

Infolink

AMBER VALLEY

Mental Health Resource Directory
for the people of Derbyshire and Derby City

August 2008

(Revised 2nd Annual Edition)

This booklet is intended to give information about services that can be accessed for advice, information or support with issues relating to mental health. Inclusion in this booklet does not imply recommendation of any particular service.

CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield
Tel: 01246-515974 Fax: 01246-515974
e-mail: cpa@derbysmhservices.nhs.uk

Infolink

INFOLINK is a mental health resource database which contains information about services, groups and activities that are available to people throughout Derbyshire to promote good mental health. The information is collected from many different sources and aims to serve as a useful tool for staff, service users and carers.

INFOLINK was first published in 1992 and subsequent editions were produced annually until 2001. **INFOLINK** was republished in January 2007 and proved to be a great success with staff, service users and carers. This is the second edition of **INFOLINK** and the information included has been reviewed and updated for 2008. **INFOLINK** will be reviewed and re-issued on an annual basis with the next printed issue due in April 2009. Updates are held on the Trust Intranet and Internet on: www.derbyshirementalhealthservices.nhs.uk/

The directory is listed in alphabetical order and is easy to use. A full index can be found at the back of the directory along with an **INFOLINK** entry form which can be completed and returned to the CPA Service to guarantee inclusion in the next edition. Inclusion in **INFOLINK** does not imply recommendation or endorsement of any particular service. It is intended as a collection of available information to help staff plan care and offer choice to service users and carers which is at the heart of the **Care Programme Approach**.

If you would like any further information about this directory or would like further copies please contact:

CPA Service,
Walton Hospital,
Whitecotes Lane,
Chesterfield,
Derbyshire S40 3HW
Tel/Fax: 01246 515974.
Email : cpa@derbysmhservices.nhs.uk

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Addaction - Derbyshire County Services - Ripley

The Mews, Church Street, Ripley, Derbyshire, DE5 3BU

Tel No. 01773 744594

Website: www.addaction.org.uk

When & Where: Mon - 9.00am-5.00pm, Tues - Fri - 9.00am-2.00pm The Mews, Church Street, Ripley.

Drug Intervention Agency.

Adult Community Education

Derbyshire County Council, County Hall, Matlock, Derbyshire DE4 3AG

Tel No. 01629 580000

Website: www.derbyshire.gov.uk/education

Range of Adult Education Classes both vocational and non-vocational including Yoga, keep-fit, Craft Classes.

Adult Community Education - Amber Valley

Tel No. 01629 580000 x 5809 Fax: 01773 833140

Advocacy Service Derbyshire Mind

Kingsway Hospital, Kingsway, Derby, DE22 3LZ

Tel No. 01332 623732

e-mail: advocacy@derbyshiremind.org.uk

Local association affiliated to National Mind. Lobbies, campaigns and endeavours to increase public awareness about mental health issues in order to combat stigma and discrimination.

Age Concern - Derby & Derbyshire

29A Market Place, Heanor, Derbyshire, DE75 7EG

Tel No. 01773 768240 Helpline No. 0845 450 3790 Fax: 01773 766924

e-mail: info@ageconcernderbyshire.org.uk Website: www.ageconcern.org.uk

Information service, Advocacy service, Care Line Telephone, Befriending.

Al-Anon Helpline

Tel No. 020 7403 0888 Helpline No. 020 7403 0888

e-mail: enquiries@al-anonuk.org.uk Website: www.al-anonuk.org.uk

When & Where: 10am - 10pm Daily

Helpline for anyone is having problems with alcohol.

Alzheimer's Society - Derby

Kingsway Hospital. Derby, DE22 3LZ

Tel No. 01332 623740/206150

When & Where: Varied

Carer's support group. Monthly Derby and South Derbyshire cafe's. Exercise and dance sessions held monthly in Derby. Plus arts and crafts group.

Amber Valley Association for Mental Health

Suite 4A , Eastmill, Bridgefoot, Belper, DE56 2VA

Tel No. 01773 599599 Fax: 01773 599512

e-mail: enquiries@avamh.co.uk

We are a social care charity providing professional support services to people experiencing mental ill health.

Amber Valley Council for Voluntary Services (CVS)

Amber Valley CVS, Market Place, Ripley, Derbyshire, DE5 3HA

Tel No. 01773 512076 Fax: 01773 748688

e-mail: admin@avcvs.org Website: www.avcvs.org

The CVS aims to be an 'umbrella' organisation for voluntary groups in the Amber Valley area by providing information and support where needed. The Volunteer Bureau recruits volunteers for work with local voluntary groups and members of the public.

Amber Valley Fresh Start

Tel No. 01773 525012

NHS smoking cessation service for people who are ready to give up.

Amber Valley Mental Health Carers Drop-In

Tel No. 01629 822337

e-mail: terry.earl@yahoo.co.uk

When & Where: 1st Tue of each month 2.00-4.00pm The Croft, Slack Lane, Ripley
Informal 'drop-in' support and information. Free light refreshments.

