

# Community Update

We would like to thank everyone for their support re the community updates. If you have additional organisations, provisions or information to add to the community update, please contact your local Youth and Community Engagement Worker.

**For additional Derbyshire Wide information, please refer to the termly Derbyshire Wide community update .**

## Amber Valley

**Mikey Heald (FT)**

Mob: 07929 851143

Mikey.heald@derbyshire.gov.uk

**Rebecca Patrick (PT)**

Mob: 07812 772558

Rebecca.patrick@derbyshire.gov.uk

## Erewash

**Leanne Parry (PT)**

Mob: 07580 466668

Leanne.Parry@derbyshire.gov.uk

## Bolsover & North East

**Robyn Lloyd-Davies (PT)**

Mob: 07812 503217

Robyn.Lloyd-Davies@derbyshire.gov.uk

## High Peak

**Dee Ashcroft**

Mob: 07812 472985

Dee.ashcroft@derbyshire.gov.uk

## Chesterfield

**Nicole Beardsley (FT)**

Mob: 07971655871

Nicole.beardsley@derbyshire.gov.uk

**Tiffeny Ollerenshaw (PT)**

Mob: 07816 633415

Tiffeny.ollerenshaw@derbyshire.gov.uk

## South Derbyshire and South Dales

**Mitchell Duggins (FT)**

Mob: 07866 828513

Mitchell.duggins@derbyshire.gov.uk

# Contents

**Click heading to go to the page and page heading to return to the contents page**

[Foodbanks](#)

[Foodbank Cont'd](#)

[Money and Finance](#)

[Welfare and Benefits](#)

[Housing](#)

[Homelessness Prevention](#)

[Mental Health Crisis Lines](#)

[Mental Health & Emotional Wellbeing for young people](#)

[Mental Health](#)

[Mental Health Cont'd](#)

[Mental Health Cont'd](#)

[Health](#)

[Staying Active](#)

[Safeguarding](#)

[Domestic Abuse Support](#)

[Domestic Abuse Support Cont'd](#)

[Sexual Abuse Support](#)

[Addiction Support](#)

[LGBT+ Support](#)

[Support for Children and Young People](#)

[Information for Parents & Carers](#)

[SEND Support](#)

[Activities for Children and Young People](#)

[Activities for Children and Young People Cont'd](#)

[Activities for Children and Young People Cont'd](#)

[Education](#)

[Employment and Training](#)

[Employment and Training Cont'd](#)

[Volunteering](#)

[Volunteering Cont'd](#)

# Food banks: Erewash

## Cotmanhay Community Network Pantry

Community Pantry—All welcome

Cotmanhay Childrens Centre Thursdays 11:30—13:30

**0115 9443172** [cotmanyhaycommunitynetwork@gmail.com](mailto:cotmanyhaycommunitynetwork@gmail.com)



[Cotmanhay Community Network | Facebook](#)

## Arena Church Foodbank Ilkeston

Food and Essentials for all

Community Hub, Mundy Street, DE7 8DH

Tuesdays & Thursdays 10:00 –15:00

**0115 9444990** [info@arenacommunity.co.uk](mailto:info@arenacommunity.co.uk)



[Foodbank - Arena Community](#)  
[\(arenacommunity.co.uk\)](http://arenacommunity.co.uk)

## Manna Food Boxes

**Mannafood-boxes@gmail.com**

M

[Affordable Food | Manna Food Boxes | Long Eaton](#)

## Long Eaton and Sawley Foodbank

Sawley; 165 Wilmot St NG10 3EL Saturday 09:00—11:00

Long Eaton: Christ Church Methodist, College Street

Tues 10:00—12:00 Friday 10:00—12:00

[Long Eaton & Sawley Foodbank | Helping Local People in Crisis](#)



## Kirk Hallam Community Pantry

Community Pantry

Kirk Hallam Community Hall, Kenilworth Drive

Wednesday 13:00—16:00

**0115 8371380**

[Kirk Hallam Community Centre | Facebook](#)



## West Hallam Food Bank

West Hallam Methodist Church Fridays 10:00—11:00

**07729 665754**

[Food Bank | \(westhallammethodistchurch.co.uk\)](#)



## The Haven Church and Community Centre Stapleford Foodbank

Foodbank—All welcome

Haven Centre, Wadsworth Road Tuesdays and Fridays 10:00—12:00

**0115 8240287** [opt2foodbank@havencentre.co.uk](mailto:opt2foodbank@havencentre.co.uk)

[The Haven Church and Community Centre | Stapleford | Facebook](#)



## St John's Church Long Eaton

Food served on Wednesdays from 12pm at John's Church Hall, Canal Street, Long Eaton



## Everyone Eats

Food Bank—Must be resident in Ilkeston

Bringing people together to reduce loneliness and increase food knowledge for better

[Every One Eats - Home | Facebook](#)

## 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

## Sainsbury's

## Ilkeston Community Pantry

Community pantry with free membership and open to all.

[\(1\) Ilkeston Community Pantry | Facebook](#)



## Citizens Advice

Castledine House, 5 Heanor Road, Ilkeston, DE7 8DY  
Appointments. Book via Adviceline— Monday, Tuesday, Friday 09:30—13:30

**0808 278 7954 Monday—Friday 09:00—16:00**

[Local Citizens Advice details - Citizens Advice](#)



## Erewash Borough Council: Household Support Fund

The household support fund (HSF) offers help to Derbyshire residents facing financial hardship by providing grants and other financial support. The fund is provided by the Department of Work and Pensions and is mainly administered by Derbyshire County Council.

[Housing Support Grant \(erewash.gov.uk\)](#)



## Erewash Borough Council: Council Tax Reduction

Council Tax Support is help towards payment of your Council Tax.

