

## **Erewash Locality**

### **Covid-19 - Community updates**

For further information please contact your Youth and Community Engagement Workers:

Name: Joanne McGuire and Leanne Parry

Contact detail: [jo.Mcguire@derbyshire.gov.uk](mailto:jo.Mcguire@derbyshire.gov.uk) and  
[Leanne.Parry@derbyshire.gov.uk](mailto:Leanne.Parry@derbyshire.gov.uk)

### **Contents**

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

## **Foodbanks**

### **Local Info**



#### **Cotmanhay Community Network**

**What support do they offer?** Offering food parcels to the **Ilkeston, Cotmanay and Kirk Hallam areas** for the most vulnerable within the community. They will be able to provide parcels on Wednesdays and Thursdays; a team of volunteers will be assembling and delivering the parcels. Cut off for food parcels are at 5pm each Tuesday anything that comes in after will be sent out the following Wednesday.

If you would like to refer a family please do so by emailing the Community network directly; [cotmanhaycommunitynetwork@gmail.com](mailto:cotmanhaycommunitynetwork@gmail.com) all referrals **MUST** be done via email. Information they require:

Family name

Address

How many people in the family.

Contact information.



#### **Arena Church Foodbank Ilkeston**

**What support do they offer?** Food and essentials for all in need. This food bank requires information about the individual/family to sign them up to the scheme. People using the service can still go to the foodbank but strict distancing procedures are in place.

#### **Contact details:**

Belfield St,  
Ilkeston  
DE7 8DU

Telephone - 0115 944 2996

Email - [admin@arenachurch.co.uk](mailto:admin@arenachurch.co.uk)

Opening times: Now open 10am – 16:00 each day



### The Big Kirk Hallam

**What support do they offer?** This community shop is open to the public and enforcing the strict guidelines around social distancing. There are many affordable products to buy between 50p – £2.00

including meat, vegetables, drinks, hand soap etc.

#### Contact details:

Kenilworth Dr,  
Kirk Hallam,  
Ilkeston  
DE7 4EX

Telephone - 0115 8371380

Facebook page - <https://www.facebook.com/BigKirkHallamCC/>

Wednesday 2-4pm, Thursday 10am-12noon, Friday 10am - 12noon



### Long Eaton and Sawley Food Bank

**What support do they offer?** Food hampers and essentials through a referral process.

If DCC employees want to make a referral for a family they are working with please contact [jo.Mcguire@derbyshire.gov.uk](mailto:jo.Mcguire@derbyshire.gov.uk) to complete a online e-voucher referral.



### Community Meal – Erewash

**What support do they offer?** Volunteer lead project who are providing cooked meals for residents across the whole of Erewash which volunteers deliver.

Please contact Benjamin to refer the elderly and vulnerable people within your community.

Contact details:

**Benjamin Pierre Durnan-Fletcher**

Telephone - 07548288652

[nise.skateboards@gmail.com](mailto:nise.skateboards@gmail.com)

### **Cash support for food redistribution during coronavirus outbreak**

The government has announced a £3 million fund for food redistribution organisations help them cut food waste during the coronavirus outbreak. All food redistribution businesses and charities will be encouraged to bid for grants over the coming month, including those whose volunteer programmes have been affected by social distancing measures or those that cannot access their usual commercial support network.

<https://www.gov.uk/government/news/cash-support-for-food-redistribution-during-coronavirus-outbreak>

If you've been referred, you should be told where the food bank is. If it's run by the Trussell Trust you can check the address on their website. If you live in a rural area and can't afford to travel, your nearest food bank might be able to deliver. Call or email them to check



#### **Trussell Trust**




[www.trusselltrust.org](http://www.trusselltrust.org)  
[enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)







#### **Rural Action Derbyshire**

[www.ruralactionderbyshire.org.uk](http://www.ruralactionderbyshire.org.uk)  
Phone: 01629 592970  
They have an alphabetical list of all food banks.