Amber Valley MH Day Service (The Croft)

The Croft, Slack Lane, Ripley, Derbyshire, DE5 3HF

Tel No. 01773 513508 Helpline No. 0800 027 2127 Fax: 01773 515196

e-mail: thecroft@rethink.org Website: www.rethink.ork.uk

When & Where: Mon - Fri 9am - 5.30pm National Office

Day service providing social groups, activity groups, drop-in, training, and access to education. Groups held include: Horticulture, Women's, Young Persons, Healthy/Independent living, Activity, Walking, Creative Art, Wednesday night social group.

Angels

Lauren's Link, Halliday House, 2 Wilson Street, Derby, DE1 1PG

Tel No. 01332 362638

e-mail: laurenslink@btconnect.com Website: www.laurenslink.org.uk

Affiliated to Laurens link - providing a bereavement support service for those who have lost someone through drug misuse.

Asian Men & Women's Support Service – Derby

Unit 6, Rosehill Business Centre, Normanton Road, Derby, DE23 6RH

Tel No. 01332 604098

Website: www.womensaid.org.uk

Belper Cottage Project

Belper Cottage Project, 16 Chapel Street, Belper, Derbyshire, DE56 1AR

Tel No. 01773 880364

When & Where: Varied

Various groups: Alcoholics Anonymous; Anxiety & Depression Self Help Group; Child Contact Centre; Over 60's Lunch Club, Barnadoes.

Belper Self Help Group - Depression and Anxiety

c/o The Cottage Project, 1b Chapel Street, Belper, Derby, DE56 1AR

When & Where: 1st and 3rd Thursday of every month 7-9pm, The Cottage, Chapel Street, Belper (Opposite the bus station).

The group provides mutual support encouragement and reassurance in an informal and
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friendly setting for those experiencing depression, anxiety and its related problems. Family, friends, parents, carers are also welcome.

British Red Cross Derbyshire Branch

Red Cross House, Matlock Green, Matlock, Derbyshire, DE4 3EG

Tel No. 01629 582171 Fax: 01629 57588

When & Where: Amber Valley and Erewash Area

First Aid at local events; transport and escort; medical loan; therapeutic care; international message & tracing; youth work; home from hospital etc.

British Red Cross Mental Health Support Services (Older People)

Heanor Health Centre, Wilmot Street, Heanor, Derbyshire, DE75 7EF

Tel No. 01773 718798

When & Where: Social Groups - Mondays Manor Farm (Belper)

Voluntary community mental health support. One to one volunteer visiting and two social groups. dementia respite support service, up to four hours respite. Sessions with a trained care/support worker.

Bullying Helpline Kidscape

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

e-mail: info@kidscape.org.uk Website: www.kidscape.org.uk

When & Where: Helpline available Monday to Friday 10am - 4pm

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

CAMTAD (Campaign for Tackling Acquired Deafness)

Entrance C Derby Royal Infirmary, Osmaston Road, Derby, DE1 2RG

Tel No. 01332 224700 X4737/8 Fax: 01332 295653

e-mail: camtad@camtad.org

When & Where: Entrance C Derby Royal Infirmary

Outreach Clinic for NHS hearing aid users, provide new batteries, cleaning and retubing. Demonstration of equipment to use with hearing aids. Ethnic minority hearing aid user clinics. Visits to residential and nursing homes. Home visits.

*** Carers Forums see under**

North Derbyshire Forum for Mental Health Carers

Derby City and South Derbyshire Mental Health Carers Forum

Citizens Advice Bureau - Erewash

62 South Street, Ilkeston, Derby, DE7 5QJ

Tel No. 0870 121 2028 Fax: 0115 944 1794

When & Where: Mon, Thurs, Fri 9.30-1pm.

Communication Unlimited (CW)

Flat 1, Perth House, Athlone Close, Chaddesden, Derby, DE214BP

Tel No. 01332 369920 Fax: 01332 369459

e-mail: comunli@aol.com Website: www.communicationunlimited.co.uk

The provision of quality communication services for people in Derby and Derbyshire who are deaf or who have hearing, sight, speech or manual dexterity problems.

Community Transport in Derbyshire

Derbyshire County Council, County Hall, Matlock, Derbyshire, DE4 3AG

Tel No. 01629 580000 x 6743 Helpline No. 08456 058 058

e-mail: public.transport@derbyshire.gov.uk Website: www.derbyshire.gov.uk

When & Where: Variable

Various schemes available contact Ripley 01773 746652, Bakewell 01629 814889, Chesterfield 01246 209668, Clowne 01246 573040, Derby 01332 380738, Erewash 0115 9309134, Glossop 01457 861635, Swadlincote 01283 550764, Ashbourne 01335 300670.

Connexions

Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 570 939 Helpline No. 0800 269 468 Fax: 01773 570 865

Website: www.connexions-derbyshire.org

When & Where: 9 - 5 Mon - Fri

Service for 13-19 year olds. Personal advisors give information, advice and practical help with anything affecting school, college, work, personal or family life.

Cotmanhay Enterprise Centre (Erewash Partnership)

Bennerley Avenue, Cotmanhay, Ilkeston, Derbyshire

Tel No. 0115 932 8792

e-mail: info@erewash-partnership.com Education and training courses, careers and job advice, particularly for residents of Cotmanhay.