Anyone who has to pay Council Tax who is on a low income can claim Council Tax Support regardless of whether they are retired, unemployed, or in full or part-time work

Erewash Borough Council, Town Hall, Wharncliffe Road, Ilkeston, Derbyshire, DE7 5RP

**0115 907 2244**

[Council Tax Support \(erewash.gov.uk\)](#)



## Household Support Fund

The household support fund (HSF) offers help to Derbyshire residents facing financial hardship by providing grants and other financial support. The fund is provided by the Department of Work and Pensions and is mainly administered by Derbyshire County Council.

[Housing Support Grant \(erewash.gov.uk\)](#)



## Erewash Borough Council: Cost of Living

Erewash Borough Council, Town Hall, Wharncliffe Road, Ilkeston, Derbyshire, DE7 5RP

**0115 907 2244**

[Cost of Living \(erewash.gov.uk\)](#)



## Erewash Borough Council: Discretionary Housing Payments

Housing Benefit or Housing Element of Universal Credit is not always enough for you to be able to pay your rent if there is a shortfall between the amount allowed and your rent liability. Or if you have unusual or extreme circumstances which are causing hardship you are at risk of becoming homeless, we may be able to help.

[Discretionary Housing Payments \(erewash.gov.uk\)](#)



# Welfare and Benefits: Erewash

## Derbyshire County Council



Our welfare rights team can help you find out about the benefits you're entitled to and how to claim

We can help you find out about the benefits you're entitled to and how to claim, including:

- carrying out a benefit check – are you receiving your full benefit entitlement?
- which benefits to claim and how to claim them
- payments being suspended or benefit claims ending
- moving your existing benefits to a Universal Credit claim
- challenging decisions made by the benefits authorities
- preparing appeals and representing you at benefit tribunal hearings

Call: 01629 531535

Email: [welfarebenefits@derbyshire.gov.uk](mailto:welfarebenefits@derbyshire.gov.uk)

Web: [Welfare benefits - Derbyshire County Council](https://www.derbyshire.gov.uk/welfarebenefits)

## Gov—Benefits

Includes eligibility, appeals, tax credits and Universal Credit

Web: [Benefits - GOV.UK \(www.gov.uk\)](https://www.gov.uk/benefits)

[Gov—Check Benefits and Financial Support you can](#)



## Turn2Us

Millions of people are missing out on thousands of pounds. Check what you're entitled to now

Web: [Turn2us Benefits Calculator](https://www.turn2us.org.uk/benefits-calculator)

## Citizens Advice—Benefits

It's important to make sure that you get all the help that you're entitled to. These pages give you information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.

Web: [Benefits - Citizens Advice](https://www.citizensadvice.org.uk/benefits)



## Money and Pensions Service—Welfare and Benefits

Everyone making the most of their money and pensions.

Web: [4. Welfare and benefits | The Money and Pensions Service](https://www.moneyandpensions.gov.uk/welfare-and-benefits)

## Mental Health and Money Advice—Welfare Benefit Advice

Helping you to find out what financial help is available in relation to welfare benefits and how to make a claim or appeal.

Web: [Welfare benefit advice : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](https://www.mentalhealthandmoneyadvice.org/)

## Fuel for Food Scheme

Advice and support to households who are using Derbyshire foodbanks and who are facing an immediate energy crisis

0800 677 1332

Web: [www.gov.uk/the-warm-home-discount-scheme/energy-suppliers](https://www.gov.uk/the-warm-home-discount-scheme/energy-suppliers)

## Derbyshire Law Centre Homeless Relief Fund

Help with rent arrears, moving costs to secure tenancy & payment of court costs ,

Call: 01246 550 674

Email: [dlc@derbyshirelawcentre.org.uk](mailto:dlc@derbyshirelawcentre.org.uk) ,

Web: [www.derbyshirelawcentre.org.uk](https://www.derbyshirelawcentre.org.uk)



## Warm Home Discount Fund

Call: 0330 555 9424

Web: [www.gov.uk/the-warm-home-discount-scheme/energy-supplier](https://www.gov.uk/the-warm-home-discount-scheme/energy-supplier)

# Housing: Erewash

## EMH Homes

Housing support within Erewash Area

**0300 123 6000** [enquiries@emhhomes.org.uk](mailto:enquiries@emhhomes.org.uk)

[emh homes - Welcome - emh homes](#)



## DHA—Direct Help and Advice Ilkeston

FREE specialist housing advice

**0115 9300199**

[Home - Direct Help and Advice \(dhadvice.org\)](http://dhadvice.org)



## Forces in the Community

Provides tailored employment guidance, housing advice, mental health support, counselling and benefit and welfare advice. For veterans and their families.

**0115 9220320** [support@forces.org.uk](mailto:support@forces.org.uk)

[Charity Supporting Veterans | Forces in the](#)



## Derwentio Housing

We provide supported housing so that you have somewhere safe to live. During your stay you will have practical support to help closer to your goals. They help you then move out of your Derwentio home when it is the right time for you.

**Call:** 01332 292776

**Email:** [info@derwentiohousing.com](mailto:info@derwentiohousing.com)

**Web:** [Derwentio Housing](#)



## P3 Charity– Ilkeston

We're a charity and social enterprise, made up of passionate people, who care about people. We run a variety of services all across the Erewash including our head office.

Head Office- Eagle House, Cotmanhay Rd, Ilkeston DE7 8HU

**0115 850 8190**

[Service Results - P3 \(p3charity.org\)](#) - Housing Services in Erewash.



## Erewash Borough Council—Housing Options

Preventing homelessness and providing temporary homes to qualifying households if they do become homeless.

**0115 907 2244**

[Housing \(erewash.gov.uk\)](http://erewash.gov.uk)



## Broxtowe Youth Homelessness

BYH offers a range of services for young people ages 16-25 who are homeless or are going through any kind of housing crisis.

