

# Community Update

# For further information or to add any additional information to the document please contact your Youth and Community Engagement Workers:

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Amber Valley \_\_\_\_

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We would like to thank everyone for their support regarding the community updates, and we have amended the document with some of the feedback which we have received. This includes a toolbar on each page which will take you directly to the category that you are looking for.



Amber Valley

### **Amber Valley**



**Foodbanks** 

**Money and Welfare** 

**Housing** 

**Mental Health and Wellbeing: Youth** 

**Mental Health and Wellbeing** 

**Health** 

**Staying Active** 

**Domestic Violence** 

**Sexual Abuse** 

**Addiction** 

**Information for Parents and Carers** 

**Activities for Young People** 

**Education, Employment and Training** 

**Volunteering** 

**Any other Information** 

### Food banks: Amber Valley



#### **Hope for Belper**

Opening times- 12pm- 2pm every Tuesday and Friday except for on Bank Holidays



Referrals from partner agencies, but can take emergency self-referral if partners unavailable

Belper Baptist Church, 71 Bridge St, Belper, DE56 1BA

https://www.facebook.com/hopeforbelper/

#### **Oscari Pantry**

no referrals needed, but there is a small membership fee and shop donation fee.

Opening times- Tuesdays 10 till 11.30am and 12.30 till 1.30pm

Address- Oscari, Church of Christ, Colledge street, Riddings, DE55 4EZ

Website- <a href="https://oscari-100193.square.site/">https://oscari-100193.square.site/</a>

Facebook- <a href="https://www.facebook.com/">https://www.facebook.com/</a>
Oscarisocial

#### Salcare

Walk-in and referrals from partner agencies



Emergency food for single people and families – either walk in or be referred by other agencies (social care, refuges, drug and alcohol services, etc).

It is helpful if you can bring your own bag.

Location- Salcare, 59 Ray Street, Heanor, DE75 7GF

Opening time-Every Tuesday and Friday from 10am to 1pm

Email- enquiries@salcare.org.uk

Website- <a href="https://www.salcare.org.uk/food-bank">https://www.salcare.org.uk/food-bank</a>

#### St Andrews Foodbank—Langley Mill

Contact number-07552 781656

Address- Anglican Methodist Church, Station Road, Langley Mill, Derbyshire, NG16 4BP

Website: <a href="https://www.standrewsonline.org.uk/">https://www.standrewsonline.org.uk/</a> notice.php

Opening Times- Fridays 1.30pm till 4pm

#### **South Normanton Food Bank**

St Michaels and All Angels Church

Church Street

South Normanton

Alfreton

Derbyshire

**DE55 2BT** 

01773 810410

South Normanton Area Foodbank | Helping Local People in Crisis

info@southnormantonarea.foodbank.org.uk

Sainsbury's—

### Sainsbury's

#### **Food Boxes**

'Taste Me, Don't Waste Me' boxes will include a variety of surplus fresh fruit and vegetables and the boxes will be sold for £2

## **Money and Welfare: Amber Valley**

Derbyshire



#### **Confidential Information and Advice**

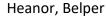
Free, confidential and independent information and advice service for those over 50 or their carers/relatives. Age UK Derby & Derbyshire, 29a Market Place, Heanor, Derbyshire, DE75 7EG.

Call-01773 768240

Age Uk Derby & Derbyshire | Information and Advice Services

#### Citizens Advice

For free, independent, confidential and impartial advice



Call - 08082787954

<u>Citizens Advice Bureau (Belper) | Profile Page</u> <u>On Amber Valley Info</u>

<u>Turn2Us - Advice Finder - Citizens Advice Der-</u> byshire Districts (Heanor) - Heanor

#### **Amber Valley**

#### **Cost Of Living Support**

Find support, information, advice, and guidance to help you and your family

- Help for households
- -Help with Energy Bills
- Help with rent/ council tax

https://www.ambervalley.gov.uk/community/
cost-of-living-support/

Contact the team directly on 01773 570222

enquiry@ambervalley.gov.uk



#### **Household Support Fund**

Following previous allocations of HSF funding, a further grant has been made available for use in Derbyshire up to 31 March 2024.

The fund will be distributed in a variety of ways over the coming months.

