

Information and support in Amber Valley

Foodbanks

FareShare: A charity network aimed at relieving food poverty and reducing food waste in the UK. Save good food from going to waste. Community food membership. [FareShare - Getting Food](#)

St Andrew's Church Langley Mill: Station Rd, Langley Mill, Nottingham NG16 4BP. Open every Friday between 1:30pm-4:00pm.

Contact Jack Watson 07552781656 Email: langleymillfood@gmail.com

Heanor Salcare: 59 Ray Street, Heanor DE75 7GF. Walk-in or referral from a professional. Contact foodbank@salcare.org.uk

Hope for Belper: Belper Baptist Church 71 Bridge Street, Belper, DE561BA. Opening times 12:00pm-2:00pm every Tuesday and Friday except Bank Holidays. Referrals from professionals but can take emergency self-referrals if professionals are unavailable. Email: foodhub@hopeforbelper.com

Oscari Pantry: Oscari, Church of Christ, College Street Riddings, DE55 4EZ. Opening times Tuesday 10:00am-11:30am. No referral needed, however small membership fee and shop donation fee. Contact number: 07570307195 Email: oscarisocial@gmail.com

Salvation Army Ripley & Somercotes: 25 Heath Rd, Ripley, DE5 3EN. Referrals by professionals via email. Open times Tuesdays' 1:00pm-4:30pm and Fridays 10:00am-2:00pm Email: ripley@salvationarmy.org.uk Telephone: 01773741932 Mobile: 07776769686

A Gift from You: Facebook Food Bank Support Group: Individuals can send a message on the Face Book page "A Gift from you (Food Bank Support Group) to request a food parcel. This can be collected or delivered when transport isn't available. Collection is preferable where possible as the service is supported by volunteers

<https://www.facebook.com/groups/2296587597226902>

Money and Finance

Citizens Advice: For advice and support with; benefits, employment, debt & money, housing, energy, relationships & family and discrimination

<https://www.citizensadvice.derbyshiredistricts.org.uk/get-help/>

Advice line 0800 2787954. Monday-Friday 9:00am-4:00pm

Derbyshire Welfare Benefits Team: For help, advice and representation that a person may need. Telephone: 01629 531535

Email: welfarebenefits@derbyshire.gov.uk

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/welfare-benefits/welfare-benefits.aspx>

Derbyshire Discretionary Fund: provides grants or emergency cash payments if a person needs urgent financial help. Telephone: 01629533399

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

Derbyshire Household Support Fund (due to end Sept 2022)

Households facing financial hardship can apply for help towards their food, energy and essential living costs.

Referrals by professionals. Information: [Household Support Fund - information to partners \(derbyshire.gov.uk\)](#) Referral form: [Household Support Fund \(office.com\)](#)

Release: Budget Buddies: Release offers training, guidance and information to educate and equip people with the crucial life skill of managing their finances and making informed choices. This includes practical help with budgeting and related support. Telephone: 01773 306289 Email: info@releaseonline.org.uk

[Release | A money education charity and home of Budget Buddies \(releaseonline.org.uk\)](#)

Derbyshire Unemployed Workers Centre: Free, independent and confidential advice on benefit and credit entitlements, benefit checks, help filling in claim forms, support and representation.

Helpline: 01246 231441 08:00-16:00

Derbyshire Law Centre: Offers support and advice on; Debt specialising with housing-related debts, discrimination, employment, housing & homelessness, immigration & asylum advice and mortgage repossession

Main telephone: 01246 550674 Freephone: 0800 7076990 Monday- Friday 9:30am-4:30pm

Step Change <https://www.stepchange.org/> Telephone: 0800 1381111

Provide the advice and support you need to achieve long-term financial control

National Debt Line <https://nationaldebtline.org/> Telephone: 0808 808 4000

Money Advice service [Free and impartial help with money, backed by the government | MoneyHelper](#)

Cost of living support: <https://www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx>

Housing

Housing Solutions: Homelessness, If a person is likely to become homeless in 56 days.

Email: housing.solutions@ambervalley.gov.uk out of hours emergency cases 0808 1692 333

[Homelessness and housing advice \(ambervalley.gov.uk\)](#)

Home Options: Housing register. Email: home.options@ambervalley.gov.uk

[Homelessness and housing advice \(ambervalley.gov.uk\)](#)

Derbyshire resident sleeping rough or at risk of losing your

home: <https://www.p3charity.org/services/derbyshire-street-outreach>

Employment/Training

Building Better opportunities: A supporting programme for unemployed or economically inactive people aged 16 years old and over or 15 years old not in education, employment or training (NEET). The programme is designed to promote social inclusion and removes barriers to employment. The money sorted strand provides tailored interventions for people experiencing financial difficulty, empowering individuals to build their confidence and skills to help them tackle barrier and problems to improve their financial well-being. Telephone: 0115 9081534 Email: info@moneysortedind2n2.org

Jobcentre Plus: Provides services that support people of working age from welfare into work and helps employers to fill their vacancies. Telephone: 0800 1690190

Derbyshire Adult Community Education: East area and Amber Valley: Deliver a wide range of courses and education activities face to face and virtually.