Crossroads (Derby, South Derbyshire & Erewash)

Room19, Rosehill Business Centre, Normanton Road, Derby, DE23 6RH

Tel No. 01332 344448 Fax: 01332 344462

e-mail: crossroads.derby@btconnect.com Website: www.crossroads.org.uk

To relieve stresses experienced by carers, children and adults who have needs as a result of disability, illness or age by offering a respite service through the provision of community based support workers in Derby City and South Derbyshire.

Derby & Derbyshire Parent Partnership Service

Community Centre Schoolboard Lane Brampton Chesterfield S40 1DD

Tel No. 01246 273154 Helpline No. 01246 273154 Fax: 01246 273155

E-mail: parent-partnership@derbyshire.gov.uk

Website: www.derbyshireparentpartnership.co.uk

Mon – Fri 9am – 5pm

Free, confidential impartial help, advice and support for parents and carers of vulnerable children and young people.

Derby Asian Women's Training Association

293 Normanton Road, Derby, Derbyshire, DE23 6UU

Tel No. 01332 363179 Fax: 01332 363179

When & Where: Mon - Thur 9-3.30pm, some evenings - ring to check

Providing educational and training opportunities for all women. Works in partnership with local colleges.

Derby City and South Derbyshire Mental Health Carers Forum

Tel No. 07731 554300

Website: www.derbymentalhealthcarers.org.uk

When & Where: Meetings third Friday of each month 12.00 to 2 p.m. DACP, 3rd floor,

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St Peters House, Gower Street, Derby

Derbyshire Mental Health Carers is a voluntary self help group and the members are all carers. We can offer advice, or if not we can signpost you to someone who can. We can also help you to become involved in the treatment of the person you care for.

Derby Shopmobility

Westfield Derby Basement Car Park, 31 Morledge, Derby, DE1 2AW

Tel No. 01332 200320

When & Where: Monday-Saturday 9.30am-4.30pm

The service supplies the free loan of battery-powered scooters and electric and manual wheelchairs to enable people with mobility difficulties to get around Derby. Advance booking is recommended.

Derby Women's Centre

4 Leopold Street, Derby, DE1 2HE

Tel No. 01332 341633 Fax: 01332 341633

e-mail: derbywomcentre@Aol.com Website: www.derbywomenscentre.org.uk

When & Where: Mon - Thurs 9.30am -5pm, Fri 9.30am - 4pm.

An advice information and support centre for women. We offer counselling, therapies, support, pregnancy testing, legal advice, smoking cessation, art groups.

Derbyshire and Derby City Young Carers Service

32a Newbold Road, Chesterfield, Derbyshire, S41 7PH Tel No. 01246 207752, and
3 Leopold St., Derby, DE1 2HE Tel No: 01332 370430

Website: www.nch.org.uk

When & Where: Flexible

The young carers service works holistically with young people under 18 years of age who have significant and regular caring responsibilities for another person.

Derbyshire Appropriate Adult Service

Unit 1, Penmore House Precinct, Hasland, Chesterfield, S40 0SJ

Tel No. 01246 204715 Fax: 01246 204715

e-mail: approadults@aol.com Website: www.daas.org.uk

When & Where: 8am to midnight 365 days a year, all Police stations in Derbyshire.

DAAS provide appropriate adults for vulnerable adults detained in police custody - appropriate adults are there to ensure the rights of V.A.'s as per the police & criminal evidence Act 1984.

Derbyshire Association for the Blind

DAB, 65 Nottingham Road, Derby, DE1 3QS

Tel No. 01332 292262 Helpline No. 07071 881399 Fax: 01332 292262

e-mail: vip@dab.org.uk Website: www.dab.org.uk

When & Where: Various

We exist to enable people with sight problems to live independently and with dignity.

Derbyshire Autism Services Group

DASG., 28d High Street, Ripley, Derbyshire, DE5 3HH

Tel No. 01773 741221 Fax: 01773 741220

e-mail: dasg@autismsupport.co.uk Website: www.autismsupport.co.uk

A parent led, parent run, voluntary group. Includes befriending schemes, family support, parent and local groups, short breaks and respite, social groups and social skills.

Derbyshire Carers Association

White House, The Willows, Slack Lane, Ripley, Derbyshire, DE5 3HF
Tel No. 01773 743355 Helpline No. 01332 364444 Fax: 01773 512288
e-mail: derbyshirecarers@btconnect.com Website: www.derbyshirecarers.co.uk
When & Where: Vary. Offices throughout county and city
Derbyshire Carers Association offers help and support both on an individual basis through self help to anyone who cares for a relative or friend, young or old, who is disabled due to physical or mental impairment, or by old age.

Derbyshire Carers Association - North Derbyshire

White House, The Willows, Slack Lane, Ripley, DE5 3HF
Tel No. 01773 743355 Helpline No. 01332 364444 Fax: 01773 512 288
e-mail: derbyshirecarers@btconnect.com Website: www.derbyshirecarers.co.uk
Derbyshire Carers Association. Offices in Chapel-en-le-Frith, Bolsover, Chesterfield & Bakewell, Derby, Wirksworth, Swadlincote, Ripley, Glossop and Long Eaton.

Derbyshire Coalition for Inclusive Living (DCIL)

Park Road, Ripley, Derbyshire, DE5 3EF
Tel No. 01773 740246 Fax: 01773 570185
e-mail: info@dcil.org.uk Website: www.dcil.org.uk
When & Where: 9am to 5pm
DCIL is an organisation of disabled people. It works to apply disabled peoples own ideas and experience to developing services and public policies. Disabled People Information Service, Peer Counselling Service, Personal Support Service.