Household support fund - Derbyshire County
Council

Contact the team directly on 01629 533399



# **Housing: Amber Valley**



#### **Disabled Adaptations**

Amber Valley Borough Council are working with Derbyshire County Council to make sure that aids and adaptations are provided for clients that need access to their home or to access services within the home. The service can be accessed through Call Derbyshire. 01629 533190

# Homelessness and homeless prevention

You can take a look at more information on this webpage about

your own circum-stances. If you

need any more help you can contact us

housing.solutions@ambervalley.gov.uk or call 01773 84140

#### **Amber Valley Foyer Project**

Amber Valley Foyer exists to provide housing and training opportunities to young homeless people (16-24 yrs) in Amber Valley.

http://www.homelessuk.org

avprojects@riverside.org.uk

#### **Risk of Eviction**



Monday to Friday from 9.30am to 4.30pm

on:Telephone: 01246 550674

Freephone: 0800 707 6990

SMS/Text: 07781482826

Text Box: 018001 01246 550674

Alternatively you can email:

dlc@derbyshirelawcentre.org.uk

Amber Valley BC part fund CallB4UServe to

support landlords with queries

helen.scott@derby.gov.uk 01332 641408

Housing advice in Amber Valley | Categories |

Derbyshire Law Centre®

#### P3—Amber Valley



If you are not rough sleeping, but still experiencing homelessness, for example you are sofa surfing or being threatened with homelessness, it is important for you to get in touch with your local homeless team.

<u>Derbyshire Outreach Team (DOT) - P3</u> (p3charity.org)

E: housing.solutions@ambervalley.gov.uk

P: 01773 570222

#### **Amber Trust**

Social care charity promoting mental wellbeing and offering housing support

01773 742051

# Mental Health & Emotional Wellbeing for young people: Amber Valley



#### **Infinite Wellbeing**

Our aim is to share wellbeing knowledge and tools for managing wellbeing, so children, adults, and families can understand, maintain, and improve their wellbeing, and enjoy the best in life.

Wellbeing programmes and activities | Infinite Wellbeing | England (infinite-wellbeing.co.uk)



NHS Derbyshire Heathcare Derbyshire Healthcare
NHS Foundation Trust

#### **Amber Valley Team**

Ripley Town Hall (first floor) Market Place Ripley DE5 3BT

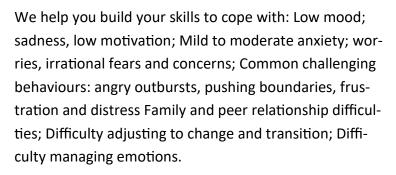
Call 0300 123 2678

Amber Valley team :: Derbyshire Healthcare

NHS Foundation Trust

(derbyshirehealthcareft.nhs.uk)





Compass Changing Lives comprises of nine Mental Health Support Teams in Derby, Erewash, Bolsover, the Derbyshire Dales, Chesterfield and the Amber Valley.

Compass Changing Lives - Compass (compass-uk.org)

#### **CAMHS Amber Valley**

01773 880554

CAMHS stands for Child and Adolescent Mental Health Services. We

support children and young people aged 0-18 (and their families) with a wide range of mental health difficulties

Rivermead, Goods Road, Belper, Derbyshire DE56 1UU

#### **LGBT+ Collective**

Free One2One Support, Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.

info@lgbtcollective.co.uk

Lgbtcollective.co.uk



### **Mental Health: Amber Valley**



#### **Callums Voice CIC**

•Improving public understanding of Autism and mental health conditions.



- •Empowering children and young people with Autism and mental health conditions to build on their strengths to achieve their potential.
- .•Promoting good mental health for children, young people and families.

Room 10, Alfreton House

High Street, Alfreton, Derbyshire, DE55 7HH

Tel: 01773 688026

Email: admin@callumsvoice.org.uk

#### Men in Sheds

Peer support for men in Swanwick

Saturdays 10am

Wednesdays 3:30pm

Thursdays 3:30pm

01773609603

#### **Amber Trust**

Amber Trust is a well established social care charity specialising in offering accommodation and support services to adults with mental ill health or those who are at risk of social exclusion.

7-11 Wellington Street, Ripley, Derbyshire

info@ambertrust.co.uk

#### **Amber Valley Adult Recovery**

The Amber Valley Neighbourhood team provides mental health support to adults regardless of age; this support is based on individuals' needs.

