**Foodbanks**

**Clay Cross Foodbank** (Voucher required from referrer)

[www.claycross.foodbank.org.uk](http://www.claycross.foodbank.org.uk)

Phone: 07899878398 (All enquiries)

Email: [info@claycrossfoodbank.org.uk](mailto:info@claycrossfoodbank.org.uk) Please use email address where possible not phone number.

Community of Christ Church, Thanet Street, Clay Cross.

We will be operating only as a delivery service. Clients will not be able to come to us.

**Freedom Community Project**

[www.fcgroup.org.uk](http://www.fcgroup.org.uk)

Due to Coronavirus disease (COVID-19) all centres will be closed until further Notice.

The food bank is still operating and they are delivering to people that are isolated.

They are offering the advice service over the phone and via video link.

Phone: 0300 302 0334

Email: [info@fcgroup.org.uk](mailto:info@fcgroup.org.uk)

**Grace Food Bank**

[www.gracefoodbanksheffield.org.uk](http://www.gracefoodbanksheffield.org.uk)

Referral - Email form on website.

Phone: 07580516512 (Referrals)

Phone: 07964896283 (General enquiries)

240, Lowedges Road, Sheffield.

Also covers S8 areas, Lowedges, Norton, Batemoor, Jordanthorpe.

**New Hope Food Bank** (Referral from agency)

[www.newhopefoodbank.org.uk](http://www.newhopefoodbank.org.uk)

Phone: 07939950713 (All enquiries)

Email: [michelle@newhopefoodbank.org.uk](mailto:michelle@newhopefoodbank.org.uk)

Norwood Industrial Estate, 3, Rotherham Close, Killamarsh.

Area’s covered: Creswell, Clowne, Dronfield, Eckington, Killamarsh & Renishaw.

**Trussell Trust** (Referral from agency)

[www.trusselltrust.org](http://www.trusselltrust.org)

Email: [enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)

Phone: 01722580180 (All enquiries)

They are currently operating from two distribution centres only on Tuesday and Friday.

Tuesdays 1:00pm – 3:00pm The Compass, West Bars, Chesterfield (Town Centre) S40 1AZ

Friday 1:00pm – 3:00pm Loundsley Green Community Centre, Cuttholme Road, Chesterfield S40 4QU

The Monday and Wednesday centres will remain closed. Clients visiting our centres will wait outside for food packages, only being allowed in one at a time to briefly look at out of date items. We regret that this drastically reduces the close social interaction we would normally have in providing emotional support and advice to our clients, however we cannot ignore the guidance we have received.



**Rural Action Derbyshire**

[www.ruralactionderbyshire.org.uk](http://www.ruralactionderbyshire.org.uk) Phone: 01629 592970

They have an alphabetical list of all food banks.

**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.

<https://cookingonabootstrap.com/>

**Childrens Centres Support for 0-19 yrs**

Alice’s View 01629 533622

Please phone these centres if you require support or advice.

Due to the current situation drop-ins are not advised.

Screening questions will be asked prior to contact with staff.

Bolsover 01629 533851

Creswell 01629 537396

Eckington 01629 537169

Shirebrook 01629 537398

**Money/Finances**



**Citizens Advice Bureau** <http://www.ddcab.org.uk/>

There is general advice specifically about COVID-19 on the national Citizens

Advice website here:

[www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/](http://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/)



**Coronavirus and Claiming Benefits**

<https://www.understandinguniversalcredit.gov.uk/coronavirus/> - Updated daily

Most up to date information for benefits, Universal Credits etc. If a person can’t sign on or visit JC+, then they need to record in their journal that they are self-isolating because of …..(state reason) and do the questionnaire on the link below.

