Monday, 11 May 2020

Locality: Chesterfield

Covid-19 - Community updates

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

Name: Roni Green and Susan Wragg

Contact details-

Roni Green - mobile-07717355716 (work- 01629 533896)

Susan Wragg -mobile-07900608343(work- 01629 536555)

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- **Support for Children and Young People**
- **Volunteering**
- **Any other Local info.**

Monday, 11 May 2020

Foodbanks

Local Info;

For further information on Foodbanks in Chesterfield email:
info@chesterfield.foodbank.org.uk

Tuesday 13:00 - 15:00
The Compass,
West Bars,
S41 1AZ
07984 589456

Friday 13:00 – 15:00
Loundsley Green Community Centre,
Cuttholme Road,
Chesterfield,
S40 4QU
07984 589456

Community of Christ, Thanet Street. Will be operating only as a delivery service – voucher required from referrer.

Food Deliveries



RUMBLING TUMS CAFÉ
Call 01246 556604
We do delivery's and collection all around chesterfield area (ring if you have any quires)

Winster Foods Deliveries
Chesterfield and Derbyshire
sales@winsterfoods.co.uk

Price and Fretwell

- Meat and more delivered to your door.
- **Free next DAY DELIVERY on orders placed before 5pm.**
- **Open Hours** Monday—Friday: 5:00AM–1:00AM Saturday 5:00AM–1:00PM

Chesterfield Morrisons Have Teamed up with Deliveroo for 30min Shopping Deliveries
https://deliveroo.co.uk/menu/chesterfield/brampton/morrisons-chesterfield

GW Price - Vegetables, Bread, Milk, Eggs

01246 432818
https://www.facebook.com/GWPrice-Ltd-103796967927279/

Focus Food Services - Meat, Frozen, Dairy, Bread

01246 280559 https://www.facebook.com/focusfoodservicesltd

Jacksons The Bakers - Bread, Cakes (collection only)
https://www.facebook.com/Jacksons-The-Bakers-Ltd-143151695826133

Holdsworths - Milk , Dairy, Meat, Frozen (Collection Only) http://www.holdsworthfoods.co.uk/depot-collection-service/

Dronfield Hall Barn - Fruit Veg, Dairy, Bakery

https://www.facebook.com/DronfieldHeritageProject/Robert Bowring

- Butchers Chesterfield - Meat
  https://www.facebook.com/BowringButchersChesterfield/

- **Adams Happy Hens** – Meat, Eggs, Vegetables (Delivery within 2 miles & Collection) 07923 276372

https://www.facebook.com/Adams-Happy-Hens-Farm-Shop-954587184620323/

- **Chesterfield's Victoria Bakery** - Bread, Meat and Grocery

  https://www.facebook.com/Chesterfields-Victoria-Bakery-194823640883943/

- **Jeanas Home Made Pies** - Pies

  https://www.facebook.com/jeana.wragg

- **Woodthorpe Grange Farm** - Dairy, Bread, Cakes (Delivery Clay Cross
  https://www.facebook.com/woodthorpegrange/

- **No.10** Bread, Milk, Cakes, Eggs

  01246 237843 https://www.facebook.com/No10Chesterfield/

- **Londis**,
  622 Chatsworth Road
  Chesterfield
  S40 3JX

Orders via the Shop number – 01246 568871
Payment over the phone or BACSAdams

Hasland Pet Supplies - Pet food deliveries

https://www.facebook.com/haslandpetsupplies/

Monday, 11 May 2020

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
enquiries@trusselltrust.org

Rural Action Derbyshire

www.ruralactionderbyshire.org.uk
Phone: 01629 592970
They have an alphabetical list of all food banks. If you would be interested in getting involved, please contact Jo Peck at j.peck@ruralactionderbyshire.org.uk

Monday, 11 May 2020

Money and Finance

Local Info;

Derbyshire Unemployed Workers Centre

Offers Help, Advice and Representation on Benefits and Credits

To Speak to an Adviser

Contact us on: 01246 231441

Weekdays 8.00 am – 4.00 pm

Website: www.duwc.org.uk

Email: info@duwc.org.uk

DUWC – Polish Community

Jeżeli:
- straciłeś pracę,
- grozi ci eksmisja,
- nie masz pieniędzy na opłaty,
- zostałeś bez środków do życia,
- nie wiesz jak wypełnić formularz o benefity,
- nie rozumiesz listu, który dostałeś,
- znalazłeś się w innej sytuacji kryzysowe

I POTRZEBUJESZ POMOCY – zgłoś się do nas.
Polskojęzyczni doradcy:
Telefon: Maria - 07592 386980
E-mail: Joanna.zon@duwc.org.uk
Strona internetowa: www.duwc.org.uk



We're reissuing a reminder to those in the **Chesterfield area, particularly within the postal code areas of S40, S41 and S42**, to a scam call that we have had an increased number of calls about over the past few weeks.
The call is from someone pretending to be a police officer who tells the person who answers, on some occasions that they are calling from the Serious Fraud Investigations Unit, and on others that they are a Detective Constable calling from London. The caller goes on to say that they are investigating the unauthorized use of that person's bank card and advises that the person should not tell anyone about this call as it may jeopardize the police investigation.

We're aware that a number of different names have been used by this scammer including DC Morris, DC Ryan, DC Clarke and Sergeant Wiggins.
If you receive such a call you should not give out any personal information and hang up the call immediately.
We know that this type of call can be linked to courier fraud.
This means that victims will be encouraged to withdraw funds from their bank account or give bank cards to a courier, arranged by the 'police officer' making the call under the guise of 'assisting with a police investigation'. The victim could also be asked to transfer money to a safe account via their online banking service.
The police will never contact you asking for banking information or request that you withdraw money from an account to aid an investigation.
Fraudsters often target geographical areas where they know elderly or vulnerable people live, so we would ask that if you have family or friends who are vulnerable in any way that you make them aware of this scam.
If you, or someone you know, receives a call of this nature please contact us as soon as possible. We will then assess the area that is being targeted, alert the banks and endeavor to protect other local residents to prevent any financial loss.

Facebook – send us a private message to /DerbyshireConstabulary
Twitter – direct message our contact centre on @DerPolContact
Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.

Reply by email - alert@neighbourhoodalert.co.uk
You can also call Crimestoppers anonymously on 0800 555 111.

Department for Work & Pensions	This website gives the most up to date government information for benefits, Universal Credits etc.	**website**
citizens advice Help where you want it, when you need it... Registered Charity No.1094369	**Citizens Advice** There is general advice specifically about COVID-19 on the national Citizens Advice website here: We cover a wide range of issues including… Housing (renting and home ownership) Debts and Money Problems Family and Relationships Health and Social Care Energy Efficiency Employment Consumer Benefits	Call our Derbyshire Districts Advice line: Monday to Friday 9.00am - 4.00pm 0300 456 8390 (See reverse for call charges) **website**

	Our advice is free, confidential, impartial and independent.	
	Covid-19 Cyber and Fraud Information Sheet East Midlands Special Operations Unit This advice has been collated by EMSOU and is intended for wider distribution within the East Midlands Region to raise awareness among businesses and the public. Advice and information is changing daily as we navigate our way through the COVID-19 pandemic, so please ensure you only take information from reputable sources.	**Website** **Website**
	Benefits during the Coronavirus This link has the most up to date information for benefits, Universal Credits etc. The Information is updated daily	**website**
	Money Advice Service The Money Advice Service gives guidance and help with how to manage your money better.	**website**