Email: alfreton.ace@derbyshire.gov.uk Telephone: 01629 533090

[Adult community education - Derbyshire County Council](#)

For children 16-18years old you can also contact DCC Employment and Education advisor

Susan Richards for advice and signposting on Susan.richards@derbyshire.gov.uk

Domestic Abuse Support

Derbyshire Domestic Abuse 24 Hour Helpline: 0800 0198 668 (referrals go to the right area)

<https://www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/domestic-abuse/domestic-abuse.aspx>

Derbyshire Wish Telephone: Self-referral or referral by a professional. Telephone number: 01773 765900. Contact through **Derbyshire Domestic Abuse 24 Hour Helpline:** 0800 0198 668

The Elm Foundation: Counselling, therapies, refuge, legal advice, community and outreach support and children and young people services. [Domestic Abuse Charity | The Elm Foundation | Derbyshire](#) Online self-referral or referral by professional. Email:

derbyshiredahelpline@theelmfoundation.org.uk **Derbyshire Domestic Abuse 24 Hour**

Helpline: 0800 0198 668

Salcare: Salcare is a family support service that provides emotional and practical support and advice for those who have or are experiencing Domestic Abuse, through one-to-one interventions

or group interventions. Interventions such as; Art therapy, healthy relationship programme, perpetrator programme, adolescent perpetrator programme, freedom programme etc.

[Home - Salcare](#) Telephone: 01773 765899 Email: enquiries@salcare.org.uk

Sexual Abuse support

SV2: Supporting victims of sexual violence, advice and therapy line, counselling & therapy, children and young people's therapy and support groups. Online self-referral [Help and support \(sv2.org.uk\)](#)

Sail: Surviving and Thriving Support for victims and survivors 18+ who have or have had experiences of sexual abuse and violence, including childhood sexual abuse. Sail supports all genders from all communities. Referrals can be made from other agencies and self-referral. Telephone: 0800 028 2678

Text line: 07522 561397 <https://www.sailderbyshire.org.uk/>

Victim Support

Core Derbyshire: Supporting victims of crime in Derbyshire cope and recover. Telephone: 0800 612 6505 or TEXT 'COREDVS' TO 82228 <https://www.core-derbyshire.com//>

Link for signposting children under age of 18, if you or one of your friends have been a victim of crime, we are here to help: <http://gotyourback.tv/>

Alcohol and Substance misuse support

Change Grow Live (under 18s): Support young people who are using drugs or alcohol who feel they have a problem and want some help trying to stop. Telephone: 01773 303646 Email: derbyshire@cgl.org.uk

<https://changegrowlive.org/young-peoples-service-derbyshire/info>

Derbyshire Recovery Partnership (over 18s) Support and advice for substance misuse. Telephone: 0845 308 4010 Text: 0124 6206514

Email: info@derbyshirerecoverypartnership.co.uk www.derbyshirerecoverypartnership.co.uk

Space 4 U – Action for Children Space 4 U welcomes referrals from anyone, for children aged 5 to 18 from all parts of Derbyshire who are affected by someone else's substance misuse.

Phone Number: 07977 020 712 Email: space.4u2@actionforchildren.org.uk

<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/space-4-u/>

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

Talk about Alcohol: Alcohol awareness support with games and challenges [Talk About Alcohol | Website](#)

Wellbeing/Mental Health

Build Sound Minds: Action for children

Early intervention service for children and young people who are experiencing mild to moderate mental health difficulties. Online referrals by parents and professionals. [Build Sound Minds Overview | Action for Children](#)

Kooth :24/7 Digital online Mental health platform; magazines, messaging, online forums, activity centre, live counselling can book sessions or drop in to live session. No need for referral. Caters to all ages. [Home - Kooth](#)

CAMHS for Amber Valley families :Children's and adolescent mental health service targeted treatments to improve emotional and psychological well-being. Referral required by professional into the service via SPOA.

Telephone: 01773 880552 [Single point of access referral form :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

Derby & Derbyshire Emotional Health & Wellbeing :A signposting website for Derby and Derbyshire that contains local and national links and resources to Mental Health and wellbeing services.

[Derby & Derbyshire - Emotional Health & Wellbeing](#)
([derbyandderbyshireemotionalhealthandwellbeing.uk](#))

P3 Derbyshire Mental Health Helpline and support service: A 24/7 support service in Derbyshire for all your mental health concerns.

