

## Treetops

**Tel: 0115 949 6944 Email:** [in-fo@treetopshospice.org.uk](mailto:info@treetopshospice.org.uk)



**Web:** [Counselling and Emotional Support Service for adults dealing with bereavement - Treetops Hospice](https://www.treetopshospice.org.uk)

## Switchboard LGBT+ Support

**Tel: 0300 3300630 Email:** [hel-lo@switchboard.lgbt](mailto:hel-lo@switchboard.lgbt)



**Web:** [Switchboard LGBT+ Helpline](https://www.switchboard.lgbt)

## How to Register with a GP

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



## How to find an NHS Dentist

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



## Service and Support for parents and carer's

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



## 101

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

**Tel:** 101



## Healthwatch

Telephone support line for people looking access health or care services

**01773 880786**

[enquiries@healthwatchderbyshire.co.uk](mailto:enquiries@healthwatchderbyshire.co.uk)

<http://www.healthwatchderbyshire.co.uk/>



# Staying Active: Derbyshire Wide

## Walk Derbyshire

Walk Derbyshire aims to promote all walking opportunities across the county

### **General enquiries:**

[info@walkderbyshire.org.uk](mailto:info@walkderbyshire.org.uk)

### **For more information:**

[Find a Route - Walk Derbyshire](#)

[Homepage - Walk Derbyshire](#)



## Active Derbyshire

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

### **General enquiries:**

[info@activederbyshire.org.uk](mailto:info@activederbyshire.org.uk)

### **For more information:**

[Home - Making Our Move](#)



## Strictly No Falling

Exercises to keep active and prevent falls.

**Web:** [Age UK Derby and Derbyshire | Strictly No Falling Classes](#)



## Live Life Better Derbyshire

**Tel:** 0800 085 2299 / 01629 538 200

**Email:** [llbd.info@derbyshire.gov.uk](mailto:llbd.info@derbyshire.gov.uk)

**Twitter:** @DCCPublicHealth

**Facebook:** 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.

<https://www.livelifebetterderbyshire.org.uk>

# Domestic Abuse: Derbyshire Wide

## Galop

Domestic Abuse Support for members of the LGBT+ Community

**Tel:** 800 999 5428 **Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

**Web:** [Galop - the LGBT+ anti-abuse charity](#)



## Safer Derbyshire

Information for Domestic Abuse Support and information Services in Derbyshire.

**Web:** [Domestic abuse \(saferderbyshire.gov.uk\)](http://saferderbyshire.gov.uk)



## Refuge

Freephone, 24 hour Domestic Abuse Helpline

**Tel:** 0808 2000 247

**Web:** [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.

**Tel:** 08000 198 668 **Hard of hearing /deaf text** 07534 617252

**Web:** [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.

**Web:** [Remedi \(remediuk.org\)](http://remediuk.org)



## The Men's Advice Line

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

**Tel:** 0808 801 0327

**Web:** [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#)



## Respect

Support for perpetrators of Domestic Abuse

**Tel:** 0808 8024040

**Web:** [Help For Domestic Violence Perpetrators | Respect Phoneline UK](#)

# Respect

## 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.

**Tel:** 08000 198 668 **Email:** [derbyshirehelpline@theelmfoundation.org.uk](mailto:derbyshirehelpline@theelmfoundation.org.uk)

**Web:** [The Elm Foundation – Freedom from Domestic Abuse.](#)



## Women's Aid

**Web:** [Home - Women's Aid \(womensaid.org.uk\)](#)

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

# Sexual Abuse: Derbyshire Wide

## Rights of Women

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

**Tel: 020 7251 8887 Tuesday 14:00—16:00**

**Thursday 19:00—21:00 | Email: [nfo@row.org.uk](mailto:nfo@row.org.uk)**

**Web:** [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

**Tel: 01773 746 115 Email: [help@sv2.org.uk](mailto:help@sv2.org.uk)**

**Web:** [SV2 - Supporting Victims of Sexual Violence - Home](#)



## Sail

Sexual Abuse and Incest Line

**Tel: 0800 028 2678 Text Only 07522 561397**

**Email: [helpline@sailderbyshire.org.uk](mailto:helpline@sailderbyshire.org.uk)**

**Web:** [SAIL Derbyshire - Sexual Abuse & Incest Line](#)



# Addiction: Derbyshire Wide

## 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](mailto:info@derbyshirerecoverypartnership.co.uk)**

**Web: [Derbyshire Recovery Partnership](#)**



## Change, Grow and Live (CGL)

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

**Web (Find your nearest support ):** [Change Grow Live](#) | [Charity](#) | [We can help you change your life](#)



## 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](mailto:frank@talktofrank.com)**

**Web: [Honest information about drugs](#)**  
**[| FRANK \(talktofrank.com\)](#)**



## NHS Advice

**Web (Drug Addiction): [Drug Addiction](#)**

**Web (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](#)**

**Web: [Action For Children](#)**



## 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](mailto:info@rehab4addiction.co.uk)**

**Web (Find your nearest support ):** [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](mailto:helpline@nacoa.org.uk)**