	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.	**website**
	Money Saving Expert Employment Help	**website**
	The Stop Loan Sharks Helpline Service - 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-	24/7 hotline 0300 555 2222 Text a report 07860022116 shark@stoploansharks.uk **website**
	Step change 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.	**Website**
	Warmer Derby & Derbyshire helpline is open Our energy bills/cold homes phoneline service is still running, albeit in a modified form. The Warmer Derby & Derbyshire number is still available **0800 677 1332**, while home visits will be replaced by conference/video calls where appropriate, and/or postage of information leaflets & materials. We're conscious that incomes are being hit while energy bills may be going up as people stay home, and support is harder to access. We want to do all we can whilst not compromising health of clients and	

	colleagues. Stay healthy & hope to hear from you soon. As households around Derbyshire stay at home, our energy bills are set to rise as gadgets become essential for staying in touch and the heating needs to be on during the day. Keep ahead of the game by calling an Energy Advisor at Warmer Derby & Derbyshire on **0800 677 1332**. You can call for advice about: • energy bills • switching tariff • how to make your home more energy efficient • how to apply for grants for heating systems and insulation We also have a small crisis fund for vulnerable households with acute problems affected by COVID-19 and associated difficulties in contacting suppliers. Please call us for more information. Freephone: 0800 677 1332 or email wdd@mea.org.uk	

About Money Sorted in D2N2

Money Sorted in D2N2 provides support and personally tailored interventions for people experiencing financial difficulty. It can help you take control, build your confidence and skills and help you tackle barriers and problems in order to improve your financial well-being for the longer term.

Who is it for?

Anyone who is experiencing financial difficulties and worries and would like some support. It is for people living in either Derby, Derbyshire, Nottingham or Nottinghamshire.

You need to be of working age and either unemployed or not in paid work at the time of starting.

What does the project provide?

- A personal worker working with you (a 'Personal Navigator')
- Assessment of your financial well-being
- Personal action plan
- Help to improve your skills, knowledge and confidence with different money issues, (topics such as budgeting, banking, debt, credit, saving). This is tailored to your needs through one to one or group sessions.
- Option of a Money Mentor
- Support (or referrals) with your current financial circumstances, (such as benefit, debt, banking).
- Support getting into employment, training or job search.

How is the project funded?

'Money Sorted in D2N2' is a project funde part of the Building Better Opportur programme in D2N2. The project is funded b European Social Fund and The National Lo Community Fund.



'I have been very happy with the service provided b Money Sorted. It has been a big help to me to move forwards and also have an understanding of money situations to deal with'

- (participant)

'Money Sorted In D2N2' helps people with money management and supports them to improve their financial well-being.

It can help you if you are someone not in w and you live in Derby, Derbyshire, Nottingh or Nottinghamshire.

Money Sorted in D2N2 Office
Tel: 0115 908 1534
Email: info@moneysortedind2n2.or
www.moneysortedind2n2.org

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Housing

Local Info;

Many of the council's services can be accessed through using our website forms which can be found at www.chesterfield.gov.uk/contactus You can also reach our services including benefits, council tax, licensing and many more via email, these are listed on our website at www.chesterfield.gov.uk/coronavirus

The customer service call centre can also still be reached by calling 01246 345345 between 8.30am – 5.00pm, Monday to Friday.

If you are homeless and need urgent support, our homelessness service can be reached on 07870 277291.

If you need to apply for an emergency payment from the Derbyshire Discretionary Fund, you can call Derbyshire County Council directly on 01629 533399.

We are happy to accept copies of forms and documents online and encourage you to use this method to provide us with information. If you need support to do this, please call us on 01246 345345 and we will be pleased to help you.

Payments can be made online at www.chesterfield.www.chesterfield.gov.uk/pay or by using our automated telephone number 0345 602 0214. If you are unable to use these methods, please contact us on 01246 345345 and we will do all we can to help.

Chesterfield Borough Council-Keep up to date with changes to services due to COVID 19 on our website **https://www.chesterfield.gov.uk/coronavirus**

Information from Chesterfield Borough Council-updated

Emergency housing repairs – 01246 345041

Careline and Support Services- Chesterfield Borough Council

https://www.chesterfield.gov.uk/living-here/people-and-families/vulnerable-elderly-disabled-people/careline-and-support-service.aspx

Keeping up to date

The best way to keep up to date with the latest information on changes to Council services to visit the Council's website, www.chesterfield.gov.uk, and click on the "Coronavirus COVID-19 updates" icon on the homepage. This will take you to the Coronavirus information hub which is updated daily and provides links to external websites for further information.

Facebook - @ChesterfieldBoroughCounci

Twitter - @ChesterfieldBC

We have pinned a 'contact us' post to our social media feeds with the contact information for the most common enquiries. These include:
Business rates/council tax: revenues.billing@chesterfield.gov.uk
Homelessness: homelessness.prevention@chesterfield.gov.uk
Housing rents: revenues.rents@chesterfield.gov.uk
General housing: Neighbourhoods.Team@chesterfield.gov.uk
Careline/sheltered housing: Queries.careline@chesterfield.gov.uk
Repairs: repair.requests@chesterfield.gov.uk
Benefits: benefits@chesterfield.gov.uk

Homelessness Support

Chesterfield Borough Council, along with its near neighbouring local authorities in the North Derbyshire Homelessness Forum, has stepped up its efforts to tackle homelessness and ensure that everyone has an offer of suitable shelter at this difficult time.

The main homelessness contact number is now 07870 277291 or referrals can be made via email to homelessness.prevention@chesterfield.gov.uk.
Pathways of Chesterfield, who the council work in partnership with to deliver essential support services, can also accept referrals from the public or people requiring assistance. Pathways can be contacted on 01246 498204.

You can also refer rough sleepers via the Streetlink service.

Should you be aware of a resident who needs assistance outside of office hours please contact the out of hours team by calling Derbyshire County Council on 01629 533190.

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

Morrisons Foundation – Covid 19 Homeless Support Fund. The Morrisons Foundation has announced a Homeless Support Fund aiming to fund charities caring for the homeless during the Covid 19 outbreak and ensure help gets to those who need it.

The Foundation recognises that homeless people are particularly vulnerable to Covid 19 because of underlying health conditions and are less able to access basic sanitation.

There is a total of £500,000 for this fund and awards of up to **£10,000** are available. Smaller requests will allow more charities to be supported from the fund.