Derbyshire County Stop Smoking Service

Tel No. 0800 0852299
When & Where: Chesterfield, Clay Cross, Eyam, Tibshelf, Buxton, New Mills, Shirebrook, Bolsover, Staveley, etc.
Ring for information about times and venues for support to stop smoking.

Derbyshire Drug and Alcohol Action Team (DAAT)

Tel No. 01629 580000 x 7236 : Website: www.saferderbyshire.gov.uk
The DAAT is a county 'umbrella' organisation which commissions and co-ordinates all substance misuse services. The DAAT can provide signposting to all appropriate agencies and services.

Derbyshire Housing Aid

Community Legal Advice Centre, Phoenix Street, Derby, DE1 2ER
Tel No. 01332 287850 Fax: 01332 287863
e-mail: emma.taylor@housingaid.org.uk
Registered charity providing advice and advocacy on housing and debt issues. We also have supported shared housing schemes for homeless people who cover a certain criteria. We have a night shelter.

Derbyshire Mind Advocacy Service

Derbyshire Mind Advocacy Service, Kingsway Hospital, Derby, DE22 3LZ
Tel No. 01332 623732
e-mail: advocacy@derbyshiremind.org.uk Website: www.derbyshiremind.org.uk
When & Where: Available Monday - Friday Kingsway Hospital and Heanor Health Centre

Derbyshire Mind Advocacy Service provides independent individual mental health advocacy. Support is offered in relation to a person's use of or wish to access mental health services. Aged 18 years and over.

Derbyshire Positive Support

Derbyshire Positive Support. PO Box 124, Derby, DE1 9NZ

Tel No. 01332 204 020 Fax: 01332 332 107

When & Where: Monday - Friday 10am - 5pm. Drop-in Weds 10-5 Derby

A support group offering practical and emotional support for anyone infected/affected by HIV/AIDS. Training on prevention.

Derbyshire Rape Crisis

Derbyshire Rape Crisis, PO Box 142, Derby, DE1 1XU

Tel No. 01332 342255 (Admin)

e-mail: info@drconline.org.uk Website: www.drconline.org.uk

When & Where: Mon-Fri various times (by appointment)

We exist to counsel and support men, women and young people who have suffered rape, been sexually assaulted or abused, either by a stranger or someone they know, including a member of the family at any point of their life. Leaflet available.

Derbyshire Voice

1 Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 744537

e-mail: derbyshirevoice@aol.com Website: www.derbyshirevoice.co.uk

Derbyshire Voice are a charity that promotes and supports the views of mental health service receivers. We enable people to have real, meaningful involvement in the way that mental health services are both provided and developed throughout the county of Derbyshire.

Derbyshire Welfare Rights Service

Long Close, Cemetary Lane, Ripley, Derbyshire, DE5 3HY

Tel No. 01773 728272 Helpline No. 0800 214233 Fax: 01773 728262

e-mail: welfarerights@derbyshire.gov.uk Website: www.derbyshire.gov.uk

When & Where: Helpline Mon - Fri 11am - 4.30pm

Provide advice, advocacy and representation to any Derbyshire resident with social security benefit or tax credit problems, and employment advice. Operate telephone Helpline (0845 120 2985) daily Mon - Fri 11am - 4.30pm.

Derbyshire WISH

Tel No. 0115 8443600/8443601

When & Where: Mon-Fri 8am-8pm,

Domestic abuse support/refuge. After hours 0845 6505599

Disability Direct

227 Normanton Road, Derby, DE23 6UT

Tel No. 01332 299449 Fax: 01332 365055

e-mail: martin@disabilitydirectderby.co.uk Website: www.disabilitydirectderby.co.uk

When & Where: 9.30am - 4pm

Disability Direct is a fully accessible information and advice service. Information can be provided on most disability issues. Disability Direct produces a bi-monthly newsletter and stages local 'Information Roadshows' as well as attending local events.

Domestic Abuse Support Service (DASS)

Tel No. 01298 71132 Helpline No. 0800 328 1242

e-mail: darproject@virgin.net Website: www.darp.org.uk

When & Where: Mon-Fri 9am-12pm

Confidential Advice; Support; Information and access to emergency transport.

Emergency Accommodation For Women

Stepforward, The Civic Centre, Pavilion Road, West Bridgeford, Notts, NG2 5FE

Tel No. 0115 9887100

A 12 bedded quick access hostel for women 16-25yrs. 24hr staff cover providing housing related support. We provide support for a variety of needs listed above but refer to specialist organisations when appropriate.

English Churches Accommodation

Tel No. 01773 824066

Provide 12 bed hostel accommodation in Belper and shared supported accommodation in Amber Valley.

English Churches Housing Group

English Churches Housing Group, International House, 124 Osmaston Rd, Derby

Tel No. 0845 1559002

Housing for single people aged 17 plus. Sheltered accommodation for people 55 plus.

Family Learning Curriculum 2007/08

e-mail: louissa.adams@derbyshire.gov.uk

Courses for families.