Telephone: 0800 028 0077 [Derbyshire Mental Health Helpline - P3 \(p3charity.org\)](#)

Talking mental Health: Derbyshire Telephone: 0300 123 0542 [Contact us / refer yourself :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

Insight Healthcare: Telephone: 0300 555 5582 [Free Talking Therapies in Derby and Derbyshire - Insight IAPT](#)

Samaritans: 24-hour Chatline 116 123

Community Help and Support

Derbyshire's community directory: [Synergy - Enquiry \(derbyshire.gov.uk\)](#)

Community Safety in Derbyshire: <https://www.saferderbyshire.gov.uk/home.aspx>

Amber Valley CVS: Social prescribing service linked with GP practices in Alfreton, Heanor, Ripley and Crich. Social support worker who work with patients to enhance mental health and wellbeing. Referral typical made by a GP but also can be made by a professionals or self-referral. For more Telephone: 01773 512076 admin@avcvvs.org

Derbyshire Bereavement Hub: Signposting to local and national support services for someone who is who is bereaved. [Derbyshire Bereavement Hub – Counselling, Support and Networks](#)

Derbyshire advice and signposting for bereavement and loss [Bereavement and loss - Derbyshire County Council](#)

Blend Youth project: Youth work activities and support services for young people in the local community. [Blend Youth Project](#) Ripley Telephone: 01773 749975 Heanor: 01773 769980 Alfreton: 01773 606283

Supporting Communities: Run programmes nationally to support community groups working primarily with young people from diverse ethnic background and those from challenging socio-economic backgrounds to maximise their impact and make positive changes for local people. Youth mentoring programme, counselling service, wellbeing service & family support service. Referrals by a professional into the services required. Please contact info@supportingcommunitiescic.org

Your sexual health matters: Sexual health advice and support service. [Home \(yoursexualhealthmatters.org.uk\)](#)

First steps ED: Understanding eating disorders and counselling support adults and children. [Home - First Steps ED](#) email: info@firststepsed.co.uk Telephone: 01332 367571

Childline: Support for child with a wide range of topics. [Get Support | Childline](#) Online support with 1:1 counsellor chat, messages board with other young people and ask Sam. Telephone: 0800 1111

Childnet International: Online safety. [Young people - Childnet](#)

Anti-Bullying Alliance: Advice and support about bullying [I am being bullied \(anti-bullyingalliance.org.uk\)](#)

DCC Youth and Community Engagement Worker Mikey Heald also provides support to voluntary organisations, which support children and young people in the community. He can be contactable for advice and support on Mikey.heald@derbyshire.gov.uk.

Family & Parenting Support

Amber Valley Children's centres Facebook page: [Amber Valley children's centres | Facebook](#)

NSPCC: Support for parents with a range of topics: parenting tips, how to cope with tantrums, separation and divorce, mental and parenting PANTS (the underwear rule) [Support for parents | NSPCC](#)

Action For Children: Parent Talk, parenting advice; behaviour, mental health & wellbeing, stages of development, additional needs and disabilities, sleep, nutrition and healthy eating. [Parent Talk – Support for Parents from Action For Children](#)

Winston's Wish: Emotional and practical bereavement support for children and young people up to the age of 25. Also support for professional working with bereaved children. Telephone: 08088 020 021 Email: ask@winstonswish.org

[Bereavement support for children and families | Winston's Wish \(winstonswish.org\)](#)

Home Start Ripley: Family support charity ran by volunteers that offer early help intervention and support to families with children under 5 who are experiencing difficult. Self-referrals and referrals from a professional. Telephone: 01773 746264 Mobile: 07944 066002 Facebook page: [\(5\) Home-Start Amber Valley | Facebook](#)

Derbyshire Family Health Service (Health Visiting/School Nurse services)

<https://www.derbyshirefamilyhealthservice.nhs.uk/>

Young Carers Service – Derbyshire Carers Association <https://derbyshirecarers.co.uk/young-carers-service>

Phone Number: 01773 833833 Email: info@derbyshirecarers.co.uk

Derbyshire Autism Information and Advice Service

<https://www.autisminformationservice.org.uk/> Signposting, information and advice service for Derbyshire County's and Derby City Autistic community.

Stop it now: Helping prevent child sexual abuse. [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)

Derbyshire family Advice and support service for SEND (DIASS): Information, advice and support to for parents/carers of children or young people with Special educational needs support around; the law of SEND, EHCP, personal budgets, local offer, transition and resolving any disagreements. Email: ias.service@derbyshire.gov.uk Telephone: 01629 533668

[Welcome to the Derbyshire Information, Advice and Support Service for SEND – Derbyshire Information, Advice & Support Service for SEND \(derbyshireiass.co.uk\)](#)

Children and Family Court Advisory and Support service (CAFCASS): Cafcass represents children in family court cases in England. We independently advise the family courts about what is safe for children and in their best interests. We put their needs, wishes and feelings first, making sure that children's voices are heard at the heart of the family court setting. [Home - Cafcass - Children and Family Court Advisory and Support Service](#)

For any further advice or signposting please contact your Early Help Advisor.

Sarah Robb
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07812772558
(Monday to Friday)

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