Registered charities that care for the homeless can apply to cover the broad areas:

- Outreach and support to rough sleepers
- Delivery of services in hostels and shelters
- Information and advice

Applications can be made at anytime. www.morrisonsfoundation.com/latest-news/covid-19/

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;

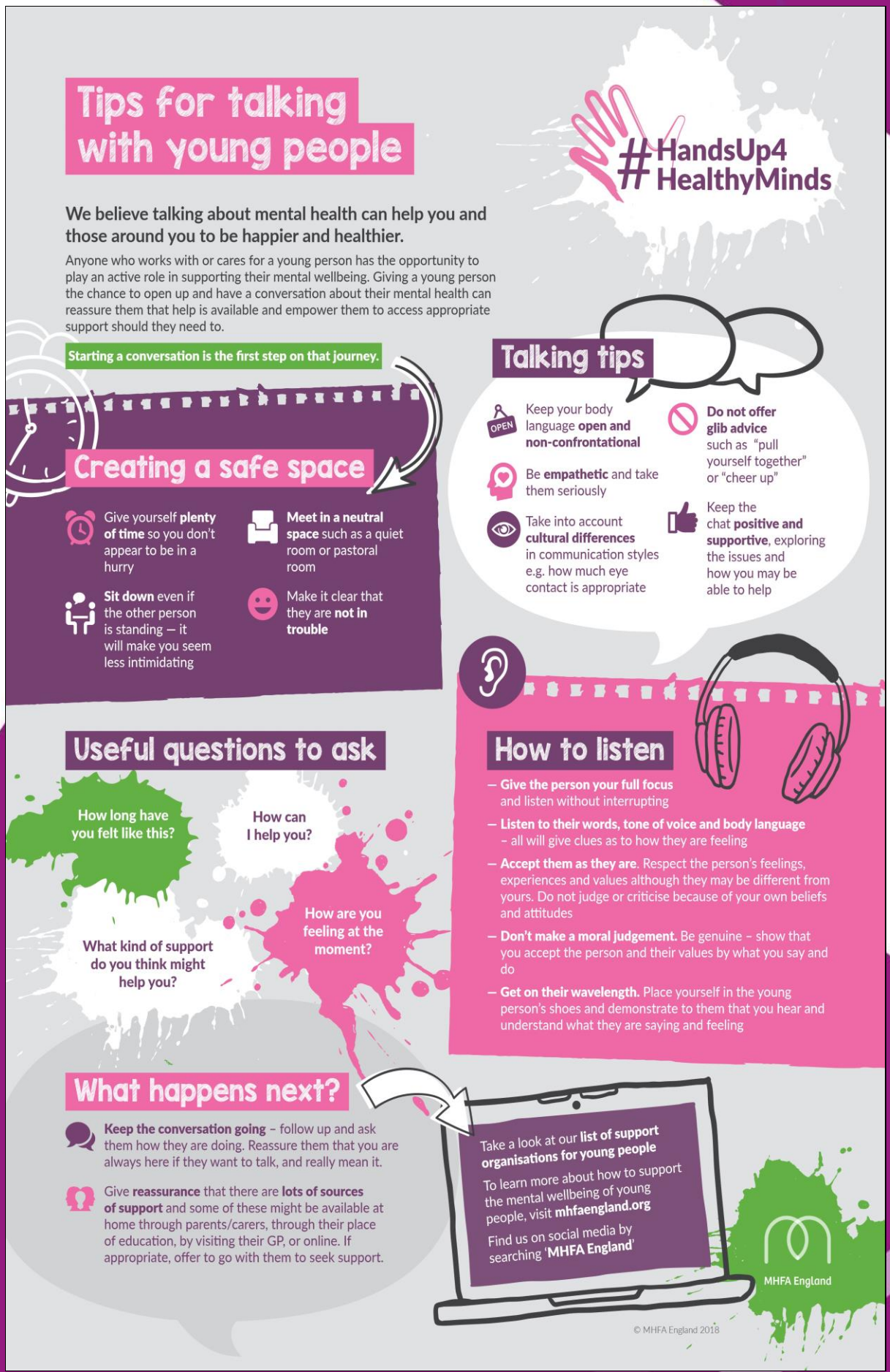
Specialist Community Advisors – CAMHS

Chesterfield Sth & Central:

Liz Stephens Tel: 07795 354 988

Email: e.stephens1@nhs.net

Chesterfield Nth,
Staveley & Brimington:
Natalya Van Steenbergen
Tel: 07766 697 940
Email: natalya.vansteenbergen@nhs.net


Tips for talking with young people
#HandsUp4 #HealthyMinds
We believe talking about mental health can help you and those around you to be happier and healthier.
Anyone who works with or cares for a young person has the opportunity to play an active role in supporting their mental wellbeing. Giving a young person the chance to open up and have a conversation about their mental health can reassure them that help is available and empower them to access appropriate support should they need to.
Starting a conversation is the first step on that journey.
Creating a safe space
Give yourself plenty of time so you don't appear to be in a hurry
Meet in a neutral space such as a quiet room or pastoral room
Sit down even if the other person is standing – it will make you seem less intimidating
Make it clear that they are not in trouble
Talking tips
Keep your body language open and non-confrontational
Do not offer glib advice such as "pull yourself together" or "cheer up"
Be empathetic and take them seriously
Take into account cultural differences in communication styles e.g. how much eye contact is appropriate
Keep the chat positive and supportive, exploring the issues and how you may be able to help
Useful questions to ask
How long have you felt like this?
How can I help you?
How are you feeling at the moment?
What kind of support do you think might help you?
How to listen
– Give the person your full focus and listen without interrupting
– Listen to their words, tone of voice and body language – all will give clues as to how they are feeling
– Accept them as they are. Respect the person's feelings, experiences and values although they may be different from yours. Do not judge or criticise because of your own beliefs and attitudes
– Don't make a moral judgement. Be genuine – show that you accept the person and their values by what you say and do
– Get on their wavelength. Place yourself in the young person's shoes and demonstrate to them that you hear and understand what they are saying and feeling
What happens next?
Keep the conversation going – follow up and ask them how they are doing. Reassure them that you are always here if they want to talk, and really mean it.
Give reassurance that there are lots of sources of support and some of these might be available at home through parents/carers, through their place of education, by visiting their GP, or online. If appropriate, offer to go with them to seek support.
Take a look at our list of support organisations for young people
To learn more about how to support the mental wellbeing of young people, visit mhfaengland.org
Find us on social media by searching 'MHFA England'
MHFA England
© MHFA England 2018



COVID-19: guidance on supporting children and young people's mental health and wellbeing

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Easy read version:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

	Dr Radha's five mental health tips for lockdown Dr Radha Modgil from BBC Radio 1's Life Hacks shares her top five tips on how to stay mentally and emotionally well during the coronavirus lockdown, all beginning with the letter C. Sticking to a routine, making sure we take care of ourselves, and using our creativity in new ways are all ways she suggests we can ease the psychological toll that staying inside is having on all of us.	**Website**
	Derby and Derbyshire: Emotional Health and Wellbeing.	**Website**
	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+ Lesbian, Gay, Bisexual, Trans*	**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. Online chat: Available on Facebook www.facebook.com/derbyshirelgbt/	**website** **Telephone:** 01332 207704 **Email:** INFO@DERBYSHIRELGBT.ORG.UK
THE MIX	**The Mix** Essential support for under 25's, including mental health, housing and relationships	**Website**
WINSTON'S WISH Giving hope to grieving children	**Winston's Wish** Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times.	**Website**
EVERY MIND MATTERS	**Every Mind Matters** 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.	**website**
"It's alright to ask for help" SAMARITANS 116 123	**Samaritans** 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.	**website** Telephone: 116123

	Place2Be 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.	**website** **Telephone:** 020 7923 5581 **Out of hours:** 07850 265681
	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. Daily tips and tricks on how to boost your wellbeing/ Feel Good Booklet https://www.actionforchildren.org.uk/support-for-parents/	**website**
	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
	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 volunteer opportunities across Derbyshire, and also peer support groups where there is a need	**Website** **Telephone:** 01773 734989
Deaf-initely Women	**Deaf-initely Women** **What support do they offer?** Definitely Women have created a new group for women who are deaf, deafblind, hard of hearing and any hearing loss. Every Thursday 2-3pm – we will be around on Facebook group but most of us will be using Zoom – more private and able to see each other with subtitle. Especially in this difficult time with Coronavirus, we want to support you to prevent feeling isolated and lonely. We want all deaf and hard of hearing women to be included to discuss various topics, drop in chat or even just a quick hello! We will be setting up Zoom topic group, we will include caption/voiceover/BSL.	**Website**
vita health group	**Vita Minds** Vita Minds are new NHS providers within the IAPT (Improving Access to Psychological Services) community commissioned by Derby and Derbyshire CCG. The service is now live and offers a range of talking therapies for depression, generalised anxiety disorder, mixed depression and anxiety and a range of other conditions - the full list is on their general information leaflet HERE. People can refer themselves directly into the service either by calling 0333 0153 496 or by visiting the website and using the self-referral form HERE. Vita's new service further increases the options and accessibility for patients being	

	referred into the service and in the current circumstances offers a service that does not require face to face appointments.	



vita health group

What is VitaMinds?

VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. VitaMinds can help. If you are over 16 and live in Derby and Derbyshire we can support you and provide you with the tools you need to get things back on track.

If you are suffering from:

- Excessive worry
- Low mood
- Depression
- Anxiety
- Social Anxiety
- Agoraphobia
- Obsessive Compulsive Disorder
- Body Dysmorphic Disorder
- Panic
- Trauma
- Specific Phobias
- A lack of motivation
- Have a Long-term health condition such as Diabetes, CPD, Chronic Pain, IBS, you are more likely to feel low in mood

VitaMinds can provide you with advice and guidance on the best options for you. We will take the time to understand what you need to get back on track.

We provide a range of evidence based talking therapies as well as advice and guidance on community services that can support you in your local area.

How we can help

Call or refer online and our supportive team will book you an appointment with one of our therapists who will take the time to talk with you about what's concerning you and provide you with the best options and next steps that can help.

These initial appointments will usually be offered by telephone.

Talking Therapies:

For your choice and convenience, all of our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one, in a group).

- Psycho-educational courses – An opportunity to learn with others about your symptoms and new coping techniques
- Computerised Cognitive Behavioural Therapy (CCBT) – You need access to a computer for this
- Self-guided therapy with phone support from a therapist. 12 months access to a range of self-help materials
- Cognitive Behavioural Therapy (CBT) – Individual talking therapy that aims to change negative thinking and develop new ways of coping
- Eye Movement, Desensitisation and Reprocessing (EMDR) – specifically for trauma
- Counselling for Depression – where you've tried CBT and prefer a counselling approach
- Mindfulness – for recurrent/repeated episodes of depression
- Couples CBT for Depression – designed to treat depression in couples where there is also relationship distress

Monday – Friday 8.00am – 8.00pm, Saturdays 8.00am – 12.30pm
0333 0153 496 | iapt.derbyshiregpnhs.net | vitahealthgroup.co.uk/vitaminds

NHS
Derby and Derbyshire
Clinical Commissioning Group

First Steps – Together At Home

First Steps know this time is particularly difficult for many, therefore they are providing a range of weekly opportunities for their service users and anyone seeking support to come together and support each other, learn something new, create together by using their interests and skills and just have some fun.

The First Steps team is working with some wonderful collaborators from around the country to bring opportunities which you can engage in focused on our well being and positive mental health.

Activities include:

- Be Creative is a collaboration with Lorna Collins

- Mindfulness Monday Mornings and Tuesday Evenings

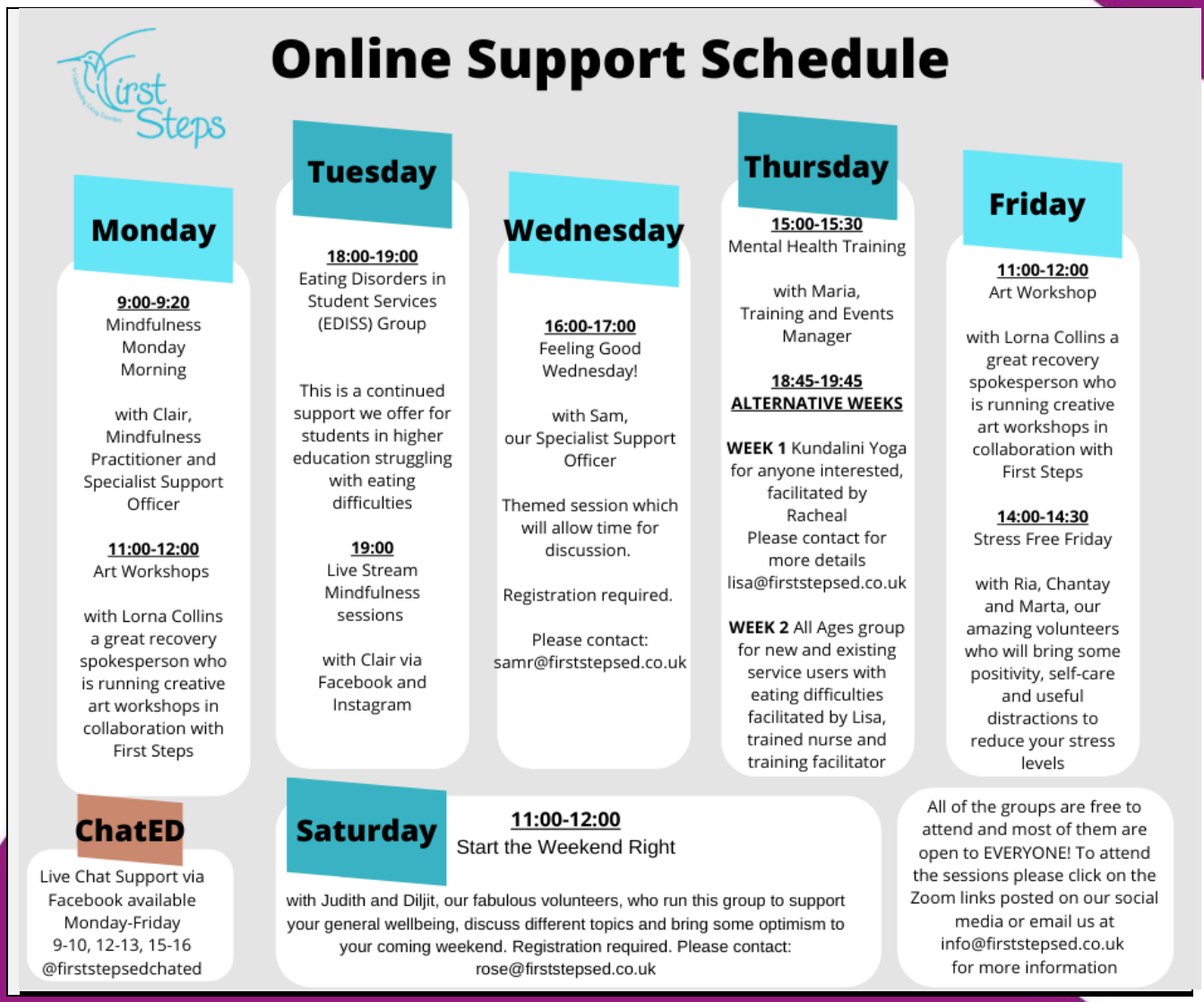
- Mental Health Training

To find out more and follow the links to join in click HERE

Online Support Schedule

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
(see below)

Monday, 11 May 2020



Domestic Abuse

If you are in immediate danger call the police 999

Silent Calls to the police (if you can't speak) – 999 55

Monday, 11 May 2020

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

Local Info;

The Elm Foundation new website

The Elm Foundation represents a safe, welcoming, supportive place for any man, woman or child affected by domestic abuse.