First Steps Derby

Guinness Trust Common Rooms. Sidney Street, Derby, DE1 2GT

Tel No. 01332 550575

e-mail: firststepsderby@aol.com Website: www.firststepsderby.co.uk

Our aim is to end the emotional isolation of eating disorders by offering help, support and encouragement to individuals.

First Steps EDGE (Eating Difficulties Group of Encouragement)

Guinness Trust Common Rooms, Sidney Street, Derby, DE1 2GT

Tel No. 01332 550575

e-mail: firststepsderby@aol.com Website: www.firststepsderby.co.uk

When & Where: 7-9 pm every 1st & 3rd Thursday Guinness Trust Common Room. For confidential and non-judgemental help, support and understanding on all eating difficulties and eating disorders.

First Steps Parents and Carers Group

Tel No. 01332 55057

e-mail: firststepsderby@aol.com Website: www.firststepsderby.co.uk

When & Where: 4th Thursday 7-9pm Guinness Trust Common Room. Group for Parents and Carers of people with eating disorders.

Focusline

Tel No. 08000 27 21 27 Helpline No. 08000 27 21 27 Fax: 0115 8447620

e-mail: focusline@rethink.org Website: www.rethink.org.uk

When & Where: Weekdays 5pm – 7am Weekends and Bank Holidays 24 Hours.

Focusline offers confidential support, information and emotional support to the area of Derbyshire. This service is available to any adult who has a mental health problem and to carers.

Fresh Start Stop Smoking

Coleman Health Centre, Alvaston, Derby, DE24 8NH

Tel No. 01332 861174 Freephone No. 08007076870

e-mail: fresh.start@derbycitypct.nhs.uk Website: www.freshstart.nhs.uk

When & Where: Across the city of Derby.

Advice service and support to quit smoking. Stop smoking specialist advisor.

Gay & Bisexual Men's Group (Reach Out)

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 207704 Fax: 01332 207704

e-mail: reachout@gayderbyshire.co.uk Website: www.gayderbyshire.co.uk

Social support, advice and information for gay and bisexual men and those questioning their sexuality, living and working in Derby and Derbyshire.

Green Health Partnership

The Gardens, The Field, Shipley, Heanor, DE75 7JH

Tel No. 01159 307404

e-mail: GHP@rethink.org

When & Where: Mon - Fri 10.30 - 3.30 Shipley Country Park Partnership between Rethink and Derbyshire. Takes referrals from Amber Valley and Erewash. The aim is to provide active learning and supportive environment that encourages personal development.

Hearing Voices Network (Ripley)

The Croft Slack Lane, Ripley, Derbyshire

Tel No. 01773 728290

e-mail: derbyshirehearingvoices@yahoo.co.uk

When & Where: 2nd Monday in the month 11.30am - 12.30pm

Service - user run support groups.

Home-Start Amber Valley

Vicarage Mews, Off Coast Hill, Crich, Matlock Derbyshire, DE4 5EU

Tel No. 01773 857033 Fax: 01773 857033

e-mail: homestartav@btconnect.com

Home-Start is a voluntary home visiting scheme, which is part of the national organisation offering support and encouraging to families with children under five who are experiencing difficulties.

Huntington's Disease Association

PO Box 5134, Derby, DE1 9WJ

Tel No. 01332 518988 Fax: 01332 518988

e-mail: info@hda.org.uk Website: www.hda.org.uk

When & Where: Vary wherever needed - Yorks, Notts, Lincs, Leicestershire, Derbyshire.

To provide support and advice to anyone with anything to do with Huntington's Disease, regardless of role. Carry out training, conferences, family visits, patient care

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development etc.

Job Centre - Belper

54 King Street, Belper

Tel No. 01773 723000

Website: www.jobcentreplus.gov.uk

Job Centre - Heanor

Howitt Buildings, High Street, Heanor

Tel No. 01773 723200

Website: www.jobcentreplus.gov.uk

Karma Nirvana

Tel No. 01332 604098 Honour Network Helpline No. 0800 5999 247

e-mail: jasvinder_sanghera@refuge.org.uk Website: www.karmanirvana.org.uk

When & Where: Mon-Fri: 9.30am-5pm

A specialist South Asian women's project offering a bi-lingual service that provides a range of support, including a refuge, to South Asian women and children experiencing domestic violence

Kidscape

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

e-mail: webinfo@kidscape.org.uk Website: www.kidscape.org.uk

Our helpline is for the use of parents, guardians or concerned relatives and friends of bullied children.

Langley Mill & Aldercar Community Resource Centre

43 Cromford Road, Langley Mill, Nottingham, NG16 4EF

Tel No. 01773 535232 Fax: 01773 539402

e-mail: info@thebridgecentre.org Website: www.thebridgecentre.org

When & Where: Mon - Fri 09:00-21:00 (weekends by arrangement)

Langley Mill and Aldercar Community Resource Centre was established in 1997, the organisation maintains a multi-purpose centre for the community of Langley Mill, Aldercar and surrounding areas. A 3 story local premises has been developed into a centre.

Lauren's Link

Halliday House, 2 Wilson Street, Derby, DE1 1PG

Tel No. 01332 362 744

e-mail: laurenslink@btconnect.com Website: www.laurenslink.org.uk

Provides help and support to parents/carers of drug misusers.