## Money and Finance

 <p>Department for Work &amp; Pensions</p>	<p>This website gives the most up to date government information for benefits, Universal Credits etc.</p>	<p><a href="#"><u>website</u></a></p>
 <p>citizens advice</p> <p>Help where you want it, when you need it... Registered Charity No.1094369</p>	<p><b>Citizens Advice</b></p> <p>There is general advice specifically about COVID-19 on the national Citizens Advice website here:</p> <p>We cover a wide range of issues including...</p> <ul style="list-style-type: none"> <li>Housing (renting and home ownership)</li> <li>Debts and Money Problems</li> <li>Family and Relationships Health and Social Care</li> <li>Energy Efficiency</li> <li>Employment</li> <li>Consumer</li> <li>Benefits</li> </ul> <p>Our advice is free, confidential, impartial and independent.</p>	<p>Call our Derbyshire Districts Advice line: Monday to Friday 9.00am - 4.00pm 0300 456 8390 (See reverse for call charges)</p> <p><a href="#"><u>website</u></a></p>
 <p>UC Universal Credit</p>	<p><b>Benefits during the Coronavirus</b></p> <p>This link has the most up to date information for benefits, Universal Credits etc. The Information is updated daily</p>	<p><a href="#"><u>website</u></a></p>
	<p><b>Derbyshire Discretionary Fund</b></p> <p>The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster</p>	<p><a href="#"><u>website</u></a></p>

	<p><b>Money Advice Service</b></p> <p>The Money Advice Service gives guidance and help with how to manage your money better.</p>	<p><u>Website</u></p>
	<p><b>Step change</b></p> <p>Contact the UK's leading debt charity to get expert debt advice and fee-free debt management to help you tackle your debts. Step Change Debt Charity.</p>	<p><u>website</u></p>
	<p><b>Money Saving Expert</b></p> <p>Employment Help</p>	<p><u>Website</u></p>
	<p><b>The Stop Loan Sharks Helpline Service -</b></p> <p>Ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship is fully operational during the COVID-19 pandemic-</p>	<p>24/7 hotline 0300 555 2222 Text a report 07860022116</p> <p><a href="mailto:shark@stoploansharks.uk">shark@stoploansharks.uk</a></p> <p><u>website</u></p>



## Housing

### Local Info



**DHA – Direct Help and Advice Housing Ilkeston**  
**What support do they offer?** FREE specialist housing advice.

**Tel:** 0115 930 0199

**Website:** <https://www.dhadvice.org>



**Erewash Borough Council – Housing Support**  
**What support do they offer?** Preventing homelessness, and providing temporary homes to qualifying households if they do become homeless. We do this by working with tenants, housing associations (such as [EMH Homes](#)), private landlords and other organisations to help people stay in their home or find alternative housing. **Telephone:** 0115 907 2244

**Website:** [www.erewash.gov.uk/index.php/for-](http://www.erewash.gov.uk/index.php/for-you/housing-menu.html)

[you/housing-menu.html](http://www.erewash.gov.uk/index.php/for-you/housing-menu.html)



**EMH Homes**

**What support do they offer?** Housing Support within the Erewash Area.

**Telephone:** 0300 123 6000

**Email:** [enquiries@emhhomes.org.uk](mailto:enquiries@emhhomes.org.uk)

**Website:** [www.emhhomes.org.uk](http://www.emhhomes.org.uk)

Please contact your housing provider or mortgage lender (these details will be on any correspondence that you have received from your provider)

## Mental Health/Emotional wellbeing/ Staying active

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives, as the government and the NHS take necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention.

It may be difficult, but by following guidance on social distancing, or staying at home, you are helping to protect yourself, your family, the NHS and your community.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

### Local Info

A poster with a pink background and a large, stylized coronavirus particle in the center. The text is arranged around the particle. The title 'Coronavirus Talkline' is in red. The main message is in purple. The contact information is in orange. The footer is in green.