They are pleased to introduce their new website www.theelmfoundation.org.uk

There is a separate link for the domestic abuse helpline integrated within the body of The Elm Foundation's website. It has been constructed in this way to ensure the helpline is advertised across Derbyshire.

	The National Domestic Abuse Helpline Provide guidance and support for potential victims, as well as those who are worried about friends and loved ones.	**website** 0808 2000 247 24 hours a day Free Calls
SaferDerbyshire	**Safer Derbyshire** Derbyshire 24/7 helpline	**website** 08000 198 668
women's aid	**Women's Aid** Provides additional advice, extra support is available designed for the current coronavirus outbreak, including a live chat service.	**website**
	Respect Support if you are worried about hurting someone If you are worried about hurting the ones you love while staying at home.	**website** 0808 8024040

	Salcare 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	**website** enquiries@salcare.org.uk 01773 765899
	Galop Domestic Violence support for members of the LGBT+ community	**website** 0800 999 5428 help@galop.org.uk
	The Men's Advice Line A confidential helpline for male victims of domestic abuse and those supporting them.	**website** 0808 801 0327

Safeguarding

Local Info;

New suicide bereavement support in Derbyshire

Two local providers have started offering support for people bereaved by suicide. The Tomorrow Project offers immediate support to people affected by a suicide, including family, colleagues or professionals. Survivors of Bereavement by Suicide (SOBS) run peer support groups, a helpline and online support which anyone bereaved by suicide can access at any time. These services are supported by the development of a local bereavement by suicide pathway to raise awareness, create a joined up approach and enable better access to appropriate support. For further details see the websites of The Tomorrow Project and Survivors of Bereavement by Suicide (SOBS).

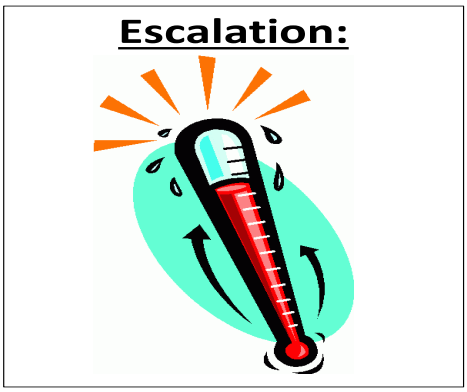
		
STARTING POINT A new way of working in Derbyshire. NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk childline ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111	**Derbyshire County Council** If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire/Starting Point. **NSPCC** Support for Children and parents in regard to mental health, safety, bullying etc. **Child Line** If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.	**website** Call Derbyshire 01629 533190 Starting Point 01629 535353 website website
	ACT has also launched free online seminars on safeguarding and they are exploring e-learning modules in safeguarding – if you are interested in finding out more please follow them om Twitter https://twitter.com/AnnCraftTrust or Facebook https:///www.facebook.com/AnnCraftTrust/ and/or sign up to their newsletter via the website.	
	For concerns that are not immediate you can contact Derbyshire police using any of the below methods: Facebook – send them a private message to /DerbyshireConstabulary Twitter – direct message their contact centre on	

	@DerPolContact Website – complete the online contact form www.derbyshire.police.uk/Contact-Us. Phone – call them on 101. **Supporting vulnerable children and young people during the coronavirus outbreak**	

Parental Support

Local Info;

De-escalaction Leaflet





Dealing with loss

Bereavement Resources to use to

The Cruse www.cruse.org.uk

Provides supportive information to help anyone deal with their difficult emotions and situation if they have been bereaved.

Free telephone support sessions for adults by phoning: - 01246 550080 leave clearly your name and phone number on the answer machine and **we will return your call.** Messages are accessed regularly each day.

Or email chesterfieldcruse@gmail.com with the same information.

 **Parent Zone** **What support do they offer?** We offer information and support in understanding the digital world, to help raise resilient children. Our services include Parent Info, and the **Parent Lounge**, which gives access to our Parenting in the Digital Age training course. **Schools** Parent Zone's Digital Schools Membership supports schools in keeping children safer online, fostering resilience and helping them educate pupils for a digital future. As well as Digital Schools Membership, we deliver the Parent Info service (offering articles and advice for parents, to run free of charge on school websites), and in-school training sessions. **Local Authorities** Parent Zone's **Digital Resilience Membership** supports effective work with parents and families in all communities, covering all the issues amplified by the internet.	**Website**
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 Lockdown help with the latest information on supermarkets, MOT's and more.	**website**
DIY Haircuts	**website**

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

Communication Unlimited  Communication Unlimited provide sign language interpreting in a range of situations, they are still open during COVID-19 and can help if you have a health appointment, if you need to get a repeat prescription or need to call the doctor etc. They cover the whole of Derbyshire.	Tel: 01332 369920 SMS: 07812300280 • Fax: 01332 369459 • Email: bookings@cu-bsl.co.uk Facebook: https://www.facebook.com/BSLcommunicationunlimited/

Education

Local Info;

Managing_grief_A_guide_for_educatior

Remembering_Collaborative_projects_fo

Primary School Resources **Secondary School Resources** **Digital Skills**	**website** **website** You can find support with digital skills from the Good Things Foundation at: Learn My Way: www.learnmyway.com/ and Make it Click: https://makeitclick.learnmyway.com/directory
Indoor Activities	English – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578

	Polish – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=287903f4-9808-4e87-a633-49a4306cfd6f
Outdoor Activities	English – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=fd30d8de-fc23-45d8-93f1-d2eead8f13bf Polish – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=22d0d143-98c4-4aca-b829-f65d11bbf6fc
Kitchen Activities	English – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=a4aa24ed-ed26-4bd5-a2eb-be11fddde0bb Polish – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=17c6ad2e-afb5-43a2-8ff1-000d2da05901
Make it activities	English – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d Polish – https://www.britishscienceassociation.org/Handlers/Download.ashx?IDMF=544a9b44-216f-454e-8bbf-11245ea47d0d

DERBYSHIRE County Council

National Careers Service

Information of our service during the Covid-19 outbreak

Our centres are currently closed for face-to-face appointments, but we're still offering impartial information, advice and guidance in other ways. Get in touch if you're looking for work, training, education and / or recently been made redundant?

Derbyshire County Council National Careers Service are continuing to work to support Derbyshire residents and are open to referrals. This support will be via telephone, Skype, text and / or email.

Please get in contact with your local Careers Coach as listed below:

- Chesterfield (Dronfield/Staveley/Alfreton/Eckington) contact Wendy Leigh 07717 303855
- Derbyshire Dales (Matlock/Ashbourne/Belper) contact Yvonne Power 07967 308873
- Erewash/South Derbyshire (Ilkeston/Long Eaton/Heanor/Swadlincote) contact Chris Ellerington 07896 804096
- High Peak (Buxton/Glossop/New Mills) contact Sarah Kelly 07967 391263
- North East Derbyshire (Clay Cross/Bolsover/Shirebrook) contact Sue McDonald 07967 308905



CALLING ALL YEAR 11, 12 & 13 PUPILS!

National Careers Service COVID-19 Activities

Have you been unable to sit your exams? Are you unsure of your options and what to do next? We can help and support you with this.

Careers support is also available to anyone over 16 with no upper age limit.

Please contact ncs.scans@derbyshire.gov.uk or 07812 473033/07812 473034 for more information.