Lesbian and Bisexual Women's Group (Women's Zone)

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 207704 Fax: 01332 207704

e-mail: womenszone@gayderbyshire.co.uk Website: www.gayderbyshire.co.uk

Lesbian, Gay, Bisexual and Transgender Helpline and Switchboard

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

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Tel No. 01332 349333 Helpline No. 01332 349333 Fax: 01332 207704
e-mail: info@gayderbyshire.co.uk Website: www.gayderbyshire.co.uk
Support, advice, advocacy and information for Lesbian Gay Bisexual & Transgender people, friends, families and professionals living and working in Derby and Derbyshire.

Lesbian, Gay, Bisexual & Transgender Specialist and Support Services

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 207704 Fax: 01332 207704

e-mail: info@gayderbyshire.co.uk Website: www.gayderbyshire.co.uk

When & Where: Mon-Fri 8.30-1.30pm, Tues Wed Thurs 7pm-9.30pm. We provide outreach services in the county.

Support, advice, advocacy and information for LGB&T people, friends, families and professionals living and working in Derby and Derbyshire.

Life Matters (Alfreton Advice and Counselling Centre)

4 Church Street, Alfreton, Derbyshire, DE55 7AH

Tel No. 01773 522477

Website: www.life-matters.org.uk

Specialises in debt advice, money management counselling and general information.

Making Space Carer Support Workers

e-mail: FSW.Co-ordinator.Derbyshire@makingspace.co.uk

Website: www.makingspace.co.uk

If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.

Making Space Carer Support Co-ordinator- Amber Valley & Clay Cross

CMHT 2nd Floor - North Mill, Bridgefoot, Belper, DE56 1YD

Tel No. 01773 826040 email: Maxine.Smith@makingspace.co.uk

Making Space Carer Support Co-ordinator - Black and Minority Ethnic Carers

CMHT, St James' House, Mansfield Road, Derby, DE1 3AD

Tel No. 01332 547990 e-mail: Kuljit.Tambur@makingspace.co.uk

Making Space Area Manager

Dawn Longden-Whiting Tel No: 01629 55592 or mobile: 0789 4594271

Mind - Derby

127-129 Clarence Rd, Derby, DE23 6LS

Tel No. 013 3277 2300 Fax: 013 3276 8600

e-mail: wendybeer@derbymind.freeserve.co.uk Website: www.mind.org.uk

Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

NCH Derbyshire and Derby City Young Carers Service

3 Leopold St, Derby, Derbyshire, DE1 2HE

Tel No. 01332 370430 Fax: 01332 381616

e-mail: youngcarers.derbyshire@nch.org.uk

When & Where: 9.00am - 5.00pm + After School Activities in the community and project bases in Derby and Chesterfield.

Support Service for Young Carers (under 18). The service helps with providing information, organises activities and social events for young carers and offers advocacy support if required.

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Nextstep Derbyshire

Godkin House, Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 746174 Helpline No. 0800 269468

e-mail: simon.edwards@connexions-derbyshire.org

Website: www.nextstep-derbyshire.org

When & Where: Generally 9am-4pm Mon-Fri (by appointment) Various connexions centres across Derbyshire.

Provides individual career guidance interview, variety of careers information and guidance software programmes, careers library, psychometric testing. Available to adults over 20 years of age in Derbyshire, with the equivalent of less than 5 GCSE's.

Persian Cultural Association (PCA)

Tel No. 01332 298605 Fax: 01332 298605

Reach Out Project

9 Mundy Street, Heanor, Derbyshire, DE75 7EB

Tel No. 01773 717212 Fax: 01773 530515

e-mail: julie.wozniczka@barnardos.org.uk

When & Where: 9am-5pm 9 Mundy street, Heanor

Reach Out provides flexible and responsible support service to young people aged 16-21 having a range of issues, predominantly to young people who have been in the care system but also to others who are vulnerable.

Relate - Derby & Southern Derbyshire

Family House, 62 Friar Gate, Derby, DE1 1DJ

Tel No. 01332 349177 Fax: 01332 349177

e-mail: relate.derby@talk21.com Website: www.relate.org.uk

When & Where: Thurs 9.30-9.00pm, Fri 9.30-1pm, Sat 9.30-1pm Counselling sessions in Derby & Belper.

Services include: relationship counselling, domestic violence, psychosexual therapy, family counselling, and young people counselling. Sessions available in Derby and Belper. Self referral.

Safeguarding Children Advice Lines

Derby County (Saltergate) 01246 514405

Salvation Army - Belper

Market Place, Belper, Derbyshire, DE56 1FZ

Tel No. 01773 825654

e-mail: belper.corps@salvationarmy.org.uk Website: www.salvationarmy.org.uk

Salvation Army - Ripley

25 Heath Street, Ripley, Derbyshire, DE5 3EN

Tel No. 01773 741932

Website: www.salvationarmy.org.uk

Samaritans (local groups)

The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF

Tel No. 020 8394 8300 Helpline No. 08457 909090

e-mail: jo@samaritans.org Website: www.samaritans.org

When & Where: 24/7

Support by listening for those feeling lonely, despairing or contemplating suicide.