0300 123 2673

#### Rethink

01773 734 989

**Community Support Group** 

The Croft, Ripley

#### **Infinite Wellbeing**

Heanor Women's and Men's—Wellbeing support groups

Wellbeing programmes and activities | Infinite Wellbeing | England (infinite-wellbeing.co.uk)

# Amber Valley Walking Together

Amber Valley Walking To-

gether work with individuals, perbyshire groups and organisations to set up and manage local walks for health as part of the wider Walk Derbyshire model.

https://www.ambervalley.gov.uk/ambervalleywalkingtogether

mindfulwalks22@aol.com

## Amber Valley Association for Mental Health LTD.

Mental Health Information and support

Belper—DE56 2UA

01773 599599

#### **CVS Mancave**

Tuesdays 10am men only group, providing a place of skill sharing and informal learning

01773 512076

### **Health: Amber Valley**



Find your nearest GP



Find a GP - NHS (www.nhs.uk)

Find nearest Hospital / Clinic

https://www.nhs.uk/services/independentsector-provider/amber-valley-health-ltd/DT5

Derbyshire Health

Team

Derbyshire Healthcare

Ripley Town Hall (first floor)

Market Place

Ripley

DE5 3BT

0300 123 2673—mon-fri 9-5pm

#### **Dementia Café**



Meet and Chat with others who understand

- Alfreton 3rd Monday each month
- Ripley 3rd Thursday each month
- Belper 4th Monday each month

#### **How to find an NHS Dentist**

How to find an NHS dentist - NHS (www.nhs.uk)

101

Get help for your symptoms - NHS 111

101

#### **Healthwatch**



Telephone support line for people looking access health or care services

01773 880786

enquiries@healthwatchderbyshire.co.uk

Home | Healthwatch

#### **Live Life Better Derbyshire**



We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

01629 538200

asch.llbd.info@derbyshire.gov.uk

Home - Live Life Better Derbyshire

#### **Stepping Stone Day Centre**

01773710939

Mon-fri

Community Hall, Ilkeston Road, Heanor DE75 7AG

Meet new people in retirement, enjoy good company, tea and coffee, meals available.



#### **Florence Shipley Centre**

provide specialist groups for people living with a dementia, groups open from 10am to 3pm. Each group has a co-coordinator responsible for organizing activities, which include orientation sessions, current affairs, local history, chair based games and exercises, musical/general knowledge quizzes, crafts, movies and sing-a-longs.

01629 531367

Market Pl, Heanor DE75 7AA

### **Staying Active: Amber Valley**



#### Sen Fit CIC

Fitness, Health and Well-being service for those with Special Educational Needs and Disability



SEN-Fit cic | Derby | Facebook

#### GOGA (Get Out Get Active)

Get Out, Get Active Amber Valley | Facebook



Get Out Get Active - Home

#### Amber Valley School Sports Partnership

We work alongside schools, community groups, leisure providers, national and government authorities to achieve our aim of improving the lives of local people.

Upcoming Events – Amber Valley School Sport Partnership CIO (avssp.co.uk)

#### **Belper Leisure Centre**

Youth Classes: Swimming
Club, Canoeing, Belper Sports
FC, Belper Sports Ladies FC,
Kickboxing, Kids Gym Classes, Tae Kwon-Do,
Dodgeball, Volleyball

**Belper Leisure Centre** 

#### **Ripley Leisure Centre**

Active—Play and Bounce, Family Swimming, Junior Gym Sessions,

Ripley Leisure Centre | Ripley – Places Leisure

#### **Alfreton Leisure Centre**

Trampolining, Gymnastics, Play and Bounce

<u>Children | Alfreton Leisure Centre | Alfreton </u>
<u>- Places Leisure</u>

#### William Gregg Leisure Centre—Heanor

Play and Bounce, Swimming

<u>William Gregg VC Leisure Centre | Heanor –</u> Places Leisure

#### **Full Power Fitness**

01773 531934

Youth Boxing/ Gym

Full Power Fitness – Full Power

#### **Live Life Better Derbyhsire**

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

Getting active - Live Life Better Derbyshire

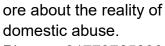


### **Domestic Abuse: Amber Valley**



#### Salcare

Freedom Programme Group for women who want to learn m

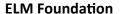


Phone—01773765899

Community Room,

59 Ray Street

Heanor DE75 7GF



Amber Valley: Accommodation: Communal and dispersed accommodation - Women, Men and their



children Community Based support - Adults Community Based Support - Children and young people

Contact through Derbyshire Domestic Abuse Support Line: 08000 198 668 email: derbyshiredahelpline@theelmfoundation.org.uk Mobile Text for deaf and hard of hearing 07534 617252

#### **Avedass**

Domestic Violence —Information and Support

59 Ray Street

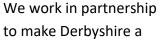
Heanor

Derbyshire

**DE75 6GF** 

01773530043

#### **Safer Derbyshire**



safe place to live, work and visit. All our priorities are agreed through the Derbyshire Safer Communities Board (SCB).