**0115 9396760**

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



## P3 Charity—Derbyshire Outreach Team (DOT)

Working to get people off the streets and into stable, safe accommodation

**Web:** [Derbyshire Outreach Team \(DOT\) - P3 \(p3charity.org\)](http://Derbyshire Outreach Team (DOT) - P3 (p3charity.org))

# Mental Health Crisis Lines: Erewash

## Samaritans

To talk about anything that is upsetting you, 24 hours a day, 365 days a year

**Call:** 116 123

**SAMARITANS**

## SANEline

If you're experiencing a mental health problem or supporting someone else

**Call:** 0300 304 7000



## National Suicide Prevention Helpline

Offers supportive listening service to anyone with thoughts of suicide

**Call:** 0800 689 5652



## Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or know someone that is

**Call:** 0800 068 4141



## Campaign Against Living Miserably (CALM)

5pm – midnight everyday if you're struggling and need to talk. Alternatively, if you prefer not to speak on the phone, you could try the CALM webchat service [Get Help & Support With... | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

**Call:** 0800 58 58 58



## Shout

If you would prefer not to talk, but want some mental health support. Offering confidential 24/7 text service providing support if you are in crisis and need immediate help.

**Text SHOUT to 85258**



## The Mix

If you're under 25, you can call the Mix from 3pm – midnight everyday. Alternatively you can request support by email using this form [Email us - The Mix](#)

Or using their crisis text messenger service [Crisis Messenger - The Mix](#)

**Call:** 0808 808 4994



## Switchboard

If you identify as gay, lesbian, bisexual or transgender, call Switchboard

**Call:** 0300 330 0630



## Erewash

### Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

**07507 330025**

[Home Page - ChatHealth](#)



### The Will Garvey Trust Foundation

Information and resources round support for the mental health of young people.

[Home - willgarveytrustfoundation.org.uk](http://willgarveytrustfoundation.org.uk)



### Erewash Children and Young People's Mental Health and Emotional Wellbeing Network

Erewash Voluntary Action manage and coordinate the Erewash Children and Young People's Mental Health and Emotional Wellbeing Network. The network meets on a quarterly basis and is open to any organisation – community, voluntary, charities, not-for-profits and statutory - who support children and young people in Erewash.

The aims of the network are to:

Provide a supportive environment for individuals to share the services with which they are involved.

Enable the sharing of information and good practice.

Networking opportunities

Training and development

Identify gaps and duplication in services.

Identify issues affecting the delivery of services and how these may be addressed collectively.

Create a collaborative approach to promoting projects in Erewash

For further information about the network contact Cats Paterson Erewash Voluntary Action Development Worker email [catriona@erewashcvs.org.uk](mailto:catriona@erewashcvs.org.uk)



### Erewash and Long Eaton CAHMS

Century House, 100 Nottingham Road,, Long Eaton, Derbyshire NG10 2BZ

**0115 946 4568**

[Century House, Long Eaton :: Derbyshire Healthcare NHS Foundation Trust](#)  
[derbyshirehealthcareft.nhs.uk](http://derbyshirehealthcareft.nhs.uk)

# CAMHS

Child and Adolescent  
Mental Health Services

## Rant and Rave Peer Support Group

A woman's only peer support group for mothers or carers of young children to get support. Every Tuesday @ St Johns church hall, Long Eaton from 9am – 11am costing £2.50/session.

**07564023741** or via [rantrave19@gmail.com](mailto:rantrave19@gmail.com)

## Long Eaton Self Help Group

£1/session towards the tea and coffee and weekly activities, they provide support for anyone who is feeling isolated stressed or experiencing mental health issues.

St John's Church, Canal Street, Long Eaton

Tuesdays 11:30—13:30

**07564023741**



## Long Eaton Horizon

Thursdays 10am – 1pm at the United Reformed Church, Long Eaton. Horizon is a self-help group which provides a safe space to socialise and gain peer support. This group welcomes people just to drop into the group without having to contact them first.



## Accessible Walk and Talk—Long Eaton

**Accessible Walk & Talk – Long Eaton** - This group meets every 3<sup>rd</sup> Saturday of the month 2pm-4pm for a gentle accessible walk on flat paths led by trained walk leaders. Length of walk will be 1-2 miles. Disabled parking, Toilets & Cafe. Suitable for wheelchair & mobility scooter users and people with reduced mobility. Meet outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton. NG10 4AA. For more info and to book on to the walk

**please contact Raoul on 07775673189.**

## Draycott MENTAL Wealth

Meet bi-weekly meeting on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 7-8.30pm at the Elephant Rooms in Draycott. A group for men only, providing a place just for men to come together and share experiences and coping strategies.

**Please contact the elephant rooms on 0737 546 8005**

## Draycott Peer Support

Meet every Monday; they meet 11.30am – 1pm upstairs at the Elephant Rooms in Draycott. They provide a safe space to talk and share experiences of mental health issues and coping techniques with each other.

**Please contact the elephant rooms on 07375468005 for more info**



## Creative Arts Project

An arts and crafts group which meets twice weekly at the Cantelupe Centre in Ilkeston. Wednesdays 4-6pm and Thursdays 1pm—3pm. Refreshments are available each week and the group charge a small weekly fee.

To access this group, contact the facilitator Stuart on 07719547048.



## Ilkeston Self Help Group

The Ilkeston Self Help Group meet twice weekly at the Cantelupe centre in Ilkeston. Mondays and Thursdays 11am – 1pm. It's a social support group who meet and have a chat over a cuppa and biscuits and an occasional trip out.



## Sawley Support Group

Mondays 10.30am – 12.30pm at Sawley Memorial/Community Hall on Draycott Road in Sawley. A social support group meeting to talk, share experiences and make new friends to help alleviate isolation over a cuppa and some biscuits with some games and crafts.