[](https://www.google.com/url?sa=i&url=https://signlive.co.uk/2016/11/signlive-attended-an-open-evening-at-count-hall-in-matlock/&psig=AOvVaw3cM1IvT8BhaHeytdfn95UU&ust=1585921131623000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPCr1uLuyegCFQAAAAAdAAAAABAD)

**Derbyshire Discretionary Fund**

[https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/coronavirus-covid-19.aspx#](https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/coronavirus-covid-19.aspx)

**Money Advice Service**

<https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>

**Step change**

<https://www.stepchange.org/debt-info/coronavirus-affecting-finances.aspx>

**The Stop Loan Sharks Helpline Service** [www.stoploansharks.uk](http://www.stoploansharks.uk)

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

Email report a loan [shark@stoploansharks.uk](mailto:shark@stoploansharks.uk)

Private message- [www.facebook.com/stoploansharksproject](http://www.facebook.com/stoploansharksproject)

**Benefits and Advice Updates**

**Bolsover District Council**

Many of the council’s services can be accessed through using the website forms which can be found at [www.bolosver.gov.uk](http://www.bolosver.gov.uk)

Phone us on: 01246 242424

Email: [enquiries@bolsover.gov.uk](mailto:enquiries@bolsover.gov.uk)

**Business Support**

[www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19](http://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19)

**Children on Free School Meals**

Schools to issue their own advice

**Housing**

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

**North East Derbyshire District Council**

Many of the council’s services can be accessed through using the website forms which can be found at

[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)

Phone us on: 01246 231111

**CVS**

**Bassetlaw CVS** [www.bcvs.org.uk](http://www.bcvs.org.uk)

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

**Links CVS** [www.linkscvs.org.uk](http://www.linkscvs.org.uk)

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

**Looking after your wellbeing/ Mental Health Support**

**Action for Children**

**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.

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

**Useful online resources!**

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

<https://www.actionforchildren.org.uk/support-for-parents/>

[](https://www.google.com/url?sa=i&url=https://en.wikipedia.org/wiki/Action_for_Children&psig=AOvVaw2QOR4qNX2e0j_c4CNr4qzV&ust=1585991607400000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMDws6X1y-gCFQAAAAAdAAAAABAD)

**ChildLine**

**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

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



**Calm Harm**

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

**CRISIS Team**

Phone: 01332 623700

**Derbyshire LGBT+**

**What support do they offer?** 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.

**Telephone:** 01332 207704 **Email:** [info@derbyshirelgbt.org.uk](mailto:info@derbyshirelgbt.org.uk)

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

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

[](https://www.google.com/url?sa=i&url=https://www.derbyshirelgbt.org.uk/privacy-statement/lgbtplus-logo-medium-002/&psig=AOvVaw236gWp2fMaANl3rwEAH3X7&ust=1585989329723000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjl8Ofsy-gCFQAAAAAdAAAAABAI)

**Every Mind Matters**

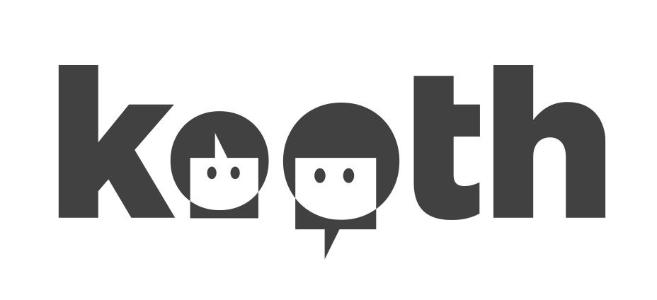
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

**Kooth**

**What support do they offer?** 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.

**Online chat: Available**

**Website:** <https://kooth.com/>



**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. You can email [mentalkmeeting@gmail.com](mailto:mentalkmeeting@gmail.com)

**Mental Health Foundation**

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

[](https://www.google.com/url?sa=i&url=https://www.scrapcarcomparison.co.uk/featured-charity-mind/&psig=AOvVaw21zf1EtZhuDEkefLW3JUGV&ust=1585989177998000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOC_hKHsy-gCFQAAAAAdAAAAABAD)