**Web: [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](#)**

**Web: [Homepage](#)**



## 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.

**Web: [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.

**Web: [Homepage - YGAM](#)**





# Support for Children and Young People: Derbyshire Wide

## 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

**Web:** [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.

**Tel:** 01372 359 481, Mon– Fri 8am– 4pm

**Web:** [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 & 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](mailto:info@derbyshirelgbt.org.uk)

**Web:** [Derbyshire LGBT+](#)



## SHINE

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

**Tel:** 07804 479413, Mon– Fri 10am– 6pm

**Web:** [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 9am– 5pm

**Email:** [info@carers.org](mailto: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](mailto:info@derbyshirecarers.co.uk)

**Web:** [home - Cancer support charity for young people - Shine \(shinecancersupport.org\)](#)



# Support for Children and Young People: Derbyshire Wide

## 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.

**Tel:** 01933 412412, Mon– Fri 9am– 5pm

**Email:** [info@spurgeons.org](mailto:info@spurgeons.org)

**Web:** [Home - Spurgeons](#)



## 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

**Web:** [Believe in children](#) | [Children's charity](#) | [Barnardo's \(barnardos.org.uk\)](#)



## Me We Young Carers

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

**Web:** [Booklet for young carers – 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](mailto:supportercare@childrenssociety.org.uk)

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



## 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](mailto:sidekick@actionforchildren.org)

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



## 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.

## Derbyshire Libraries events



**Tel:** 01629 533444

**Email:** [ask.library@derbyshire.gov.uk](mailto: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.

**Tel:** 01246 515100

**Web:** [Derbyshire Family Health Service](#)

## The Family Corner



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

**Web:** [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.

**Web:** [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.

**Web:** [Homepage](#) | [HENRY](#)

## Junction Arts -



## Derbyshire based participatory Arts Organisation

Online Activities for Children.

**Web:** [Junction Arts](#) | [Voyage of discovery](#)

## Let's Go with the Children



Find fun filled family activities.

**Web:** [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!

**Web:** [British Society of Paediatric Dentistry \(BSPD\)](#) > [Kidsvids](#)

# Information for Parents & Carers: Derbyshire Wide

## 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](#)

## 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.



**Web:** [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.



**Web:** [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.



**Web:** [MOTHERHUB | FERTILITY | PREGNANCY | FOURTH TRIMESTER \(welcometomotherhub.com\)](#)

## Derbyshire DadPad

Aims to help dads to be prepared 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](http://www.thedadpad.co.uk/app)

## The Breastfeeding Network

National Breastfeeding Helpline: **0300 100 0212**.

**Web:** [Home - The Breastfeeding Network](#)



**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](mailto:druginformation@breastfeedingnetwork.org.uk).**

## Association of Breastfeeding Mothers

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



**Web:** [Association of Breastfeeding Mothersad.co.uk/app](http://AssociationofBreastfeedingMothersad.co.uk/app)

## 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.



**Web:** [Baby | Start4Life \(www.nhs.uk\)](http://Baby | Start4Life (www.nhs.uk))

## Cry -Sis

**Tel:** 08451 228 669

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

CRY-SIS HELPLINE 08451 228 669  
Lines open 7 days a week 9am-10pm  
to get advice plus the standard network charge

**Web:** [Help with older babies | cry-sis](#)

**Web:** [Help with young babies | cry-sis](#)

## Financial help for Childcare

**Web:** [Childcare - GOV.UK](https://www.gov.uk)  
([www.gov.uk](https://www.gov.uk))



## 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.



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

**Email:** [info.fis@derbyshire.gov.uk](mailto:info.fis@derbyshire.gov.uk)

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

**Web:** [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](mailto: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.

**Web:** [Parents | PACEY](#)



## 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

**Tel:** [01332 36212](tel:0133236212)

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.

**Web:** [Home - SAFE AND SOUND](#)  
([safeandsoundgroup.org.uk](https://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.



**Web:** [Parents Against Child Exploitation \(Pace\) UK \(paceuk.info\)](#)

## Safe to Net

Parental control Apps to keep children safe on the internet.