## All Things a Yarn

Draycott – Held at the Elephant Rooms in Draycott. On the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 6pm – 7:30pm. A knitting group for beginners to advanced. So come along and join in and learn from each other.

To join please contact the elephant rooms on 07375468005



## Accessible Walk & Talk – Long Eaton

Group meets every 3<sup>rd</sup> Saturday of the month 2pm-4pm for a gentle accessible walk on flat paths led by trained walk leaders. Length of walk will be 1-2 miles. Disabled parking, Toilets & Cafe. Suitable for wheelchair & mobility scooter users and people with reduced mobility. Meet outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton. NG10 4AA. For more info and to book on to the walk

Please contact Raoul on 0777567189



## Walk for Wellbeing

Draycott - 10am-12pm from the Elephant Rooms in Draycott. The 1<sup>st</sup> and 3<sup>rd</sup> Sundays are men only and the 2<sup>nd</sup> Sunday is a mixed group. All led by a Walk Derbyshire qualified walk leader. F

or more information, please contact the Elephant Rooms on 07375468005



## The Mens Room

A group just for men who are feeling isolated, stressed or experiencing difficulties to get together and share experiences and coping strategies. Mondays 2-4pm at the Cantelupe Centre, Ilkeston.



## Ilkeston Cantelupe gardens group

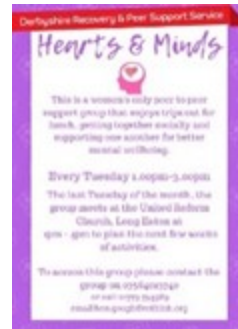
Tuesdays 10am-12noon at the Cantelupe Centre on Ilkeston Market Place. Providing a social and supportive space whilst tending the centres rear garden; area, no experience needed, tea and coffee available every week along with indoor activities provided in winter and when the weather is not suitable to be outside.



## Long Eaton Hearts and Minds

A woman's only group that enjoy trips out, providing social support for better mental wellbeing. Meeting every Tuesday from 1pm at various locations. They meet the last Tuesday of the Month 1pm – 4pm at The United Reformed Church in Long Eaton to plan the next month's activities and advise new members wishing to join to do so at this session first.

**Contact the group on 0764023740 (only available on Mondays and Tuesdays)**



## Growing lives: Derventio Charitable Trust

Mentoring support, gardening, furniture recycling, cookery and arts and crafts. People will be signposted to learning and job opportunities and will be taught to produce healthy meals. Physical activity levels will be increased and art activities will provide a therapeutic element. Participants can volunteer for the Talent Match project

Information and resources round support for the mental health of young people.



## [How to Register with a GP](#)

[How to register with a GP surgery - NHS \(www.nhs.uk\)](#)



## [How to find an NHS Dentist](#)

[How to find an NHS dentist - NHS \(www.nhs.uk\)](#)



## [Service and Support for parents and carer's](#)

[Services and support for parents - 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](mailto: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](mailto:asch.llbd.info@derbyshire.gov.uk)**

[Home - Live Life Better Derbyshire](#)



## [Erewash Health Partnership](#)

Erewash Health Partnership is a single GP partnership comprising of Adam House, Aitune, Eden, Gladstone House, Littlewick, Moir, West Park and Dr Webb's practices.

[Erewash Health Partnership](#)



## [Derbyshire Family Health Service](#)

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Tel: 01246 515100

**Web:** [Derbyshire Family Health Service](#)



## Exercise by referral scheme

The Exercise by Referral scheme is a 12 week exercise program for people with long term health conditions. Sessions are led by a fully qualified exercise professional and are suitable for beginners.

[Exercise by Referral Scheme \(erewash.gov.uk\)](http://erewash.gov.uk)



## 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.

[Getting active - Live Life Better Derbyshire](#)



## Age UK—Strictly no falling

Various classes delivered throughout Erewash

[Age UK Derby and Derbyshire | Strictly No Falling Classes](#)



## Erewash Active Communities

Our team are active members of Community Wellness Networks across Erewash, where we support and help to drive health and wellbeing outcomes within these areas.

[Active community \(erewash.gov.uk\)](http://erewash.gov.uk)



## Erewash Health Partnership— Staying Active Resources

Please find resources below offering advice to improve your wellbeing

[Erewash Health Partnership](#)



# Safeguarding: Erewash

## [Derby and Derbyshire Safeguarding Children Partnership](#)

[Derby Safeguarding Children Partnership \(ddscp.org.uk\)](http://ddscp.org.uk)



## [Call Derbyshire](#)

[Contact us - Derbyshire County Council](#)

You can contact [Call Derbyshire](#) tel: [01629 533190](tel:01629533190) or by texting [86555](tel:86555).



## [Derbyshire Safeguarding Adults board](#)

[Home - Derbyshire Safeguarding Adults Board](#)  
([derbyshiresab.org.uk](http://derbyshiresab.org.uk))



# Domestic Abuse Support: Erewash

## Salcare

Escape is a domestic abuse support service supporting victims of domestic abuse which is open to all genders from all communities.

**01773 764562** [enquiries@salcare.org.uk](mailto:enquiries@salcare.org.uk)

[About Salcare - Salcare](#)



## Erewash Borough Council– Domestic Abuse

The information below is for anyone suffering domestic abuse, who needs housing advice within Erewash.