**SaferDerbyshire** 

The website for community safety in Derbyshire

Domestic abuse (saferderbyshire.gov.uk)

#### **Derbyshire Constabulary**

Advice and Information around Domestic Abuse

Advice about domestic abuse | Derbyshire Constabulary



#### **Women's Aid**

women's aid

Use the Tool below until women & children are safe to find Domestic Abuse Support Services in the area of Erewash

Women's Aid Directory - Women's Aid (womensaid.org.uk)

#### **Derbyshire WISH YPVA Service**

Derbyshire WISH YPVA service will work with younger victims (aged 13 –19), who are experiencing or have experienced domestic abuse as part of an intimate relationship

Phone 01773 765900

Email: DerbyshireWISHreferrals@ncha.org.uk



# **Sexual Abuse: Amber Valley**



#### **Sexual Health Matters**

Use our online services via the Your Sexual Health Matters website

www.yoursexualhealthmatters.org.uk

Contact: Lauren Atack

Sexual Health Promotion Practitioner (South Derbyshire, Erewash and Amber Valley)

Phone: 07768036923



#### Salcare

Sexual Abuse Information and

Support

https://www.salcare.org.uk/



#### SV2- Supporting Victims of Sexual Abuse

SV2 provides a range of therapy services for adults and children including art therapy for children aged 0-13.

SV2 works with victims/survivors of sexual violence and abuse

to Inform, Support, Protect and Empower them.

01773 746115

help@sv2.org.uk

SV2 - Supporting Victims of Sexual Violence - Home



#### Sexual Abuse Support – GOV.uk

Whenever it happened to you it is never too late to get support for sexual violence or abuse. A list of <u>helpline services</u> is available.

If you are in immediate danger, call 999 and ask for the police.

<u>Sexual abuse support – Support for victims</u>survivors of sexual abuse



### **Addiction: Amber Valley**



#### **Recovery Plus Specialist**

leading group work around the themes of addiction / recovery / mental health. There is the opportunity for one to one sessions and



Support Workers who can support with practical issues i.e. housing, food, appointments. Also CAB will support with benefits, debt issues etc.

recoveryplus@thebrookcc.co.uk

Recovery Plus Specialist Worker | The

**Brook Community Church and Centre** 

(growingrecoveryinderbyshire.co.uk)

#### **Drug and Alcohol Rehab in**

#### **Amber Valley**

Find drug and alco-



hol rehab or outpa-

tient treatment in Amber Valle

<u>Drug & Alcohol Rehab in Amber Valley - Rehab</u>

4 Addiction

#### Change, Grow and Live- CGL

We support young people who are using drugs or alcohol, feel they have a problem and want some help.

**01773 303646** to contact the CGL

Derbyshire@cgl.org.uk

Find a Change Grow Live service near you



#### **Derbyshire Recovery Partnership**

We are here in a friendly and non-judgemental way to help you address your substance misuse problem.

Our workers are trained to treat your primary addiction whilst using a holistic approach to help you address other areas of your life that may also have a negative impact.

Ripley- 01773 744594





### **Information for Parents & Carers: Amber Valley**



#### **Active Partners Trust**

The Active Partners Trust have some re-sources which they are happy to put together as packs which would be suitable for individuals of varying ages.



jon.sparkes@activepartnerstrust.org.uk

<u>Junction Arts | Junction Arts - Dis- cover Arts</u> Award Online now!

#### **HAF** - Holiday Activity and Food

https://itsaboutmederbyshire.co.uk/

Free holiday clubs for young people eli-

gible for free school meals—infor-

mation available on website

#### **Carers Activity Day**

Thursday 6th July

2-4pm

Denby Pottery Village

Derbyshirecarers.co.uk





Roll up your sleeves and get your hands dirty during Denby's fun and friendly **Pottery Throwing Experience**. Using Denby clay and under the guidance of a Studio Potter, you will **learn various** techniques to create your own piece.

Perfect for all abilities, this experience provides an introduction to pottery throwing, while you create your own pot to be proud of.

#### The Craft Studio

Denby Pottery Village Denby DE5 8NX

Thursday 6th July @ 2-4pm

For more information and to book a place, please contact Katie Matkin by phone, 07773 173 416 or email: katie.matkin@derbyshirecarers.co.uk









#### Service and Support for parents and carer's

Services and support for parents -

NHS (www.nhs.uk)



### **Activities for Children and young People:**

ulend

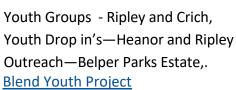
youth project

### **Amber Valley**



#### **Blend Youth Project**

Check out Social Media, and their website for there weekly schedule.