Samaritans - Derby

110 Burton Road, Derby, DE1 1TG

Tel No. 01332 364444

e-mail: jo@samaritans.org Website: www.samaritans.org/~derby

When & Where: Open to visitors 9am-10pm Sun to Fri 110 Burton Road, Derby
Provide emotional support in confidence for those going through personal crisis, some may have feelings of suicide.

Scropton Riding for the Disabled Centre

The Riding Centre, Scropton, Derbyshire, DE65 5PL Tel No. 01283 812753

e-mail: scroptonrda@aol.com Website: www.scroptonequestrian.com

The organisation provides riding and carriage-driven tuition for people with disabilities. It encourages them to participate with able-bodied people where possible and to provide mental and physical therapy using the horse as a medium.

Stepping Stones

Community Hall, Ilkeston Road, Heanor, Derbyshire, DE75 7AG

Tel No. 01773 710939

When & Where: Open Mon-Fri 9am-2.30pm Ilkeston Road, Heanor, Derbys
Day-care service for adults of varying ages including people who are frail, elderly or lonely. People living alone, in residential care, survivors of strokes, people with learning difficulties and other disadvantaged groups.

The Croft Mental Health Day Service (Rethink)

The Croft, Slack Lane, Ripley, Derbyshire, DE5 3HF

Tel No. 01773 513508 Fax: 01773 513196

e-mail: thecroft@rethink.org

When & Where: 6 day a week organisation + evening The Croft
A day centre situated in Ripley which provides a range of social and activity groups both at The Croft and within the local community. The social groups focus on reducing isolation and loneliness and enables members to share experiences.

The Mental Health Action Group (MHAG)

The Mental Health Action Group, Kingsway Hospital, Derby, DE22 3LZ

Tel No. 01332 362221ext 3454

e-mail: mhactiongroup@yahoo.co.uk

When & Where: 2nd Wed of Month 2.00pm-4.00pm Various, rotating around Southern Derbyshire.

MHAG is an independent group run by past and present mental health service users. Its purpose is to campaign for improvement in the services that people experience, both at local and national level.

Victim Support - Amber Valley / Erewash

Town Hall, Market Place, Heanor, Derbyshire, DE75 7AA

Tel No. 01773 719 500 Fax: 01773 769 817

e-mail: ken.nicholson@vs.derbyshire.org Website: www.victimsupport.org

Provides services to residents of: DE5, DE55, DE56, DE75, NG10, DE7, DE72

Voluntary Community Mental Health Support (VCMHS - Older

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People)

Heanor Health Centre, Wilmot Street, Heanor, Derbyshire, DE75 7EF

Tel No. 01773 718798 Fax: 01773 718798

e-mail: jeckman@redcross.org.uk

When & Where: office hours 9am-5pm Mondays Amber Valley. Fridays Erewash Volunteer Support (includes social groups)/visiting service for over 60 year olds experiencing mental health problems at particular times of crisis in Amber Valley. Referral through Amber Valley MH Agencies.

Derbyshire Mental Health Services NHS Trust

TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
Amber Valley	Adults Amber Valley CMHT	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD 01773 826040
Amber Valley	Amber Valley CAMHS	Rivermead	Unit 1, Goods Road, Belper, Derbys	DE56 1UU 01773 880554
Amber Valley	Amber Valley Learning Disabilities Team	Alfreton Primary Care Centre	Church Street, Alfreton, Derbyshire	DE55 7AH 01773 546963 01773 546964
Amber Valley	Derbyshire Eating Disorder Service	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD 01773 881467
Amber Valley	Early Intervention Team North	Unity Mill	Derwent Street, Belper, Derby	DE56 1WQ 01773 882865
Amber Valley	Learning Disability In patient	Bingham House	Alfreton Park, Alfreton, Derbyshire	DE55 7AL 01773 834407
Amber Valley	Learning Disability In patient	Treeview/Oaklodge Bungalows	Bingham House, Alfreton Park, Alfreton, Derbyshire	DE55 7AL 01773 520328
Amber Valley	Older Adults Amber Valley CMHT	Babington Hospital	Babington Hospital, Belper, Derby	DE56 1WH 01773 881218
Amber Valley	The Phoenix Unit Team	The Phoenix Unit	100 John O'Gaunts Way, Belper, Derbys	DE56 0DB 01773 728712
Amber Valley	Young Persons Substance Misuse Service	Godkin House	Park Road, Ripley, Derbyshire	DE5 3EF 01773 571595
Trustwide	UFM – User Focussed Monitoring	Kingsway Rm20 -main reception building	Kingsway Hospital, Derby	DE22 3LZ 01332 362221 ext 3440
Trustwide	Chief Executives Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ 01332 362221 ext 3737
Trustwide	Clinical Effectiveness & Compliance Team	Winster/Bramble House	Kingsway Hospital, Derby	DE22 3LZ 01332 362221 ext 3415
Trustwide	Communications Dept	Bramble House	Kingsway Hospital, Derby	DE22 3LZ 01332 362221 ext 3543
Trustwide	Community Care Business Unit	Confederation House	Walton Hospital, 84 Whitecotes Lane, Chesterfield	S40 3HW 01246 515696
Trustwide	CPA Service	The Lodge	Walton Hospital, Chesterfield	S40 3HW 01246 515974
Trustwide	Emergency & Forensic Care Business Unit	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE 01332 623824 or ext 3954
Trustwide	Finance and IT	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ 01332 362221 ext 3632 & 3663