**Mind – For better mental health**

**What support do they offer?** Support and advice to empower anyone experiencing mental health.

**Telephone:** [0300 123 3393](tel:+44-300-123-3393)

**Text:** [86463](sms:86463) and online chat available

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

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**P4YP – Positive 4 Young People**

Free 1-2-1 Phone Counselling KS3 & KS4

Wendy Majhen Mobile: 07909117442 Email: [w.majhen@p4yp.org.uk](mailto:w.majhen@p4yp.org.uk)



**Place2Be**

**What support do they offer?** 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.

**Telephone:** [020 7923 5581](tel:+442079235581) and **Out of hours:** [07850 265681](tel:+447850265681)

**Website**: [www.place2be.org.uk](http://www.place2be.org.uk)

**Qwell**

**What support do they offer?** 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. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.

**Website**: [www.qwell.io/](http://www.qwell.io/)



**Rethink Mental Health**

**Derbyshire Recovery and Peer Support Service**

**What support do they offer?** 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

**Telephone:** 01773 734989**Website:** [**https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=EAIaIQobChMI0f\_ZjonK6AIVxITVCh365AM2EAAYASAAEgLqGvD\_BwE**](https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=EAIaIQobChMI0f_ZjonK6AIVxITVCh365AM2EAAYASAAEgLqGvD_BwE)



[](https://www.google.co.uk/url?sa=i&url=https://www.bournemouth.ac.uk/news/2020-01-23/samaritans-bournemouth-university&psig=AOvVaw1--Guw_PHhY168MAk971-q&ust=1585928362298000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjcndeJyugCFQAAAAAdAAAAABAJ)

**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.

**Telephone:** 116123

**Website:** <https://www.samaritans.org/branches/derby/>

**SelfharmUK**

This 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](http://www.selfharm.co.uk)

**UNICEF for Every Child**

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

**Young Minds**

**What support do they offer?** A link to the Young minds website offering suggestions to try and help limit worries. Also offering support for parents including a call back service.

**Text:** text YM to 85258

**Website** https://youngminds.org.uk/

**Lots of FREE resources to use!**

[](https://www.google.com/url?sa=i&url=https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/health-services/276-young-minds&psig=AOvVaw2QBhX00grCocJ-IdPEVwoZ&ust=1585991975831000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJjGtOT2y-gCFQAAAAAdAAAAABAD)

**Coronavirus: Temporary changes to the Mental Health Act**

The Mental Health Act must continue to function effectively throughout the Covid-19 pandemic, in order to ensure the safety, care, and treatment of people severely affected by mental illness. Emergency legislation has been introduced to Parliament which includes temporary measures to change the Mental Health Act. This is because the government is concerned that Covid-19 will reduce the number of mental health professionals available to help people whose mental health places them at risk.

The changes will not apply from the moment the legislation is passed - they may be activated if the crisis worsens.

Find out more on the Rethink Mental Illness website:

<https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/>

**SAFEGUARDING Advice**

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.

Call Derbyshire 01629 533190 Starting Point 01629 535353 [www.derbyshire.gov.uk/startingpoint](http://www.derbyshire.gov.uk/startingpoint)

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Support for Children and parents in regard to mental health, safety, bullying etc

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



If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

[www.childline.org.uk](http://www.childline.org.uk)

**Online Safety keeping children safe online**

**Think u know**

Think u know.org.uk-Education program to protect children on/off line.

Website on staying safe <https://www.thinkuknow.co.uk/>

**NSPCC** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

**Domestic Abuse**



08000 198 668 Derbyshire 24/7 helpline <https://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx>

**Respect**

<http://respect.uk.net/>

<https://mensadviceline.org.uk/>

**SaveLives Ending Domestic Abuse** <http://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

**Womens Aid** <https://chat.womensaid.org.uk/>

**Alcohol & Substance Misuse Support**

**Change Grow live**

**What support do they offer?** We support 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**.**

**Telephone:** 01773 303646 **Email:** [derbyshire@cgl.org.uk](mailto:derbyshire@cgl.org.uk).

**Website:** [www.changegrowlive.org/young-peoples-service-derbyshire/info](http://www.changegrowlive.org/young-peoples-service-derbyshire/info)

**[Change Grow Live - go to homepage](https://www.changegrowlive.org/)**

**Derbyshire Recovery and Peer Support Service**

The Derbyshire Recovery and Peer Support Service has set up a helpline.