**Coronavirus Talkline**

If you are struggling with the current crisis or would just like someone to talk to please call

**07375 468 005 (Elephant Rooms)**  
between 10.00am and 4.00pm  
weekdays

The Talkline is part of Draycott Village Coronavirus Support Group and is a free service

If you need help with shopping, post, fetching medicine and other practical matters please contact  
Draycott Village Coronavirus Support Group:  
Phone 07388 451 102  
Email: [coronavirusdraycott@gmail.com](mailto:coronavirusdraycott@gmail.com)

Promoted by Draycott Churches and Community Groups



you take time to talk - we take time to listen... **time to talk**



*listening line*

For a friendly, safe, listening support you can call one of our numbers to speak to one of our team:

07434612417  
07434612415  
07434612638

lines open Monday-Friday  
10.00am-12.00pm, 7.00pm-9.00pm

\*Whilst we don't charge for our service, you should check with your provider whether there will be any call charges  
\*Time To Talk is a service for the community staffed by volunteers from the Oasis Christian Centre, 129-131 Derby Road, Long Eaton, NG10 4LL

   Our staff are trained in mental health first aid

**Monday, 27 April 2020**





**Mind; For better mental health**

Support and advice to empower anyone experiencing mental health.

**website**

**Telephone:**  
0300 123 3393  
**Text:** 86463  
online chat  
available



**Kooth**

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

**website**

Online chat:  
Available



**Qwell**

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

**website**

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








**Derbyshire LGBT+**

Specialist LGBT+ support for young people and their families across Derbyshire. Currently offering online support via youth groups, one to one support over the phone and email.

**website**

**Telephone:**  
01332 207704  
**Email:**  
INFO@DERBYSHIRELGBT.ORG.UK

Online chat: Available on Facebook  
[www.facebook.com/derbyshirelgbt/](https://www.facebook.com/derbyshirelgbt/)

	<p><b>Every Mind Matters</b></p> <p>Every Mind Matters is the new national platform for good mental health, from Public Health England. It aims to make it easier for everyone to look after their own wellbeing and improve their mental health, by providing a digital hub full of advice, tips and resources and a new online tool to help everyone create their own action plan.</p>	<p><b>website</b></p>
	<p><b>Samaritans</b></p> <p>What support do they offer? Offering mental health support and can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.</p>	<p><b><u>website</u></b></p> <p>Telephone: 116123</p>
	<p><b>CRISIS Team</b></p>	<p>Phone: 01332 623700</p>
	<p><b>Calm Harm</b></p> <p>Free app to help manage self-harm urges: Website:</p>	<p><b><u>website</u></b></p>
	<p><b>Place2Be</b></p> <p>Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They have lots of online resources for professionals to support through the covid-19 pandemic.</p>	<p><b>website</b></p> <p><b>Telephone:</b> 020 7923 5581 <b>Out of hours:</b> 07850 265681</p> <p><b><u>website</u></b></p>



## Mental Health Foundation

### Men-Talk

Men-Talk is all around the subject of improving men's mental health, raising awareness, removing the stigma and ultimately reducing male suicide. Men-Talk are continuing to offer mental health support to anyone who needs it. They are providing talks, listening, sharing and signposting online.

Email:  
mentalkmeeting  
@gmail.com

### Action for Children

We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources.

website

Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet  
<https://www.actionforchildren.org.uk/support-for-parents/>

website



### Child line

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

Telephone:  
0800111  
Online Chat:  
Available on  
their website





### Rethink Mental Health

We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. We do this by offering targeted goal-focused support, developing peer support and