Date of publication: 28/04/2020

DERBYSHIRE County Council

Employment/ Training

Local Info;

- **Staffline** - Offering a nationwide recruitment campaign, to support the UK's essential services, including food supply, retail and delivery. Some of the employers involved are Amazon, Morrison's, Tesco, Sainsbury's, Ocado and Staffline. Information and route to apply for opportunities is via the website (link is external)

- For various temporary with national employers please visit - psa.org.uk/pages/covid-19-temporary-work-vacancies

Latest Local Vacancies

- Assembly Operative – Maxi Grow, Chesterfield. To apply visit - www.indeed.co.uk

- Fruit & Vegetable Assistant – Hasland Fruit & Flowers. To apply visit - www.indeed.co.uk

- Landscape Gardener - Upex Group,Chesterfield. To apply visit - www.indeed.co.uk

- Payroll Administrator – Sharp Consultancy, Chesterfield. To apply visit - www.sharpconsultancy.com

- **Boots** Are recruiting pharmacy, pharmacy support and supply chain roles across the East Midlands - website (link is external)
- **Lidl** Are recruiting a Deputy Store Manager & Customer Assistant in Chesterfield (Chatsworth Rd) - careers.lidl.co.uk
- Sainsbury's Are recruiting Home Delivery Drivers in Chesterfield - sainsburys.jobs

- Caretaker/Cleaner – Aldi, Dronfield. To apply visit - Aldi Vacancies

- Cleaning Operative – Mitie, Chesterfield. To apply visit - www.indeed.co.uk

- Call Handler – SBA Nationwide Ltd, Chesterfield. To apply visit - www.indeed.co.uk

- Caretaker – Derbyshire County Council, Chesterfield. To apply visit - jobs.derbyshire.gov.uk

- Warehouse Operative – Thorn Baker, Chesterfield. To apply visit - www.tiptopjob.com

- Full and Part Time Customer Relations Advisors – XBite Ltd, Chesterfield. To apply visit - www.indeed.co.uk

- Payroll Administrator, Part Time – Brewsters Partners, Chesterfield. To apply visit – www.brewsterpartners.co.uk

- Care Worker (Community) – Derbyshire County Council. To apply visit - jobs.derbyshire.gov.uk

Health & Social Care

- **Department of Health & Social Care** have launched a national recruitment campaign called 'Care for Others. Make a Difference'. The campaign seeks to generate a mass show of appreciation for care workers across the country, while continuing to raise awareness of existing opportunities available within the sector. To find out more visit - www.everydayisdifferent.com

- **NHS Jobs** are currently advertising 111 vacancies in Chesterfield and surrounding areas. For full details visit - www.jobs.nhs.uk

Transport and Logistics

- Hermes are recruiting self-employed courier drivers. To find out more visit - beacourier.co.uk

- Markham Vale's twitter feed is constantly being updated with latest vacancies that have become available - twitter.com/MarkhamValeJobs

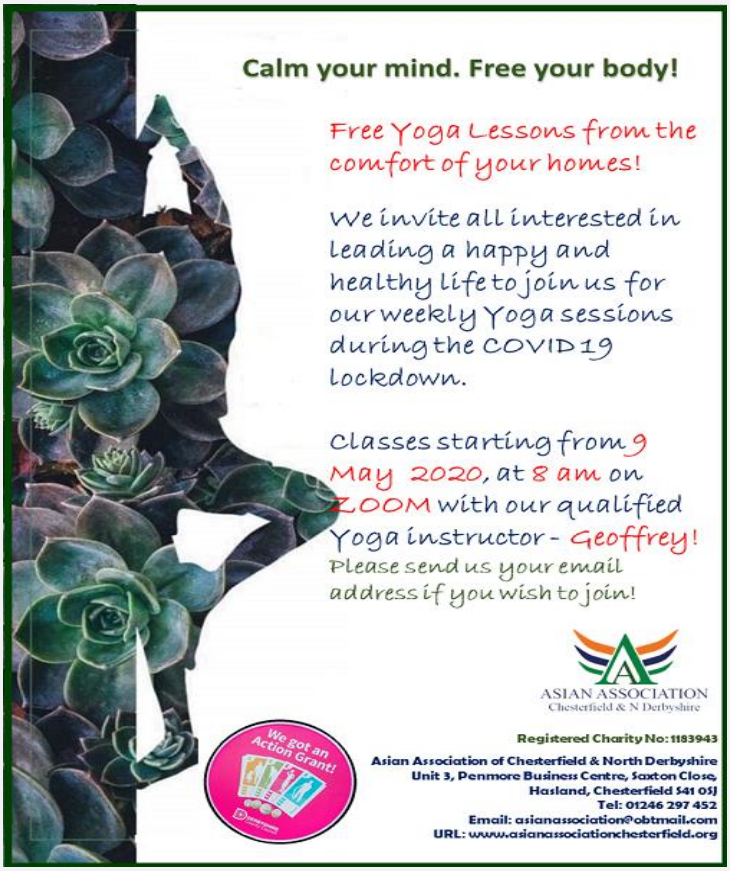
This website covers groups and support nationwide. https://covidmutualaid.org/local-groups/.	
GOV.UK This government website offers training courses at 'beginner', 'intermediate; and 'advanced' levels and takes the learner to the relevant training provider offering courses. All training courses are FREE.	**Website**
Bassetlaw CVS	**website** 01909 476118

	admin@bcvs.org.uk
Links CVS	**website** 01246 274844 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**
	
Inspire Culture | Learning | Libraries **Inspire**	**Website**

What support do they offer? Aged 16-24 and unsure what you are doing from September? Inspire Learning Study Programmes are ENROLLING NOW!	
Free Short Courses – Advanced skilled programme. Entrepreneurial & Small Business Marketing **29 April 2020, 10am-12pm** Introduction to Strategic Marketing in a Digital Age **Delegates to log in to two sessions:** **Session 1: 6 May 2020, 2pm – 3.30pm** **Session 2 :13 May 2020, 2pm – 3.30pm**	

Community Support

Local Info;



Chesterfield Community Volunteers
https://www.facebook.com/groups/209686376915676/?ref=share

Kindness works
https://m.facebook.com/groups/2361989460758159/?notif_t=groups_member_joined&notif_i d=1584225147539987&ref=m_notif

Derbyshire County Council's Community Response Unit can help deliver essential services to those in need during the coronavirus outbreak.
Find out how you can get support or help volunteer here: https://crowd.in/uwhwwU

NHS worker Tom Oxley
Tom, set up the Chesterfield Community Volunteers to enlist drivers, telephone befriending buddies, food shoppers and others who can support the elderly and those most at-risk. If anyone has any recommendations, or would like to get involved.
Email: mrtomoxley@sky.com

Derbyshire Carers Association's Offering telephone support and ceasing all home and office visits You can use the Main Office option 1 on the DVA phone number if you need to speak to us: 01246 555908 ext 1.

Holme Hall Unite are proving surplus food distribution from supermarkets to older and isolated people in Holme Hall.

Please contact Tony Hedley on 07547 757670

or by email to tonyhedley@gmail.com.

DVA Facebook page We have created a Facebook page to help us all connect and to share community activities and support people can access.
Click on the link https://www.facebook.com/covid19connect/

Zoom Meetings.
A series of online 'Zoom' meetings together to share challenges and opportunities. Zoom' is an online video-conferencing platform will simply send you a link which you then click on at the scheduled time of the meeting you're choosing to join.
See here for instructions. Click here for the invitation and times of meetings to see which one you'd like to join.
The links to join each meeting can be accessed here. Please choose one meeting to join.