Erewash Borough Council, Town Hall, Wharnccliffe Road, Ilkeston, Derbyshire, DE7 5RP

**0115 907 2244**

[Domestic Abuse \(erewash.gov.uk\)](#)



## Women's Aid

Use the Tool below to find Domestic Abuse Support Services in the area of Erewash

[Women's Aid Directory - Women's Aid \(womensaid.org.uk\)](#)



## Safer Derbyshire

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

[Domestic abuse \(saferderbyshire.gov.uk\)](#)



## Derbyshire Constabulary

Advice and Information around Domestic Abuse

[Advice about domestic abuse | Derbyshire Constabulary](#)



## 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](mailto:DerbyshireWISHreferrals@ncha.org.uk)**

## Derbyshire Domestic Abuse Support Services

Changes is a voluntary programme assisting those concerned they might be hurting, scaring, or controlling their partner and want help making changes

# Changes



### Do you want to make changes?

Relationships can be challenging and make us feel vulnerable.

Being intimate with someone means getting close enough to get hurt. This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to.

We sometimes find ourselves behaving in ways which hurt or scare the people around us, and make us feel bad about ourselves.

You do not have the right to hurt or scare your partner (or ex-partner), call them names, intimidate them or force them to do things they do not want to do. You do not have the right to choose who they can or cannot see.

But it's never too late to start making changes.

Do you want to change your behaviour?  
We can help you to start to make positive changes.

### This service is completely free of charge and tailored to meet individual needs.

We provide individual assessments, and group-work sessions which help people to understand relationship difficulties, to take responsibility for abusive behaviour, and to make positive changes for themselves, their (ex) partners, and their children (if they have any).

### Eligibility Criteria:

Males, aged 18 years or over who are not currently involved in any Criminal proceedings, and not actively involved in Private Family Law proceedings, or have been within the previous 12 months.

Using violent and/or abusive behaviour towards their partner or ex-partner and identified as Low or Medium risk

Ready and willing to learn and take accountability for their actions.

If any mental health needs/concerns, or any drug/substance/alcohol misuse have been identified which may impact on service provision, the client must be actively seeking/receiving support for this in order to be accepted onto the program.

### Professional Referrals:

If you suspect or know that someone you are working with is mistreating their partner, please get in touch. We can help them make positive changes in their life so they stop their abusive behaviour towards others. We also provide practical 1-2-1 support to survivors who are partners/ex-partners of those who are participating in the Changes programme.

### Project aims:

- ✓ Increase the safety for victims of domestic abuse and their children
- ✓ Assess and manage risk
- ✓ Victim supported by Partner Safety Worker
- ✓ Provide services to diverse communities
- ✓ Promote respectful relationships
- ✓ Hold perpetrators to account
- ✓ Deliver a co-ordinated response
- ✓ Evaluation and development
- ✓ Support social change



### Project Providers

The Changes project is managed and delivered by a consortium of three organisations, who deliver intervention, guidance and support to those individuals referred to the project.

The consortium is made up of three specialist domestic abuse support providers: The Elm Foundation, Crossroads Derbyshire and Derbyshire WSM Domestic Abuse Services and together the consortium provides cover throughout Derbyshire.



01773 483430



CHANGES@ncha.org.uk



## Cotmanhay Community Network

Freedom Programme—for further information contact

Cotmanhaycommunitynetwork@gmail.com



# Sexual Abuse Support: Erewash

## Derbyshire Constabulary– Support for Rape and Sexual Assault

If you've been raped or sexually assaulted, we're here for you. If you're ready to, you can report rape and sexual assault to us online.

But if you don't want to talk to us, or if you want extra support, there are lots of people who can help.

You're in control, and it's up to you who you talk to and what help you get.

[Support for rape and sexual assault | Derbyshire Constabulary](#)



## 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 [helpline services](#) is available.

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

[Sexual abuse support – Support for victims-survivors of sexual abuse](#)



## 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](mailto:help@sv2.org.uk)**

[SV2 - Supporting Victims of Sexual Violence - Home](#)



# Addiction Support: Erewash

## Horti-Culture: Wash Arts

'Horti-Culture' project will work with people in recovery to deliver creative and horticultural opportunities providing support and enrichment to create positive changes in behaviour.

0115 9301229

[www.washarts.co.uk](http://www.washarts.co.uk)



## Phoenix Futures

Our Derbyshire Community Substance Misuse Service operates across four main bases in; Chesterfield, Ripley, Ilkeston and Swadlincote

Erewash House, Station Rd, Ilkeston DE7 5LD

[Derbyshire Recovery Partnership | Phoenix Futures](http://Derbyshire Recovery Partnership | Phoenix Futures)  
([phoenix-futures.org.uk](http://phoenix-futures.org.uk))



## Change, Grow and Live– Erewash

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](mailto:Derbyshire@cgl.org.uk)

[Find a Change Grow Live service near you](#)



# Change Grow Live

## Rehab4Addiction

With Rehab 4 Addiction, you can say goodbye to waiting for treatment. When you ask us for support, we will arrange treatment for you in Erewash in a matter of days or weeks.

**0800 140 4690**

**Online Enquiry Form– [Form](#)**

[Drug & Alcohol Rehab in Erewash - Rehab 4 Addiction](#)



# LGBT+ Support: Erewash

## Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, we are here to support anyone who is Lesbian, Gay, Bisexual and Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends. In person and online youth groups available

**Tel:** 01332 207 704

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

**Web:** [Derbyshire LGBT+](#)



## Consortium—For Stronger LGBT+ Communities

Derbyshire LGBT+ Mission Statement “Providing high-quality services for LGBT+ people throughout Derbyshire”

**Web:** [Derbyshire LGBT+ \(consortium.lgbt\)](#)



## Galop

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse

**Tel:** 0800 999 5428

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

**Web:** [Galop - the LGBT+ anti-abuse charity](#)



## Stonewall: LGBT+ Support

Whether or not you feel ready to dive into a new opportunity, you might need support on your journey

**Web:** [LGBTQ+ Support | Stonewall](#)



## Mermaids

A safe place for transgender, nonbinary and gender-diverse young people to find support and help one another.