Website

Telephone:  
01773 734989



 	<p>volunteer opportunities across Derbyshire, and also peer support groups where there is a need</p> <p><b>The Mix</b></p> <p>Essential support for under 25's, including mental health, housing and relationships</p> <p><b>Online Support Schedule</b></p> <p>Activities are running everyday via Zoom or Social Media platforms. You can get engaged with some Mindfulness sessions, learn new skills at Mental Health Training, get creative at Art Workshops or join one of our fantastic wellbeing groups where you can talk and discuss different topics with other people</p>	<p><u>Website</u></p>
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# Online Support Schedule

## Monday

**9:00-9:20**  
Mindfulness  
Monday  
Morning

with Clair,  
Mindfulness  
Practitioner and  
Specialist Support  
Officer

**11:00-12:00**  
Art Workshops

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

## ChatED

Live Chat Support via  
Facebook available  
Monday-Friday  
9-10, 12-13, 15-16  
@firststepsedchated

## Tuesday

**18:00-19:00**  
Eating Disorders in  
Student Services  
(EDISS) Group

This is a continued  
support we offer for  
students in higher  
education struggling  
with eating  
difficulties

**19:00**  
Live Stream  
Mindfulness  
sessions

with Clair via  
Facebook and  
Instagram

## Wednesday

**16:00-17:00**  
Feeling Good  
Wednesday!

with Sam,  
our Specialist Support  
Officer

Themed session which  
will allow time for  
discussion.

Registration required.

Please contact:  
samr@firststepsed.co.uk

## Thursday

**15:00-15:30**  
Mental Health Training

with Maria,  
Training and Events  
Manager

**18:45-19:45**  
**ALTERNATIVE WEEKS**

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

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

## Friday

**11:00-12:00**  
Art Workshop

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

**14:00-14:30**  
Stress Free Friday

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

## Saturday

**11:00-12:00**  
Start the Weekend Right

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

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

## Domestic Violence

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

**999**

For more advice and guidance on domestic abuse, please see <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>




Local Info – No further local updates

 <p>The website for community safety in Derbyshire</p>	<p><b>The National Domestic Abuse Helpline</b></p> <p>Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.</p>	<p><b><u>website</u></b></p> <p>0808 2000 247 24 hours a day Free Calls</p>
	<p><b>Safer Derbyshire</b></p> <p>Derbyshire 24/7 helpline</p>	<p><b><u>website</u></b></p> <p>08000 198 668</p>
	<p><b>Women's Aid</b></p> <p>Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.</p>	<p><b><u>website</u></b></p>
	<p><b>The Men's Advice Line</b></p> <p>A confidential helpline for male victims of domestic abuse and those supporting them.</p>	<p><b><u>website</u></b></p> <p>0808 801 0327</p>
 	<p><b>Galop</b></p> <p>Domestic Violence support for members of the LGBT+ community</p>	<p><b><u>website</u></b></p> <p>0800 999 5428 help@galop.org.uk uk</p>
	<p><b>Salcare</b></p> <p>Domestic abuse support for all genders from all communities We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday</p>	<p><b><u>website</u></b></p> <p>enquiries@salcare.org.uk 01773 765899</p>

	<p><b>Respect</b></p> <p>Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.</p>	<p><u>website</u></p> <p>0808 8024040</p>
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## Safeguarding

**Local Info – No further local updates**

  	<p><b>Derbyshire County Council</b></p> <p>If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/Starting Point.</p> <p><b>NSPCC</b></p> <p>Support for Children and parents in regard to mental health, safety, bullying etc.</p> <p><b>Child Line</b></p> <p>If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.</p>	<p><u>website</u></p> <p>Call Derbyshire 01629 533190 Starting Point 01629 535353</p> <p><u>website</u></p> <p><u>website</u></p>
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# Parental Support

## Local Info –



### Home Start - Erewash

**What support do they offer?** Home-Start works with families in communities, starting in the home our approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's

home supporting them in the ways they need. Due to the current Covid-19 situation there will be changes to the way HomeStart offer their service.