Chesterfield Community

Volunteers https://www.facebook.com/groups/209686376915676/ref=share

Chesterfield Barnes Ward
Mutual Aid COVID-19 https://www.facebook.com/groups/66327547071

Residents of St Augustine's, Birdholme, Grangewood & Boythorpe Community https://www.facebook.com/groups/1703195939956394/

Umbrellas Cosy Hub https://www.facebook.com/UCHGrangewood/

Gussies Kitchen **https://en-gb.facebook.com/gussiessuperkitchen/**

Active Age Project
(AA) works with people over 55 yrs who are isolated and lonely. The area we cover is Chesterfield Bolsover and NED.

Telephone Befriending Service (TBS)
If you have any questions about the charity or the projects please contact Ann Monks on this email co@ageconcernchesterfield.org.uk or mobile 07889 923205.

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

Transition Chesterfield-online events and meetings

XR Chesterfield & NE Derbyshire

Continuing to meet via zoom on Tuesdays at 7.00
Join them online on 21st April:
https://us04web.zoom.us/j/77003382457?pwd=cGN4dU0bTZaMjVTejQvUnZKQT09&status=sucess

(If you're new to Zoom click the link now so that you have time to download the app. Problems? Call/Text Brian 07810 705513)

African and Caribbean Association

Tel: 07958955929 Email: accachesterfield@gmail.com

Facebook: @AccaChesterfield

Bike repairs.

You can either take it to a bike shop, or businesses such as Monkey Park and Brampton Cyclery offering bike repairs, which are still open as classed as essential services. Alastair, who runs Dr Bike has also kindly offered a **remote Dr Bike service**, to discuss and offer advice by video call.

Contact him via secretary@chesterfieldcc.org.uk.

Derbyshire Law Centre free housing, debt, immigration, employment. Môn-Fri 01246 5550675
Freephone: 0800707 6990
dlc@derbyshirelawcentre.org.uk

Living Well with Dementia Online Programme

Here is a link to an online version of the Living Well with Dementia Programme:
https://surveys.derbyshcft.nhs.uk/s/LivingWellWithDementia/

It has been developed by Derbyshire Community Health Services & Derbyshire Healthcare NHS Foundation Trust who are currently unable to provide their face to face Living Well with Dementia groups due to COVID-19. This resource could be helpful to people with mild dementia and their carers & families. It has some useful links to activity ideas & resources towards the end of the course.

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

Deaf-initely Women Community Support Group



Definitely Women have created a new group for women who are deaf, deafblind, hard of hearing and any hearing loss.

Every Thursday 2-3pm – they will be around on Facebook group but most will be using Zoom – more private and able to see each other with subtitle.

Especially in this difficult time with Coronavirus, they want to support you to prevent you feeling isolated and lonely. They want all deaf and hard of hearing women to be included to discuss various topics, drop in chat or even just a quick hello!

They will be setting up Zoom topic group, and will include caption/voiceover/BSL.

Visit their website https://www.deafinitelywomen.org.uk/ to find out more.

You can also read the latest Deaf-initely Women newsletter HERE.

Monday, 11 May 2020

Alcohol and Substance misuse support

Local Info;

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;

Voyage of Discovery- Participants can do their Discover Arts Award, get support from us along the way and receive an official certificate from Trinity College, London to take into school when they return.
https://junctionarts.org/community-projects/voyage-of-discovery/

Dealing with loss

12583-Teenagers-Guide bereavement.p

NHS Bereavement Document.docx

Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19) outbreak and our updated services and opening times.

Hope Again website www.hopeagain.org.uk with message boards to share their experiences, and a lot of information for young people and their families



Monday, 11 May 2020



Childrens guide to Coronavirus
Website

Covid-19 Packs for Children
Website

Action for Children - 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

What support do they offer? 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

UNICEF for Every Child

Website

ONLINE Postal Condoms
Website

Volunteering

Local Info;
An amazing, interactive, flexible and free online training session aimed at the voluntary sector

Evaluation, what, why, how and when? with Professor Alex Nunn, University of Derby

Starting as soon as you're ready with bited-sized videos followed by two customised sessions beginning on Monday 18th May 10.00am

Monday, 11 May 2020

Booking Essential



Evaluation - what, why, how and when?

A FREE interactive online course aimed at Community & Voluntary sector organisations or groups in Chesterfield.

Evaluation helps you assess how far you are meeting your objectives. Evaluation provides evidence of the benefits you provide, which are key to securing funding for further development. It can enrich the stories you bring to your marketing. Evaluating what you do helps with your planning process, to fix problems and adapt where necessary to ensure your activities are as effective as possible. Good quality evaluation can help motivate you and your supporters towards further success.

Lead by Professor Alex Nunn from Derby University - Professor of Global Political Economy and Director of the Social, Cultural and Legal Research Centre. Teaching on the sociology, social policy, politics and international relations programmes

- Getting started: Why evaluate/what is evaluation?
- An introduction to some common terminology…debunking complex language!
- Overview of some different types of evaluation methodology and when to choose them?
- Experimental approaches.
- Theory-based Approaches.
- Levels of evaluation in training style interventions.
- Understanding impact.
- Collecting Data.
- Taking control of evaluation as part of your organisational strategy.
- Ethics and Data Protection.
- Some insights into Social Return on Investment.
- Disseminating your findings.

1. Following your booking you will be sent links to a series of bite size pre-recorded lectures and a short survey to complete prior to the first 'live' sessions.

2. You will receive a Zoom link to join a full group Q & A session on Monday 18th May at 10am where questions raised in the survey will be addressed live by Prof. Nunn.

3. You will be invited attend a smaller group Zoom session to help address specific issues around evaluation for your particular organisation. As well as personalised feedback from Prof. Nunn, you will be grouped with others with similar concerns to allow for networking and peer support. You will attend ONE of the following sessions –

18/05 2pm; 19/05 10am; 19/05 2pm; 20/05 10am; 20/05 2pm;

Places are limited so please book soon to avoid disappointment and we ask that you book a maximum of two people per organisation.

We encourage you to follow us on twitter @ComChesterfield and tag us in your tweets as you go through the course. Learning together, apart.

If you'd like to book a space on the course, please click below.

Click here to book on to this course

If you have any questions, do get in touch with us at community@dva.org.uk . We look forward to receiving your booking!

Volunteering opportunities

- **NHS Volunteers**

Chesterfield Volunteer Centre 01246276777 mrtomoxley@sky.com

NHS Volunteer Response Covid-19

How to volunteer - How to request help - How to refer for help

Sign up as a volunteer at: https://www.goodsamapp.org/home

The volunteer roles are:

- Check-in and Chat volunteer
- Community Response volunteer
- NHS Transport Volunteer

Derbyshire Voluntary Action 'COVID-19 Connect' Facebook

https://www.facebook.com/covid19connect/

The Chesterfield and North East Derbyshire Council for Voluntary Service and Action Limited

Contact Links CVS on: 01246 274844

Or email: info@linkscvs.org.uk

You can contact Chesterfield Volunteer Centre on 01246 276777 info@chesterfieldvc.org.uk. They are open on 9:00am-5:00pm Monday - Friday. They do shopping and deliver and you can pay by card. http://chesterfieldvc.online/

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 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".

Monday, 11 May 2020

Derbyshire Carers Telephone Befriending

Telephone Befriending at Derbyshire Carers Association (DCA) is a regular friendly call from a fully trained volunteer to help alleviate isolation and provide some company and light conversation to adult Carers (over 18) within Derbyshire (not Derby City). DCA phone volunteers give support, reassurance, a listening ear.