**Web:** [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.



**Web:** [Parents and Carers - UK Safer Internet Centre](#)



# SEND: Derbyshire Wide

## Derbyshire Information, Advice and Support Service for SEND



Providing impartial advice for special educational needs and disability

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

**Tel: 01629 533668 Email: [ias.service@derbyshire.gov.uk](mailto:ias.service@derbyshire.gov.uk)**

**Web: [Welcome to the Derbyshire Information, Advice and Support Service for SEND - Derbyshire Information, Advice & Support Service for SEND](#)**  
 **[\(derbyshireiass.co.uk\)](http://derbyshireiass.co.uk)**

## Ambitious About Autism



**Ambitious  
about Autism**

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

**Tel: 020 8815 5444 Email: [in-fo@ambitiousaboutautism.org.uk](mailto:info@ambitiousaboutautism.org.uk)**

**Web: [Ambitious about Autism | National charity for autistic children and young people](#)**

## Autism Information and Advice

**Tel: 01332 228790 Email [au-tismservice@citizensadvicemidmercia.org.uk](mailto:autismservice@citizensadvicemidmercia.org.uk)**

**Web: [Autism Services | Hello and welcome to Derbyshire's new Autism Information and Advice Service!](#)**  
 **[\(autisminformationservice.org.uk\)](http://autisminformationservice.org.uk)**



## National Autistic Society



**National  
Autistic  
Society**

Campaigning for the improved rights of people with autism

**Tel: 0207 833 2299 Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)**

**Web: [National Autistic Society \(autism.org.uk\)](http://autism.org.uk)**

## Centre for ADHD & Autism Support



**Tel: 01773 741221 Email: [enquir-ies@adhdandautism.org](mailto:enquiries@adhdandautism.org)**

**Web: [Home - Centre for ADHD and Autism Support](#)**

## See Ability

**SEE ABILITY**

Specialising in supporting people who have learning disabilities or autism

**Tel: 01372 755 000 Email: [enquiries@seeability.org](mailto:enquiries@seeability.org)**

**Web: [Our specialisms | SeeAbility](#)**

## Mencap



Supporting people with Learning Disabilities and their families.

**Tel: 0207 833 2299 Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)**

**Web: [Learning Disability - Down's Syndrome - Williams syndrome | Mencap](#)**

## Association for Real Change



Supporting people with Learning Disabilities

**Tel: 01246 555043 Email: [con-tact.us@arcuk.org.uk](mailto:contact.us@arcuk.org.uk)**

**Web: [ARC UK – Association for Real Change](#)**

## Penderels Trust

**Tel: 02476 511 611 Email: [derby-shire@penderelstrust.org.uk](mailto:derbyshire@penderelstrust.org.uk)**

**Web: [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

**Tel: 01246 268339**

**Web: [home | Leonard Cheshire](#)**

# SEND: Derbyshire Wide

## Accessible Derbyshire

Helping to make Derbyshire accessible for all



**Email:** [info@accessiblederbyshire.org](mailto:info@accessiblederbyshire.org)

**Web:** [Accessible Derbyshire - Welcome](#)

## Revitalise



Creating lasting experiences for people with disabilities

**Tel:** 0208 501 2331 **Email:** [marketing@revitalise.org.uk](mailto:marketing@revitalise.org.uk)

**Web:** [Home](#) | [Revitalise](#)

## Mid-Derbyshire Riding for the Disabled

**Tel:** 07933 295630

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

## Disability Assist

**Email:** [disabilityassist@hotmail.co.uk](mailto:disabilityassist@hotmail.co.uk)

**Web:** [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

**Web:** [Hire or rent a wheelchair | British Red Cross](#)



## 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](mailto:info@disabilitysport.org.uk)

**Web:** [Disability Sport - About Us](#)

## Epilepsy Action

**Tel:** 0808 800 5050 **Email:** [epilepsy@epilepsy.org.uk](mailto:epilepsy@epilepsy.org.uk)

**Web:** [Home - Epilepsy Action](#)



## Royal Association for Deaf People

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

**Tel:** 0300 688 2525 **Email:** [info@royaldeaf.org.uk](mailto:info@royaldeaf.org.uk)

**Web:** [Home Page - Royal Association for Deaf people \(royaldeaf.org.uk\)](#)



## Deaf-initely Women

**Tel:** 01773 828233 **Email:** [info@deafinitelywomen.org.uk](mailto:info@deafinitelywomen.org.uk)

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

## British Acoustic Neuroma Association

**Tel:** 01246 550011 **Email:** [admin@bana-uk.com](mailto:admin@bana-uk.com)

**Web:** [Login - BANA | British Acoustic Neuroma Association \(bana-uk.com\)](#)



## National Deaf Children's Society

Web: [National Deaf Children's Society](https://www.ndcs.org.uk) | [Supporting deaf children](https://www.ndcs.org.uk)  
([ndcs.org.uk](https://www.ndcs.org.uk))



