

South Derbyshire Early Help – Where to find support.

Support Services and Information

COVID19 Community Response Unit update bulletin

HMRC announces that parents of new-borns can claim child benefit without registering child's birth. See website below for further details: <https://www.gov.uk/government/news/dont-miss-out-claim-child-benefit-by-phone-or-post-hmrc-tells-new-parents>

Pupils eligible for free school meals are entitled to food parcels or supermarket vouchers, including during the Easter holiday. See further information for schools below:

<https://www.gov.uk/government/news/dont-miss-out-claim-child-benefit-by-phone-or-post-hmrc-tells-new-parents>

DIY first aid at home free online module from St John's ambulance service, you are required to create a free account to access this training: <https://etraining.sja.org.uk/local/roadmaplogin/login.php>

Derbyshire Healthcare NHS Foundation Trust has launched a new telephone based support line for local people who are experiencing increased distress or anxiety during the Coronavirus pandemic. The support line will initially be available 9am- midnight every day on: 0300 790 0596.

Newly launched project – ONLINE Postal Condoms - link:- [condoms by post](#) visit our website www.yoursexualhealthmatters.org.uk



NHS for parent's information



YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE <ul style="list-style-type: none">• Pale/mottled/dusky/blue colour• Cold/fever/unresponsive/loss of consciousness• No obvious pulse or heartbeat• Severe allergic reaction	BREATHING <ul style="list-style-type: none">• Sticking in and out between ribs• Flaring nostrils• Extremely fast breathing• Noisy breathing
BEHAVIOUR <ul style="list-style-type: none">• Extreme irritability/crying/lethargic (can be woken but falls asleep immediately)• Seizure/jerking movements/fit	OTHER <ul style="list-style-type: none">• Bleeding from an injury that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE <ul style="list-style-type: none">• Distress/feeling faint• Rash that does not fade when you press it	OTHER <ul style="list-style-type: none">• Swallowed foreign objects (especially magnets/batteries)• Temperature higher than 38°C in a baby younger than three months old• Your child has special health care needs and you have a plan that tells you to go to A&E• Feels abnormally cold to touch• Expressing suicidal/significant self-harm thoughts
BEHAVIOUR <ul style="list-style-type: none">• Severe constant tummy pain	
OTHER <ul style="list-style-type: none">• Burn• Possible broken bone	

YOU SHOULD CALL YOUR GP IF

APPEARANCE <ul style="list-style-type: none">• Mild/mod allergic reaction (known or suspected)• New rash that fades when you press on it	BREATHING <ul style="list-style-type: none">• Wheezing/fast breathing
BEHAVIOUR <ul style="list-style-type: none">• Mild irritability/deeper than normal• Severe tummy pain that comes and goes• Vomiting and diarrhoea• Not passed urine for more than 12 hours	OTHER <ul style="list-style-type: none">• Temperature >39°C (age 3-12 months)• Temperature over 39°C for more than 7 days• Accidental overdose of medication or other substances• Ear pain for more than 2 days• Emotional distress that can't be reassured

YOU SHOULD CHECK WITH ITI OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE <ul style="list-style-type: none">• Pink speckled eyes	BREATHING <ul style="list-style-type: none">• Cough• Runny nose
BEHAVIOUR	

For more information visit - **FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES** VISIT WWW.NHS.UK

Free and Low Cost Activities

Scavenger hunt/ treasure trail

Hide and seek



Den building

Make musical instruments

Read together |

Indoor games- cards, snakes and ladders

Movie marathon

Make a movie or dance video together

Bike ride

Play I-spy



Go for a Walk

Crafts/ drawing

Baking

Make jewellery out of pasta tubes and string

Make bubble mixture with washing up liquid



Play charades, who am I?

Host a household talent show



For information about Derbyshire County Council, follow the link: www.derbyshire.gov.uk

South Derbyshire Early Help – Where to find support.

Please find information and advice to use for South Derbyshire residents and families

Food Banks:

Swadlincote- CVS

Website: <https://sdcvs.org.uk/services/food-projects>

Address: 48 Grove St, Swadlincote DE11 9DD

Further info: The office is currently closed to visitors, however we can provide emergency food parcels by appointment. Please contact us at projectsupport@sdcvs.org.uk to make a referral or if you need a food parcel. If you do not have access to email, please leave a message on 07458 304316.

Ashby Foodbank

Tel- 07542118878 **Email:** info@ashbyfoodbank.org.uk

Website:

<https://ashby.foodbank.org.uk/>

Address: Ashby Congregational Church

Opening times: Tuesday and Wednesday 9.30-10.30am and Friday 2-3pm

Address: Measham Baptist Church

Opening times: Friday 9-10 am

Further info: Our foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies. See website for more details.

Ashbourne Foodbank- Ashbourne Elim Pentecostal Church **Tel: 01335 344338**

Email: foodbank@ashbourneelim.church

Address: The Waterside Centre, Ashbourne DE6 1DG

Further info: Our foodbank works on an agency referral system, which entitles the person/ family to 3 weeks of food parcels. We are currently being more flexible with referrals to support the community. Please contact for further information.

