

South Derbyshire Early Help – Where to find support locally.

Please find information and advice to use for South Derbyshire residents and families.

Food Banks:

Swadlincote- CVS

Appointment only:

Website:

<https://sdcvcs.org.uk/services/food-projects>

Address: 48 Grove St, Swadlincote DE11 9DD

The office is currently closed to visitors; however we can provide emergency food parcels by appointment. Please contact us at projectsupport@sdcvcs.org.uk to make a referral or if you need a food parcel. If you do not have access to email, please leave a message on 07458 304316.

Ashby Foodbank

Tel- 07542118878 **Email:**

info@ashbyfoodbank.org.uk

Website: <https://ashby.foodbank.org.uk/>

Address: Ashby Congregational Church

Opening times: Tuesday and Wednesday 9.30-10.30am and Friday 2-3pm

Address: Measham Baptist Church

Opening times: Friday 9-10 am

Further info: Our foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies. See website for more details.

Money & Finance information:

Derbyshire Discretionary Fund

The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.

Application Line

Tel: 01629 533399

Monday – Friday 10am – 4pm

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/managing-money-and-debt/derbyshire-discretionary-fund/derbyshire-discretionary-fund-ddf.aspx>

UC/Universal Credit

This page provides information about **coronavirus and claiming benefits**. It will continue to be **updated**.

Please, check this page regularly for updates on the arrangements the Department for Work and Pensions is making to support those who are affected by coronavirus.

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Financial information advice

CAB, <http://www.ddcab.org.uk/>, there is a local CAB in Swadlincote and other areas across the county.

Derbyshire Law Centre (housing)

<https://derbyshirelawcentre.org.uk/advice-category/housing-and-homelessness/>

this service is based in Chesterfield, will offer advice over the phone.

Ashbourne Foodbank- Ashbourne Elim Pentecostal Church **Tel:** 01335 344338 **Email:** foodbank@ashbourneelim.church

Address: The Waterside Centre, Ashbourne DE6 1DG

Further info: Our foodbank works on an agency referral system, which entitles the person/family to 3 weeks of food parcels. We are currently being more flexible with referrals to support the community. Please contact for further information.



For information about Derbyshire County Council, follow the link: www.derbyshire.gov.uk

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Derbyshire community Response Unit

Derbyshire County Council are co-ordinating a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

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

The Unit can help with services, including food shopping and delivery, friendly phone call, collecting and delivering prescriptions and preparing meals.

Register online to request support.

Register your interest in volunteering to support the Community Response Unit via the website.



Derbyshire County Council 9am – 5pm

If you are concerned that a child is suffering or is at risk of significant harm, please contact Call Derbyshire/Starting Point.

Call Derbyshire 01629 533190 Starting Point 01629 535353

www.derbyshire.gov.uk/startingpoint

Social care emergency out-of-hours

This service is available for the public and agencies to access a range of social care staff for adults or children in need of social care. If you use these numbers in an emergency, there is also the option to speak to an out-of-hours worker. **Tel:** 01629 532600

Mental Health

Kooth - Children and Teenagers online counselling support

<https://kooth.com/>

Qwell - Adults counselling/support
<https://www.qwell.io/>

Derbyshire Healthcare NHS - CRISIS team Tel: 01332 623700

Young minds mental health support - Crisis text messenger
85258 free 247 - <https://youngminds.org.uk/>

Self-Harm

Calm Harm - Free app to help manage self-harm urges: **Website:** <https://calmharm.co.uk>

Selfharm UK - is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.
Email: www.selfharm.co.uk

Feeling Suicidal

Contact the **Samaritans** on
Freephone: 116 123, they're open 24 hours and are there to listen
Email: jo@samaritans.org

MIND - Mental health problems
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/#>



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Urgent help: Access the website and press the yellow button at the top, 'I need urgent help'

Domestic Violence

If it's an emergency -Tel: 999.

If you're **experiencing domestic abuse** or **know someone who is –**
Tel: 08000 198 668 and you'll get help from someone close by.

If you're **deaf or hearing impaired**, **text** the Derbyshire Domestic Abuse Support Line on **Tel:** 07557 800313.

For the National Domestic Violence –
24-hour help line **Tel:** 0808 2000 247.

Are you hurting the ones you love?
Choose to stop.

Respect – Domestic Abuse Preparators who want help:

Tel - 0808 8024040 free from landlines and mobile phones.

Webchat - Wednesday, Thursday and Friday – 10 – 11am and 3 – 4pm.

Email - info@respectphoneline.org.uk

Up to date information on current COVID-19

Guidance for parents and carers: keeping children safe online

We have updated our information for parents and carers to include a section on keeping children safe online. It provides links to online resources that will help support parents and carers in keeping their children safe online. **Internet link:** <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

Government: -

<https://www.gov.uk/government/organisations/public-health-england>

NHS 111:- <https://111.nhs.uk/covid-19> Updated constantly.

NHS: - Signs and Symptoms A-Z for all ages.

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

Living in Isolation:

Childrens Society - Self-isolating and dealing with conflict at home:
Self-Care, emotional resilience and building mental resilience.

<https://www.childrensociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>



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Online and offline safety....

Thinkuknow

a UK organisation which protects children both online and offline.

Parents:

<https://www.thinkuknow.co.uk/parents/>

Children or young people:

<https://www.thinkuknow.co.uk/>



EMOTIONAL SUPPORT HELPLINE



If you need some support, a listening ear, or you just want to chat. Here at Derbyshire Recovery and Peer Support Service, we are launching our helpline to offer emotional support to you.

**GIVE US A CALL ON 01773 734989
MON-FRI 9:00-17:00**

CEOP

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Webpage:

<https://www.ceop.police.uk/safety-centre/>

PACE

(Parents Against Child Exploitation: -

<https://paceuk.info/>