Trustwide	Human Resources	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3664
Trustwide	Learning and Development Service	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3679
Trustwide	Mental Health Act	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3330
Trustwide	Older Adults Business Unit	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3655
Trustwide	Public Relations Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543
Trustwide	Records Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3760
Trustwide	Risk Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3568
Trustwide	Trust HQ	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 623764 01332 547904

Derbyshire County Council Social Services Base Listing

Amber Valley Area Office

Long Close
Cemetery Lane
Ripley DE5 3HY
Tel: 08 456 058 058
Fax: 01773 728111
Textphone: 01773 570864
Email: ambervalley.socialservices@derbyshire.gov.uk

Alfreton Social Services Area Sub Office

The Firs
High Street
Alfreton DE55 7FU
Tel: 08 456 058 058
Textphone: 01773 571807

Derbyshire District, Borough, and County Councils

Amber Valley Borough Council

Tel: 01773 570222
Amber Valley Housing
Tel: 01773 573100

Derbyshire County Council

Tel: 08456 058 058
County Hall Matlock

GP Information for Derbyshire County

Area	Practice	Telephone
Amber Valley	Appletree Medical Practice 47A Town Street, Duffield, Belper, Derbyshire, DE56 4GG	08444 773476
Amber Valley	The Arthur Medical Centre Four Lane Ends, Main Street, Horsley Woodhouse, Derbys, DE7 6AU	01332 880249
Amber Valley	Brooklyn Medical Practice 65 Mansfield Road, Heanor, Derbyshire, DE75 7AL	01773 712552
Amber Valley	Crich Medical Practice	01773 852966

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	Bulling Lane, Crich, Matlock, Derbyshire, DE4 5DX	
Amber Valley	Green Lane Surgery 2 Green Lane, Belper, Derbyshire, DE56 1BZ	01773 823521
Amber Valley	Ivy Grove Surgery Church Farm Centre, Steeple Drive, Ripley, Derbyshire DE5 3TH	08454 567789
Amber Valley	Jessop Medical Practice Church Farm Centre, Steeple Drive, Ripley, Derbyshire, DE5 3TH	01773 602707
Amber Valley	Kelvingrove Medical Centre 28 Hands Road, Heanor, Derbyshire, DE75 7HA	01773 713201
Amber Valley	Leabrooks Medical Centre 27 Swanwick Road, Leabrooks, Derbyshire, DE55 1LJ	01773 602746
Amber Valley	Limes Medical Centre Limes Avenue, Alfreton, Derbyshire, DE55 7DW	01773 833133
Amber Valley	The Park Surgery 60 Ilkeston Road, Heanor, Derbyshire, DE75 7DX	01773 531011
Amber Valley	Ripley Medical Centre Derby Road, Ripley, Derbyshire, DE5 3HR	01773 742170 /01773 747486
Amber Valley	Riversdale Surgery 59 Bridge Street, Belper, Derbyshire, DE56 1AY	01773 822386
Amber Valley	Somercotes Medical Centre 22 Nottingham Road, Somercotes, Derbyshire, DE55 4JJ	01773 602141
Amber Valley	Parkside Surgery Church Street, Alfreton, Derbyshire, DE55 7BD	01773 546900

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INFOLINK Entry Form

Derbyshire Mental Health Resource Database

The Mental Health Resource Database contains information about services, groups, resources, and activities that are available to people in Derbyshire to promote their mental health. The information is available to advice centres, service providers, voluntary groups, service users and carers in the form of list and booklets. It may also be available electronically in the future. We are collecting information, and would be grateful for your help. Please fill in the questionnaire below for each activity etc. that you are the contact for. A separate form should be filled in for each activity/group/service etc.

Title.....

Agency/Employer

Statutory (Name).....
 Voluntary (Name).....
 Other (Name).....

Area/s Covered: (tick any that apply)

Chesterfield	<input type="checkbox"/>	South Derbyshire	<input type="checkbox"/>	National	<input type="checkbox"/>
North East Derbyshire	<input type="checkbox"/>	Derbyshire Dales North	<input type="checkbox"/>	Erewash	<input type="checkbox"/>
Bolsover	<input type="checkbox"/>	Derbyshire Dales South	<input type="checkbox"/>	Derby City	<input type="checkbox"/>
High Peak	<input type="checkbox"/>	Amber Valley	<input type="checkbox"/>	Derbyshire	<input type="checkbox"/>
Other	<input type="checkbox"/>				

Description of activity:

.....

Meeting Day/Dates/Times:.....

Venue:.....

Cost: (if any).....

Contact name:.....

Address:.....

Telephone No.:.....

Fax No.:.....

Helpline No.:.....

Website address:.....

E-mail address:.....

I understand that this information will be made widely available to members of the public, statutory agencies, voluntary bodies, etc. N.B. If you are operating from a private address, and do not wish your name and/or private address to be publicly available, you might consider arranging for another agency to be a mailing address or contact point for you.

Signed:..... **Date:**

**Please return completed form to:- Janice Rhodes, CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield S40 3HW,
 Tel/Fax: 01246 515974 e-mail: cpa@derbysmhservices.nhs.uk**