**Helpline No:** 01773 734989 - Monday to Friday - 09.00 - 17.00

The idea is that we are here to give emotional support, reassurance, a listening ear, signposting.

The Helpline is open Monday to Friday, (but will be reviewed regularly and times/days could be expanded).

09.00 till 17.00 Monday to Friday.

**Parenting Support**

**Boredom Busters**

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-resources-kids>

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

**Borrowbox**

Your library in one app – eBooks and eAudiobooks <https://www.borrowbox.com/>

**Derbyshire Libraries**

**Story Time** – Monday morning story time at 10:00am live on Facebook

**Bear Masks** – We'd love to see lots of you making your own bear masks! If you do, please feel free to send it directly to us on Facebook, or email it to [ask.library@derbyshire.gov.uk](mailto:ask.library@derbyshire.gov.uk) and we'll share your fantastic creations with everyone else!

<https://www.facebook.com/DerbyshireLibraries/>

**PressReader**

Subscription to eMagazines and eNewpapers <https://www.pressreader.com/catalog>

**Homework Resources**

Primary Resources https://www.twinkl.co.uk/resources

Secondary Resources <https://www.twinkl.co.uk/resources/keystage3-ks3-teachers-toolbox/homework-help-revision-packs-teacher-toolbox-secondary/school-closure-support-free-taster-packs-ks3-ks4>

**Information on current Coronavirus/COVID-19**

**Amaze** – Information pack for parents

<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

**Carers UK** – **Guidance for carers:**

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

**Covibook** –An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

**Mencap** – Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

**National Autistic Society** – Guidance and helpline for parents’, young people and staff: <https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx>

**NHS**

**What support do they offer?** Up to date information on Covid-19 and where to access support. Support around symptoms and how to act.

**Telephone:** If you need help not but it’s not an emergency call 111 for EMERGENCIES call 999.

**Website:** [**h**ttps://www.nhs.uk/](https://www.nhs.uk/)

**Place2Be** –Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

**Public Health England** – Coronavirus information and advice

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

**Young Minds** – Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

**List of organisations and local groups offering support**

**Bolsover District Council – Community Support Team**

[www.bolosver.gov.uk](http://www.bolosver.gov.uk)

Online form to register if you are self-isolating

**Derbyshire Community Response Unit CRU**

We’re co-ordinating a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

We’re calling on Derbyshire’s strong network of community groups, voluntary organisations and businesses to help by joining the Derbyshire Community Response Unit. Do you belong to a business or group that could help supply goods or services?

The Community Response Unit will help those in need by delivering services such as:

• food shopping and delivery

• checking up on people who are isolated with a phone call or online help to prevent loneliness and check whether there is anything they need

• collecting and delivering prescriptions

• preparing meals.

Residents who could be helped by the Community Response Unit include those who are self-isolating because they, or a member of their household, is at risk from coronavirus. Support will be offered to residents struggling to meet their basic needs because of financial, social and health restrictions – including pregnant women, people with some underlying health conditions and those aged 70 or over.

If you're involved in a community group, voluntary organisation or business and you have members who are below the age of 70 who are fit and well then we want to hear from you.

If you have any questions, please do not hesitate to contact us via email: [help.offered@derbyshire.gov.uk](mailto:help.offered@derbyshire.gov.uk)

**Kindness works** <https://m.facebook.com/groups/2361989460758159/?notif_t=groups_member_joined&notif_id=1584225147539987&ref=m_notif>

**North East Derbyshire District Council** **– Community Support Team**

[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)

Online form to register if you are self-isolating