**Telephone:** 0115 930 4640

**Email:** Complete contact form on the website

**Website:** [www.home-start.org.uk](http://www.home-start.org.uk)

Erewash Children's Centre Activity Guide  
For more information on any group or activity please call the relevant centre as indicated on the guide.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p>	<p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p>	<p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p>	<p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p>	<p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p> <p><b>Breakfast Club</b> 8.30am - 9.30am Meadow Lane, Erewash, Derby Tel: 0115 930 4640</p>

### Erewash Children's Centre Facebook

**What support do they offer?** Daily updates, information and clever ways to keep your child entertained.

**Contact via Facebook:** Why not give the page a like?

**Facebook page:** <https://www.facebook.com/Erewash-childrens-centres-767398753323956/>

### Cooking on a budget

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

[website](#)

### Coronavirus updates

[website](#)



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

### DIY Haircuts

### The Breastfeeding Network



It's a strange and unsettling time for everyone right now, especially new parents.

We've had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there's still lots of support we can offer you.

We will update this document as things develop but here's what you can expect from us over the coming weeks

### Newsround



What support do they offer? Relevant news and information for young people aged 6-16. They also offer information and advice on topics like Covid-19, managing feelings etc.

### Covid-19 Entertainment

Keep your family informed and entertained during the coronavirus shutdowns with parenting articles, study tips, science experiments, homework resources, cute videos, and more.

<https://www.nationalgeographic.com/family/in-the-news/coronavirus/>

<https://www.familyfuntwincities.com/boredom-busters/>

<https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resourceskids>

website

Website

website

<https://www.telegraph.co.uk/family/life/things-do-kids-home-ideas-bored-childrenentertained-self-isoaltion/>

## **Education**

**Local Info – No further local updates**

**Primary School Resources**

[website](#)

**Secondary School Resources**

[website](#)

## **Employment/ Training**

**Local Info – No further local updates**

**Bassetlaw CVS**

[website](#)

01909 476118  
[admin@bcvs.org.uk](mailto:admin@bcvs.org.uk)

**Links CVS**

[website](#)

01246 274844  
[info@linkscvs.org.uk](mailto:info@linkscvs.org.uk)

### **Learn through Volunteering**

Learn new skills through volunteering, working to protect our country-side or help others

[website](#)

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

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

[website](#)

## **Community Support**

### **Local Info**



### **Erewash Voluntary Action**

#### **What support do they offer?**

Erewash Voluntary Action has set up a new service in response to the COVID-19 Virus and people who are in self-isolation. This will be a time limited service to provide a one-off shop or prescription collection service in response to those most in need; to people who have

no other support network at this difficult time to provide them with some much-needed shopping essentials.

Self-referrals for this service can now be made by either calling Erewash Voluntary Action on 0115 9466740 (9.00 – 3.30pm) or complete the attached CV-19 Referral Form with as much information as possible and return to [cvresponse@erewashcvs.org.uk](mailto:cvresponse@erewashcvs.org.uk).

Once the referrals have been received, we shall allocate a DBS checked and trained member of staff or volunteer. Please call to limit exposure, we will not be conducting a face to face meeting prior to allocation, so it is imperative that a CV-19 Referral Form is completed in full.

**Telephone: 0115 946 6740**

**Email: [enquiries@erewashcvs.org.uk](mailto:enquiries@erewashcvs.org.uk)**

**Website: <http://www.erewashvoluntaryaction.org.uk/>**



To: Thinking of you...

Let your loved ones know you're thinking of them

Send your 'thinking of you' letter and photographs to our secure email address [dncft.thinkingofyou@nhs.net](mailto:dncft.thinkingofyou@nhs.net) with the patient's full name and date of birth and the ward they're on. We will print off your message and deliver it safely to the ward.

#DHCFThinkingofyou



**Derbyshire Fire & Rescue Service**  
Putting Derbyshire Back Together

## Telephone Befriending Service

Derbyshire Fire & Rescue Service has launched a telephone befriending service.