#### The Old Farm Bus

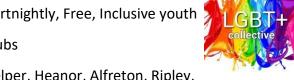
Youth Group/ Events, Family events for all ages—Belper and Ripley,



The Old Farm Bus | Facebook

#### **LGBT+ Collective**

Fortnightly, Free, Inclusive youth clubs



Belper, Heanor, Alfreton, Ripley,

Matlock, Swadlincote (dates and times

available on website or on social media)

youthclub@lgbtcollective.co.uk

LGBT COLLECTIVE » A new LGBT provision

for Derbyshire groups, support and events

#### Coat Hangers Youth Club—Langley Mill

c.robinson10@yahoo.com

#### Childrens Saturday Club—Ripley

Supporting Children and young people between 8 and 14 who have been diagnosed with Autism, 10-12 spaces are availa-

ble for each session, 10

am-4pm every other

Saturday

01773 741221—

enquiries@derbyshireautismservices.org Unit 3a, Unicorn Business Park, Ripley, DE5 3EH-

#### Find your local Scouts group

07843933773

Scouts.org.uk



#### **Creative Arts Belper**

10 workshops available for family art projects over the summer holidays

Creativeartsbelper.co.uk

#### Meet and Make— For families new to Belper

Crafts, Meet new people,

Ages 7-11

11th and 18th July

5-6pm

Belper Library (pre book places only)



### **Activities for Children and young People:**

### **Amber Valley**



#### **Brightness Soft Play and Café**

Open 7 days a week—Soft Play,

Babies £1.50

Children 1 and over £4.50

01773 417014

brighteyes192019@outlook.com

#### **Bears** - Breastfeeding

Heanor Children Centre, Roper Avenue,

Heanor

01629 532616



#### It's About Me (HAF)

It's About Me is a FREE Holiday Activity and Food Programme funded by the Department for Education, designed for children and young people across Derbyshire to have fulfilling, active and healthy school holidays.

It's about me | Welcome (itsaboutmederbyshire.co.uk)



#### It's about me (HAF)- How to book?

Click the image to enlarge!



### **Education, Employment and Training: Amber Valley**



Derbyshire Adult Community Education



#### Online directory:

Adult community education - Derbyshire County Council

# Courses offering different qualifications and study levels

We offer a range of courses offering different qualifications and study levels, and support and guidance to help you make the right decision.

Adult community education - Derbyshire County Council

#### DCC Learning for 14 – 19 Year Olds

Email: 14-19study.programme@derbyshire.gov.uk

Learning for 14 to 19-year-olds (derbyshire.gov.uk)

earning for 14 to 19-year-olds - Derbyshire County

Council

Build your confidence and gain real skills for work or to help you with further study.

#### **Derbyshire Careers**

If you are aged 18 and not working or in education or over 19

Sarah.groom2@derbyshire.go.uk
07967 308905



#### **DCC Disability Employment Service**

The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work and paid employment.

What we do • Help to match you to the job that's right for you • Help finding work experience and voluntary work • Make sure you find out about job vacancies • Help with selling yourself in your application forms and CV • Help you prepare for interviews advise you about support in the workplace, such as equipment or other support you may need • Support you to access work placements and apprenticeships • Help employers to support their disabled staff

Tel: 01629 532440

email: disabilityemploymentservice @derbyshire.gov.uk

# **Volunteering: Amber Valley**



### Youth and Community Engagement Workers



If you are interested in volunteering with children, young people or families for Derbyshire County Council Children's Services, please contact: Mikey or Rebecca Mikey.Heald@Derbyshire.gov.uk Rebecca.Patrick@Derbyshire.gov.uk

#### **Amber Valley CVS**

https://avcvs.org/



#### **LGBT+ Collective**

One2One—web based volunteers

Volunteer Youth Workers for youth clubs, events and holiday clubs

Lgbtollective.co.uk

hello@lgbtcollective.co.uk

#### **Derbyshire Time Swap**

SWAP YOUR TIME WITH INDIVIDUALS AND ORGANISATIONS IN DERBYSHIRE

HOME | Derbyshire Time Swap | Swap your time with others



#### **VOLIFE Amber Valley**

Today's opportunities – AMBER VALLEY VOLIFE (volifeambervalley.com)



# **Any other Information: Amber Valley**



**Funtopia in Belper** 

1st June—24th August

The Park Recreation Ground, Belper



**Pride in Belper** 

Saturday August 5th 2023

Pride in Belper | LGBTQ+



**Amber Valley Info** 

Home Page | Amber Valley Info