**Tel:** 0808 801 0400

**Web:** [Homepage - Mermaids \(mermaidsuk.org.uk\)](#)



## LGBT Collective Revolution

LGBT Collective are an LGBT+ Provision in Derbyshire. All LGBT Collective groups, activities and support we offer are inclusive and they welcome both LGBT+ community and allies to all our provisions

**Web:** [LGBT COLLECTIVE » A new LGBT provision for Derbyshire groups, support and events](#)



## Derbyshire CGL

Derbyshire CGL Young People's Service offer free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol. We offer brief 1:1 harm reduction interventions, ongoing 1:1 specialist interventions, group work sessions, drop ins, information stalls, outreach, and professional training.

Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome and you can contact us via email or telephone.

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

[derbyshire@cgl.org.uk](mailto:derbyshire@cgl.org.uk)

**01773 303646**



Young People's  
Service

Derbyshire

## Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

**07507 330025**

[Home Page - ChatHealth](#)



## Erewash Children's Centres

[Erewash children's centres | Facebook](#)



## Cradles Breastfeeding Group, Ilkeston

To inform, support and empower women to breastfeed their baby as long as they wish.

[Cradles Breastfeeding Group, Ilkeston | Facebook](#)



## Long Eaton Breastfeeding support

Long Eaton Breastfeeding Social and Support is a group run for families by local women to give support.

[Long Eaton Breastfeeding Support | Facebook](#)



## Home-Start Erewash

A non-statutory service offering compassionate, holistic and tailored support for parents of young children. We welcome self-referrals and referrals from agencies within the Erewash area, who feel that our non-judgemental support would benefit a family facing challenges.

[www.home-starterewash.co.uk](http://www.home-starterewash.co.uk)



## Bundles of Hope—Baby Basics

Baby Basics works with Midwives, Health Visitors, Social Workers and Local Charities in Long Eaton and the surrounding area. We provide starter packs for those in need, including vulnerable groups such as teenage mums, families on low income and women fleeing domestic abuse and trafficking.

[Bundles of Hope](#)

[Bundles of Hope and Baby Basics Long Eaton | Long Eaton | Facebook](#)



## The Breastfeeding Network

National Breastfeeding Helpline: **0300 100 0212**.

**Web:** [Home - The Breastfeeding Network](#)



## One Plus One

Online relationship support for parents. Learn to cope with stress and communicate better.

**OnePlusOne – homepage**



## Derbyshire Family Health Service

Here to support you and your family as part of the 0-19 year olds free public health and wellbeing services.

Tel: 01246 515100

**Web:** [Derbyshire Family Health Service](#)



# SEND Support: Derbyshire Wide

[Derbyshire Information, Advice and Support Service for SEND](#)



**Derbyshire  
information Advice &  
Support Service for SEND**

Providing impartial advice for special educational needs and disability

**Tel: 01629 533668 Email:**

[ias.service@derbyshire.gov.uk](mailto:ias.service@derbyshire.gov.uk)

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



# Activities for Children and Young People: Erewash

## Parkside High @ The POD

17 Summerfields Way, Ilkeston, DE7 9JJ

0115 9301000 [info@parksidehigh.co.uk](mailto:info@parksidehigh.co.uk)

[Parkside High CIC | Facebook](#)

[Youth Mentoring in Derby & Nottingham | Youth Projects | Parkside High](#)

**GIRLS FOOTBALL**

Sessions Starting:  
Tuesday 2nd May  
4:30 - 5:30 (Running for 8 weeks)  
Free for ages 8+ at The POD

FREE FUN FOOTBALL SESSIONS!

The POD 17 Summerfields Way South Ilkeston, Derbyshire DE7 9JJ 0115 9301000  
Info: [kevin@parksidehigh.co.uk](mailto:kevin@parksidehigh.co.uk)

**YOUTHSPORTS**

ACTIVITIES REWARDS GAMES

Activity Sessions - Thursdays - 4:30pm - 5:30pm at The POD, 17 Summerfields Way South, Ilkeston DE7 9JJ  
Free for Ages 11+

PARKSIDE HIGH [info@parksidehigh.co.uk](mailto:info@parksidehigh.co.uk) 0115 9301000

**STREETSIDE JUNIORS**

£4 per session Ages 8+

STARTING WEDNESDAY 15TH MARCH 2023  
WHERE: AT THE POD WHEN: 4:15PM - 5:45PM

LEARN NEW SKILLS IN ART, MUSIC, SPORT, LIVE PERFORMANCE + MUCH MORE!

SESSIONS WILL INCLUDE PREPARATION FOR OUR ANNUAL LIVE SHOW - "STREETSIDE LIVE" FEATURING MUSIC, ARTS, DANCE AND MORE PERFORMED AT ILKON CONTEMPORARY ARTS - 14th & 20th JULY 2023

ALL STREETSIDE ACTIVITIES FOLLOW NATIONAL YOUTH AGENCY GUIDANCE  
Information: [info@parksidehigh.co.uk](mailto:info@parksidehigh.co.uk) 0115 930 1000 The POD - 17 Summerfields Way South Ilkeston DE7 9JJ

## Insight Community Project

[insightcic@outlook.com](mailto:insightcic@outlook.com)

[Insight - community project | Facebook](#)

[Insight Community Project - Home](#)

**The Youth Circuit**  
Fitness Training

BOYS ONLY SESSIONS  
11 - 16 YRS

Sign up @  
[WWW.INSIGHTCOMMUNITYPROJECT.CO.UK](http://WWW.INSIGHTCOMMUNITYPROJECT.CO.UK)

Equipment sponsored by East Midlands SPORT

Long Eaton Youth Club  
Community House, 173 Derby Road  
NG104LL  
Tuesdays  
6pm - 8 pm

Insight Community Project

**Youth Club**

@ Community House, Derby Road, Long Eaton  
NG104LL (Opposite The Sportsman pub)

Wednesdays 6-8pm

11-16's

Free sports, arts and activity sessions  
Follow us on social media for whats on...