We are doing all that we can to help those in need during this period of isolation and thought you may be interested in a telephone call from one of our staff, just for a chat.

We understand that a lot of people may be feeling lonely and may be missing regular visits from friends and family. In order to combat this loneliness we have launched a telephone befriending service. If you would like a regular phone call from us to have a friendly chat and to just keep in touch, then please call us and let us know. We will ask for your name and telephone number, and one of our volunteers will call you at least once a week.

If you live in **Derby, South Derbyshire, Erewash or Amber Valley** – Please Call **01332 777850**

If you live in **Chesterfield, Bolsover District, North East Derbyshire, Derbyshire Dales or High Peak** – Please Call **01298 608720**

If you are making a referral on somebody's behalf, please ask for their consent before you refer them. You can also send us their details via email: [TBS@derbys-fire.gov.uk](mailto:TBS@derbys-fire.gov.uk)

**STAY AT HOME** 

**PROTECT THE NHS**

 **save lives**

### Neighbourhood Watch Network

The Neighbourhood Watch Network supports individuals and groups to create safer, stronger and active communities. To find your local neighbourhood watch please go the OurWatch website on the link below and enter your postcode.

#### Website

## **Alcohol and Substance misuse support**

### **Local Info – No further local updates**



### **Change Grow Live**

#### **Change Grow live**

Supporting young people who are using drugs or alcohol, feel they have a problem and want some help. We're not here to judge you or tell you what to do, but we can help you make the changes you want to make.

#### **Derbyshire Recovery and Peer Support Service**

The Derbyshire Recovery and Peer Support Service has set up a helpline.  
Monday to Friday - 09.00 - 17.00  
(Will be reviewed regularly and times/days could be expanded).

#### **website**

**Telephone:**  
01773 303646

**Email:**  
derbyshire@cgl.org.uk.

**Helpline Number:**  
01773 734989



## Support for Children and Young People

### Local Info



#### **Derbyshire – Your Sexual Health Matters**

**What Support do they offer?** Our Sexual Health Matters provides a free and confidential condom and lube by post service to people who live in Derbyshire and Derby City. If you are 13 to 15, one of our practitioners will call you for a chat - we will require a mobile or land line telephone number before we are able to process your order.

#### **Website:**

<https://www.yoursexualhealthmatters.org.uk/contraception/condoms/postal-condoms>

### **Childrens guide to Coronavirus** Website

### **Covid-19 Packs for Children** Website

### **Action for Children - [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)**

**What support do they offer?** We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources.



Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet

#### Website

**ChildLine – [Website](#)**



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

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

**Telephone:** 0800111 **Online Chat:** Available on their website

**UNICEF for Every Child**



[Website](#)

**ONLINE Postal Condoms**

[Website](#)

## Volunteering

**Local Info – No further local updates**

**Coronavirus (COVID-19): health, care and volunteer workers parking pass and concessions**

This guidance describes the terms of use around the government’s free council car parking scheme for NHS workers, social care workers and NHS Volunteer Responders.



**Derbyshire**  
Fire & Rescue Service

**Derbyshire Fire and rescue Service –  
Befriending Service - [Website](#)**

“Staff working on our telephone befriending service will contact people who are already known to the Service, over the age of 70, or identified as vulnerable and have a general friendly chat about a range of subjects”.

**Website -**

**Any other Local info.**

Dear All

**Doorstop Delivery Service**

**Morrisons Ilkeston** are now offering a doorstep delivery service to elderly and vulnerable customers.

You are able to order from a list of selected items by calling their Customer Contact Centre ([0345 611 6111](tel:03456116111)), selecting option 5).

Your orders will be picked in store and delivered to your homes free of charge (within a 10 mile radius).

**Aldi - Foodboxes**

Aldi are now doing a £25 food parcel for delivery- although they have sold out at present.

<https://www.aldi.co.uk/food-parcels>

Please share as appropriate.