South Derbyshire County Council

If you are worried about becoming homeless, please email the customer services team at customer.services@southderbyshire.gov.uk or call the customer services team on 01283 595795. Alternatively, if you need to speak to someone urgently outside of normal working hours, call 0845 6058058 or 01629 532600.

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Money & Finance information:

Derbyshire Discretionary Fund

The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.

Application Line

Tel: 01629 533399

Monday – Friday 10am – 4pm

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/managing-money-and-debt/derbyshire-discretionary-fund/derbyshire-discretionary-fund-ddf.aspx>

UC/Universal Credit

This page provides information about **coronavirus and claiming benefits**. It will continue to be **updated**.

Please, check this page regularly for updates on the arrangements the Department for Work and Pensions is making to support those who are affected by coronavirus.

Email: <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

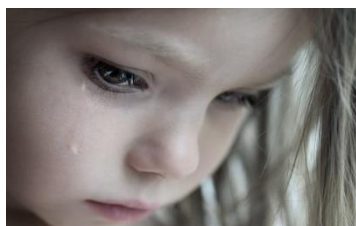
Derbyshire County Council:



Derbyshire County Council 9am – 5pm

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 or www.derbyshire.gov.uk/startingpoint



Social care emergency out-of-hours

This service is available for the public and agencies to access a range of social care staff for adults or children in need of social care. If you use these numbers in an emergency, there is also the option to speak to an out-of-hours worker.

Tel: 01629 532600

Mental Health:

Kooth -

Children and Teenagers online counselling support
<https://kooth.com/>

Young minds mental health

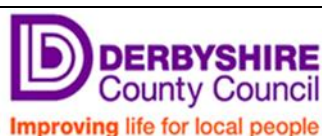
support – Crisis text messenger
85258 free 247 –
<https://youngminds.org.uk/>

Derbyshire

Healthcare NHS –
CRISIS team
Tel: 01332 623700

Qwell - Adults counselling/support

<https://www.qwell.io/>



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Self-Harm:

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

SelfharmUK - 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

Feeling Suicidal:

Contact the **Samaritans** on
Freephone: 116 123, they're open 24 hours and are there to listen
Email: jo@samaritans.org

MIND - Mental health problems

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/#>

Urgent help: Access the website and press the yellow button at the top, 'I need urgent help'

LGBT Support

Website: <https://lgbtiqoutside.org/> - virtual community centre for the LGBT community

Website: <https://www.akt.org.uk/what-we-do> - akt supports lgbtq+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

Domestic Violence

Are you hurting the ones you love?
Choose to stop.

If you're **experiencing domestic abuse** or **know someone who is –**
Tel: 08000 198 668 and you'll get help from someone close by.

If you're **deaf or hearing impaired**, **text** the Derbyshire Domestic Abuse Support Line on **Tel:** 07557 800313.

For the National Domestic Violence –
24-hour help line **Tel:** 0808 2000 247.

If it's an emergency -Tel: 999.

Respect – Domestic Abuse
Preparators who want help:

Tel - 0808 8024040 free from landlines and mobile phones.

Webchat - Wednesday, Thursday and Friday – 10 – 11am and 3 – 4pm.

Email - info@respectphoneline.org.uk

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Living in Isolation:

Childrens Society - Self-isolating and dealing with conflict at home:
Self-Care, emotional resilience and building mental resilience.

<https://www.childrenssociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>

Online and offline safety....

Thinkuknow

a UK organisation which protects children both online and offline.

Parents:

<https://www.thinkuknow.co.uk/parents/>

Children or young people:

<https://www.thinkuknow.co.uk/>

PACE

(Parents Against Child

Exploitation: -

<https://paceuk.info/>

CEOP

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Webpage:

<https://www.ceop.police.uk/safety-centre/>



Up to date information on current COVID-19

Guidance for parents and carers: keeping children safe online

We have updated our information for parents and carers to include a section on keeping children safe online. It provides links to online resources that will help support parents and carers in keeping their children safe online. **Internet link:**

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

Government: -

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

NHS 111:- <https://111.nhs.uk/covid-19> Updated constantly.

NHS: - Signs and Symptoms A-Z for all ages.

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

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Help keep children safe during the coronavirus outbreak

<https://www.derbyshire.gov.uk/council/news-events/news-updates/news/help-keep-children-safe-during-the-coronavirus-outbreak.aspx>

Derbyshire community Response Unit

Derbyshire County Council are co-ordinating a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

Website: <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/community-response-unit.aspx>

The Unit can help with services, including: food shopping and delivery, friendly phone call, collecting and delivering prescriptions and preparing meals.

Register online to request support.

Register your interest in volunteering to support the Community Response Unit via the website.



Rethink Mental Illness.

**EMOTIONAL SUPPORT
HELPLINE**

If you need some support, a listening ear, or you just want to chat. Here at Derbyshire Recovery and Peer Support Service, we are launching our helpline to offer emotional support to you.

**GIVE US A CALL ON 01773 734989
MON-FRI 9:00-17:00**



Essential support for under 25's, including mental health, housing and relationships
<https://www.themix.org.uk/>