Instagram: [Insight\\_community\\_project](#)  
Facebook: [Insightcommunityproject](#)  
[www.insightcommunityproject.co.uk](http://www.insightcommunityproject.co.uk)

DERBYSHIRE County Council

Insight community project

## Support Through Sport

[Info@supportthroughsport.co.uk](mailto:Info@supportthroughsport.co.uk)

**BOXING & MULTI SKILLS**

Support Through Sport

Launches 24th Nov

ALWAYS FREE OF CHARGE

AGE 8-18 YEARS

- EVERY THURSDAY
- 6-7PM
- KIRK HALLAM COMMUNITY ACADEMY

EREWASH Derbyshire County Council

For more information:  
[info@supportthroughsport.co.uk](mailto:info@supportthroughsport.co.uk)

## Derby County Community Trust

Free Youth Sports 10+

Kirk Hallam Games area, Windsor Crescent

Wednesday 17:30—19:00

DERBY COUNTY COMMUNITY TRUST

KIRK HALLAM

**MULTI SPORTS**

FREE YOUTH SPORTS FOR AGES 10+

Every Wednesday, 5:30pm - 7:00pm  
Kirk Hallam Games Area, Windsor Crescent, DE7 4HD

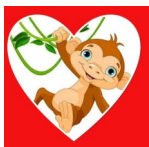
# Activities for Children and Young People: Erewash

## Monkey Toddler Playgoup

Stay and play sessions for children 0-4.

Fridays—Kirk Hallam Hall

[MONKEY TROUBLE Playgroup | Facebook](#)



## Petersham Play Pals

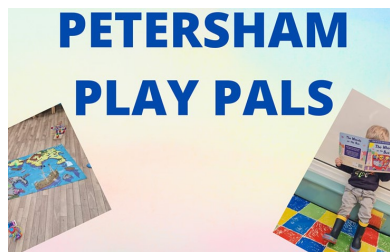
A supportive environment for parents and carers.

0-4 years welcome

Alternate Friday mornings and Petersham Hall

09:30—11:00

[petersham play pals | Facebook](#)



## Boogie Beat Music and Movement—Enrichinh Communities CIC

Music, movement classes—perfect for babies up to 6 years old

Multiple Sessions across Erewash

Emma 01896 759 024

[Enrichingcommunitiescic@gmail.com](mailto:Enrichingcommunitiescic@gmail.com)

[emma@boogiebeat.co.uk](mailto:emma@boogiebeat.co.uk)



## Wild Bears Forest School & Outdoor playgroup

Wild Bears Outdoor Playgroup is based in Kirk Hallam, Ilkeston and adopts the Forest School concept and ethos.

[Wild Bears Forest School & Outdoor Playgroup | Ilkeston | Facebook](#)



## Jiminy's Rainbows— Parent and Toddler group

Sawley Baptist Church

Wednesdays 13:00 Thursdays 09:15

07906 771829

[boothmanjulie@yahoo.co.uk](mailto:boothmanjulie@yahoo.co.uk)

[Jiminy's Rainbows - Sawley Parent and Toddler Group | Long Eaton | Facebook](#)



## Kickers and Dribblers—Long Eaton

Friendly Stay and Play Session—Long Eaton Childrens Centre.

Thursdays 09:45—11:45

Spaces to be booked via Facebook

[Kickers & Dribblers Parents | Sign up post | Facebook](#)



## Oasis Toddler Time

Sessions on Monday, Tuesday, Wednesday, Thursday at 9.15 and 11.15 am. On a Friday we just have one session at 9.15 am.

The sessions are at the Oasis Christian Centre church on Derby Road, Long Eaton, Nottingham, NG10 4LL

Sessions are open to anyone with a child under school age.

[Oasis Christian Centre | Toddlertime \(longeatonoasis.co.uk\)](#)



# Education: Erewash

## Derbyshire Adult Community Education

### Online directory:

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

### Open Enrolment Days

Are you eager to start on a new learning journey but uncertain about choosing the right course? Look no further! Our friendly staff can help you to find the perfect course for your goals and interests.

At all of our adult community education centres, we have arranged special sessions to provide personalised guidance. Mark your calendars for these dates:

- Tuesday 22 August, from 10am to 2pm
- Tuesday 5 September, from 10am to 2pm
- Tuesday 19 September, from 10am to 2pm

Our team of staff and careers coaches will be available during these sessions to lend you a helping hand. Whether you're seeking to develop new skills or enhance your existing ones, we can support you to explore the options and find the course that's right for you.

Once you've chosen your course, we'll be there to guide you through the enrolment process.

To locate your nearest centre and discover the opportunities we offer, visit [www.derbyshire.gov.uk/ACEcentres](http://www.derbyshire.gov.uk/ACEcentres) or give us a call on 01629 531241.

## DCC Learning for 14 – 19 Year Olds

Email: [14-19study.programme@derbyshire.gov.uk](mailto:14-19study.programme@derbyshire.gov.uk)

[Learning for 14 to 19-year-olds \(derbyshire.gov.uk\)](http://derbyshire.gov.uk)

[Learning 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.



Funded by  
UK Government

**Brightside**  
**Weaving with Willow**

Long Eaton, Community House ACE  
Thursday 28 September, 1pm until 3pm, for 6 weeks  
For information contact 01629 537384  
and quote code C23EC0067



Funded by  
UK Government

**Brightside**  
**Introduction to Meditation**

Long Eaton, Community House ACE  
Thursday 7 November, 1.30pm until 3.30pm,  
for 6 weeks  
For information contact 01629 537384  
and quote code C23EC0066



# Employment and Training: Erewash

## National Careers Service

Tel: 0800 100 900 to speak to an adviser.