**National  
Deaf Children's  
Society**

## Royal National Institute of the Blind

Tel: 0303 123 9999

Web: [RNIB](https://www.rnib.org.uk) | [Home](https://www.rnib.org.uk)



supporting blind and  
partially sighted people

# Education, Employment and Training: Derbyshire Wide

## Outdoor Learning

Tel: 01629 533439

Email: [environmentalstudies@derbyshire.gov.uk](mailto:environmentalstudies@derbyshire.gov.uk)

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

**Web:** [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](#)



## 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.

**Web:** [Qualifications and skills - Derbyshire County Council](#)



## Online Training

**Web:** [Online work skills courses | from £9 +VAT | Approved Certificate \(one-training.org.uk\)](#)

Online work skills courses, study anytime, anywhere.



## Careers Workshops

Tel: 07812 473033 / 07812 473034

Email: [ncs.scans@derbyshire.gov.uk](mailto:ncs.scans@derbyshire.gov.uk)

**Workshops for:**

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

**Web:** [Careers workshops - Derbyshire County Council](#)



## DCC Learning for 14 – 19 Year Olds

Email: [14-](mailto:14-19study.programme@derbyshire.gov.uk)

[19study.programme@derbyshire.gov.uk](mailto:19study.programme@derbyshire.gov.uk)

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

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

**Web:** [Learning for 14 to 19-year-olds - Derbyshire County Council](#)



## 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.

Tel: 07812 473 033

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

**Web:** [Well for Work - Futures for You](#)



## NLT Step into Employment:

Educational and training for employment

**Web:** [NLT Training Services | Chesterfield / Scunthorpe | Engineering, Industry & Business Skills Apprenticeships \(nlttraining.co.uk\)](#)



## Reed in Partnership - Derbyshire

**Buxton**

Tel: 01298 60 53 76

**Chesterfield**

Tel: 01246 95 62 75

**Derby - Aspire House**

Tel: 01332 32 13 28

**Derby - Stuart House**

Tel: 01332 973244

**Swadlincote**

Tel: 0128 390 7035

**Web:** [Reed in Partnership](#)

Offering courses to help further career skills

**Web:** [Training Courses & Qualifications on reed.co.uk](#)



# Education, Employment and Training: Derbyshire Wide

## National Careers Service

**Tel:** 0800 100 900 to speak to an adviser.

We're open:

**8am to 8pm** Monday to Friday

**10am to 5pm** Saturday and bank holidays.

**Web:** [Careers advice - job profiles, information and resources](#) | [National Careers Service](#)



## Learn My Way

**Web:** [Learn My Way - Good Things Foundation](#)



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

## 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.

**Web:** [Find Digital Support in Derbyshire](#) | [Rural Action Derbyshire](#)



## YES (Youth Employment Support)

**Tel:** 01629 539720

**Text:** HUB to [86555](#)

**Email:** [youth.hub@derbyshire.gov.uk](mailto:youth.hub@derbyshire.gov.uk)

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.

**Web:** [Youth employment support - Derbyshire County Council](#)

## Make it Click

**Tel:** 0114 349 1666

**Email:** [hello@goodthingsfoundation.org](mailto:hello@goodthingsfoundation.org)



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.

**Web:** [Make It Click \(learnmyway.com\)](#)

## 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:**

**Tel:** 07717 343085

**Email:** [louise.wilson@derbyshire.gov.uk](mailto:louise.wilson@derbyshire.gov.uk)



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

## Juniper Training

**Tel:** 01246 563433

**Tel:** 07956 655810

**Email:** [enquiries@junipertraining.co.uk](mailto:enquiries@junipertraining.co.uk)

**Address:** The Old Head Office, Dock Walk, Wheatbridge, Chesterfield S40 2AB



If you are interested in improving your skills, career and any future employment potential we would really like to hear from you so please get in touch.

**Web:** [Training Courses and Apprenticeships in Chesterfield \(junipertraining.co.uk\)](#)

# Volunteering: Derbyshire Wide

## Derbyshire Volunteer Centre

**Web:** [Careers advice - job profiles, information and resources](#) | [National Careers Service](#)



## Derbyshire Voluntary Action

**Web:** [Derbyshire Voluntary Action \(dva.org.uk\)](http://dva.org.uk)  
Connecting health & wellbeing services to Derbyshire's communities.



## Links CVS

CVS, Free Signposting service across Derbyshire  
**Web:** [Links CVS](#)



## 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.

[ceo@groundworknottingham.org.uk](mailto:ceo@groundworknottingham.org.uk)



**Telephone:** 0115 978 8212

**Web:** [Groundwork - Groundwork](#)

# Any other Information: Derbyshire Wide

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