The DCA Telephone Befriending service is continuing to run in the usual manner throughout the COVID-19 period. DCA established Volunteer callers are continuing to make their calls from home, as usual, to Carers they have previously been matched with, as well as any new Carers needing a chat. DCA Peer Support staff are also helping to provide befriending calls to isolated Carers during this time of increased need.

During the COVID19 period DCA are able to continue to offer support from their Telephone Befriending service to those Carers who are, or have become, more isolated or who are extremely vulnerable. Support and signposting can also be provided during the calls, where the Carer is in need of other information and local support.

If you feel you as a Carer would benefit from telephone support, or wish to discuss the Telephone Befriending, please contact DCA on: 01773 833833.

British Red Cross online training course for coronavirus volunteers

Whether you're volunteering with a charity or lending a hand to a neighbour, this step by step guide tells you how to look after yourself and others. This training was designed by the British Red Cross for anyone who is responding to the coronavirus outbreak. Whether you've been deployed by a charity or have decided to lend a hand to a neighbour, it tells you what you need to know to look after yourselves and others. The content of this course will be regularly updated to reflect the latest situation and advice from government.

https://rise.articulate.com/share/bOiebd5nNsS8qqBvYouYG_Ompki_m61e#/

Any other Local info.

Monday, 11 May 2020

Transition Chesterfield Newsletter

Fairplay Makaton Sign Online Classes

Fairplay

Every morning on Fairplay's Facebook you will all be able to see a different Makaton sign. There will be a theme each week and last week's theme was 'wild animals'.

If you've missed any, you can catch up with the links below.

Whale

https://www.facebook.com/fairplaycharity/videos/962842070779533/

Polar Bear

https://www.facebook.com/fairplaycharity/videos/851213445345290/

Badger

https://www.facebook.com/fairplaycharity/videos/652795818834924/

Donkey

https://www.facebook.com/fairplaycharity/videos/1583949861254257/

Hamster

https://www.facebook.com/fairplaycharity/videos/2351438611700l0/

Mouse

https://www.facebook.com/fairplaycharity/videos/505963830071449/

Squirrel

https://www.facebook.com/fairplaycharity/videos/526688621574295/

Hedgehog

https://www.facebook.com/fairplaycharity/videos/570793933848225/

Hippo

https://www.facebook.com/fairplaycharity/videos/3978604148824249/

Leopard

https://www.facebook.com/fairplaycharity/videos/534713567231776/

Rhinoceros

https://www.facebook.com/fairplaycharity/videos/519347208748532/

Tiger

https://www.facebook.com/fairplaycharity/videos/156541202329291/

Zebra

https://www.facebook.com/fairplaycharity/videos/601775080550111/

Elephant

https://www.facebook.com/fairplaycharity/videos/885048961909350/

Chesterfield Health & Wellbeing Partnership Small Grants Scheme

Open to voluntary / community groups or even a group of local people within the Chesterfield Borough Council area, who come together to support the health and wellbeing of their community.

Click here to open the Chesterfield Health & Wellbeing Partnership Small Grants Scheme application form

Click here to open the Chesterfield Health & Wellbeing Partnership Small Grants Scheme guidance notes

Sleep and Mental Health Awareness Week 2020



Anxiety and worry over coronavirus may be affecting your sleep. There may also be other reasons why you struggle to sleep. The NHS website's Live Well section has a range of information on 'sleep and tiredness' which you may find useful to read. This includes information on tiredness and fatigue as well as children's sleep plus sleep tips.

Monday, 11 May 2020

The 2020 theme for Mental Health Awareness Week is 'sleep' and will focus on the connections between our sleep or lack of it and mental health. The Week is held annually and is run by the Mental Health Foundation . It will be taking place this year from 18 to 24 May.

The Foundation will be producing Mental Health Awareness Week 2020 resources including for websites and social media. Details of these will appear on their website in the lead up to the Week and we therefore advise you to check their website regularly. In the meantime the Foundation's 'How to Sleep better' guide is available to download for free or printed copies can be purchased.

Fraud Awareness in Chesterfield







Further Reporting of Courier Fraud In Chesterfield

We're reissuing a reminder to those in the Chesterfield area, particularly within the postal code areas of S40, S41 and S42, to a scam call that we have had an increased number of calls about over the past few weeks.

The call is from someone pretending to be a police officer who tells the person who answers, on some occasions that they are calling from the Serious Fraud Investigations Unit, and on others that they are a Detective Constable calling from London. The caller goes on to say that they are investigating the unauthorised use of that person's bank card and advises that the person should not tell anyone about this call as it may jeopardise the police investigation.

We're aware that a number of different names have been used by this scammer including DC Morris, DC Ryan, DC Clarke and Sergeant Wiggins.

If you receive such a call you should not give out any personal information and hang up the call immediately.

We know that this type of call can be linked to courier fraud.

This means that victims will be encouraged to withdraw funds from their bank account or give bank cards to a courier, arranged by the 'police officer' making the call under the guise of 'assisting with a police investigation'. The victim could also be asked to transfer money to a safe account via their online banking service. The

police will never contact you asking for banking information or request that you withdraw money from an account to aid an investigation.

Fraudsters often target geographical areas where they know elderly or vulnerable people live, so we would ask that if you have family or friends who are vulnerable in anyway that you make them aware of this scam.

If you, or someone you know, receives a call of this nature please contact us as soon as possible. We will then assess the area that is being targeted, alert the banks and endeavour to protect other local residents to prevent any financial loss.

Facebook – send us a private message to /DerbyshireConstabulary

Twitter – direct message our contact centre on @DerPolContact

Website – complete the online contact form www.derbyshire.police.uk/Contact-Us.

Reply by email - alert@neighbourhoodalert.co.uk

You can also call Crime stoppers anonymously on 0800 555 111.

If you are deaf or hard of hearing you can also text on 07800 002414 or email us at deafsms@derbyshire.pnn.police.uk

Derbyshire Police advise - On receiving a call of this nature please terminate the call, wait 5 minutes and ensure you can hear a dial tone before calling 101, to call your bank please use the number found on the back of your card. All reports of this nature also need to be reported to Action Fraud 0300 120 2040 or online https://www.actionfraud.police.uk/

NHS
Derbyshire Healthcare
NHS Foundation Trust

New #LettersToLovedOnes launched to keep patients and relatives in touch across Derbyshire

Starting from (Friday 10 April): Families can now share letters and photos via email to their loved ones in hospital to help them stay in touch at community hospitals run by Derbyshire Community Health Services NHS Foundation Trust.

The service, which starts (Friday 10 April) is for inpatients at Ash Green Learning Disability Centre (Ashgate, Chesterfield), Cavendish Hospital (Buxton), Clay Cross Hospital, Ilkeston Community Hospital, Ripley Hospital, St Oswald's Hospital (Ashbourne), Walton Hospital (Chesterfield) and Whitworth Hospital (Darley Dale).

Relatives and friends of patients on wards at these hospitals can use the #LettersToLovedOnes service by following this process:

Email: DCHST.letterstolovedones@nhs.net attaching your letter and photograph(s).

Please also provide your loved one's date of birth and full name and tell us which ward they are on.

BLUE LIGHT CARD

The discount service for the Emergency Services, NHS and Armed Forces. We provide discounts online and on the high street through a physical Blue Light Card. If you are in the UK's Emergency Services, NHS or Armed Forces, sign up for free today! https://www.bluelightcard.co.uk/index.php