We're open:

**8am to 8pm** Monday to Friday

**10am to 5pm** Saturday and bank holidays.

Web: [Careers advice - job profiles, information and resources | National Careers Service](#)

## Derbyshire County Council Careers Service



Advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment or training.

### County Wide contact:

Tel: 07717 343085

Email: [louise.wilson@derbyshire.gov.uk](mailto:louise.wilson@derbyshire.gov.uk)

For more information and to register your

interest online: [Careers service - Derbyshire County Council](#)

## YMCA Derbyshire

0115 944 3226

[training@ymcaderbyshire.org.uk](mailto:training@ymcaderbyshire.org.uk)

[The Campus – Ilkeston - YMCA Derbyshire](#)



## Derbyshire Careers

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

Sarah.groom2@derbyshire.gov.uk

07967 308905

**FREE CAREERS ADVICE**

Do you need help finding a new job or advice on a new career path? Derbyshire County Council is here to help you with...

- WRITING A CV OR COVERING LETTER
- IDENTIFYING YOUR OWN SKILLS
- TRAINING COURSES AND FUNDING
- FINDING JOB VACANCIES
- ROUTES INTO EMPLOYMENT AND NEW CAREERS
- WRITING APPLICATION FORMS AND PREPARING FOR INTERVIEWS

If you're aged 18 and not working or in education or aged over 19 contact Sarah Groom on 07967 308905 or [sarah.groom2@derbyshire.gov.uk](mailto:sarah.groom2@derbyshire.gov.uk) to find out more.

## YES Derbyshire – Youth Employment Support

Access local training and job opportunities, as well as a range of services to address health and wellbeing support needs.

Phone: 01629 539720

Text: HUB to 8655

Email: [youth.hub@derbyshire.gov.uk](mailto:youth.hub@derbyshire.gov.uk)

**YES Derbyshire**  
(Youth Employment Support)

DERBYSHIRE County Council

Are you aged 16-24? Do you need support with your work or learning?

**Cotmanhay Centre Drop In**  
Monday 2 – 4pm; Wednesday 10am – 12  
**Ilkeston Library**  
Booked Appts only Thursday

Contact us:  
• phone: 01629 539720  
• text: HUB to 86555  
• email: [youth.hub@derbyshire.gov.uk](mailto:youth.hub@derbyshire.gov.uk)

Access local training and job opportunities, as well as a range of services to address health & wellbeing support needs.

## 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:

[disabilityemploymentsvice@derbyshire.gov.uk](mailto:disabilityemploymentsvice@derbyshire.gov.uk)

# Volunteering: Erewash

## Erewash Voluntary Action

Various Volunteer opportunities available.

[‘Volunteering \(erewashvoluntaryaction.org.uk\)](http://erewashvoluntaryaction.org.uk)

[VOLIFE Erewash – Voluntary opportunities for Erewash \(erewashcvsvolife.com\)](http://VOLIFE Erewash – Voluntary opportunities for Erewash (erewashcvsvolife.com))

0115 9466740 [volunteers@erewashcvsvolife.com](mailto:volunteers@erewashcvsvolife.com)



## Erewash Borough Council– Get Involved

We are working hard to make Erewash a cleaner place to live but we need your help. Our special teams clear up litter, graffiti and fly-tipping and make sure that those making the mess pay the price.

You can get involved in keeping the borough clean and have fun while making a real difference. There are lots of things you can do:

[Get Involved \(erewash.gov.uk\)](http://erewash.gov.uk)



## Erewash Youth and Community Engagement

If your Interested in volunteering in Erewash.

Tel: **07580 466668** to contact Leanne Parry

Email: [Leanne.Parry@derbyshire.gov.uk](mailto:Leanne.Parry@derbyshire.gov.uk)

[Website](#) for more information



## Erewash– Home Start Volunteering Opportunities

Are you passionate about making a positive impact on the lives of young children and their families? Do you have an understanding of the complexities of parenting? Home-Start Erewash is seeking dedicated volunteers like you to provide much-needed support to families facing numerous challenges. By committing just 2 hours of your time each week, you can make a real difference at the beginning of a child's journey. Training will be provided to equip you with the necessary skills for this rewarding role.

About Home-Start Erewash:

Home-Start Erewash is a local charity that aims to strengthen families and improve the lives of children. We recognise that parenting can be challenging, especially for families with young children, and we can provide valuable support to help parents navigate these difficulties. By offering practical assistance, emotional support, and a listening ear, Home-Start Erewash aims to empower families to overcome these challenges and thrive.

To learn more visit [www.home-starterewash.co.uk](http://www.home-starterewash.co.uk)

Call 0115 9304640

Email: [office@home-starterewash.co.uk](mailto:office@home-starterewash.co.uk)



# Volunteering: Erewash

## Derbyshire Carers Association– Volunteering

Volunteers are invaluable and help us make DCA what it is! We are looking for volunteers to support our teams across Derbyshire, this could be from one of our offices, out in the community or even from your own home.

We currently have a range of volunteering opportunities available and we would love for you to join us.

**01773 833833** to contact the DCA

**[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)**

[Website](#) for more information



## Derbyshire Time Swap

Time Swapping (or Time Banking) is a fantastic initiative which allows members of the community to 'swap' their time to help somebody else. This support can range from assistance with gardening, to teaching I.T skills, or giving cookery lessons - the sky is the limit!

**[derbyshiretimeswap@sd cvs.org.uk](mailto:derbyshiretimeswap@sd cvs.org.uk)**

[Website](#) for more information

