

Infolink

Derbyshire Dales

Local resources

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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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 - Derbyshire Dales

Tel No. 01629 824158 Fax: 01629 826081

e-mail: linda.neale@derbyshire.gov.uk

Africa Caribbean Community Association

6 Ashgate Road, Chesterfield, Derbyshire, S40 4AA

Tel No. 01246 208052

e-mail: accavelma@yahoo.co.uk

When & Where: Meets twice a month at 6 Ashgate Rd, Chesterfield, Derbyshire

Senior Citizens £3.50, Members £4.00, Visitors £5.00

Lively luncheon club, social outings, advice, information regarding African Caribbean issues and cultural activities.

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.

Alzheimer's Society - Ashbourne Alzheimer Cafe

The Henmore Centre, King Edward Street, Ashbourne, DE6 1BW

Tel No. 01335 347285

e-mail: info@alzheimersociety.fsnet.co.uk Website: www.alzheimers.org.uk

When & Where: First Wednesday of every month 10-12, Cornerstone Coffee Shop, Church Street, Ashbourne

Monthly cafe for people with dementia, carers, relatives, friends, anyone wanting information, advice or support about dementia.

Alzheimer's Society - Ashbourne Carers Support Group

The Henmore Centre, King Edward Street, Ashbourne, Derbyshire, DE6 1BW

Tel No. 01335 347285

When & Where: Third Monday of every month 6.30-8.30pm, The Henmore Centre, King Edward Street, Ashbourne DE6 1BW

Monthly carers support group session. Opportunity for carers to chat in confidence about a variety of issues. Includes topical speakers and regular social events.

Ashbourne Community Transport

Trent Bus Depot, King Edward Street, Ashbourne, DE6 1BW

Tel No. 01335 300670 Fax: 01335 342 856

e-mail: ashbourne.ct@tiscali.co.uk

When & Where: Anytime

Regular Dial-a-Bus and Group hire. Individual health journeys.

Ashbourne Volunteer Bureau

The Ashbourne Centre, Dig Street, Ashbourne, Derbyshire, DE6 1GF

Tel No. 01335 348602 Fax: 0845 8673751

e-mail: admin@vcdd.org.uk Website: www.vcdd.org.uk

When & Where: Mon-Fri 10am-1pm

Local charity set up to help disabled, elderly and disadvantaged people in Ashbourne and the surrounding villages. Driving, befriending, escorting and decorating. Promoting volunteering in Ashbourne and the Derbyshire Dales.

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.

*** Carers Forums see under**

North Derbyshire Mental Health Carers Forum

Derby City and South Derbyshire Mental Health Carers Forum

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.

Chesterfield Law Centre

44 Park Road, Chesterfield, Derbyshire, S40 1XZ

Tel No. 01246 550674 Fax: 01246 551069

e-mail: clc@chesterfieldlawcentre.org.uk Website: www.lawcentres.org.uk

When & Where: Tues 5pm - 7.30pm and Fri 9.30am -12.30pm at the Law Centre.

Specialist legal advice and representation on housing, employment, immigration, civil liberties issues and community care law. Initial legal advice on any subject. Daily telephone advice. Leaflet available. Minicom No: 01246 204570.

Citizens Advice Bureau - Ashbourne

36 Church Street, Ashbourne, Derbyshire, DE6 1AE

Tel No. 01335 346873

e-mail: www.citizensadvice.org.uk

When & Where: 10am-1pm Monday

Citizens Advice Bureau - Mid Derbyshire

Citizens Advice Bureau, 29 Bank Road, Matlock, DE4 3NF

Tel No. 01629 583539 Fax: 01629 583539

e-mail: admin@md.cabnet.org.uk

When & Where: Mon/Tues/Fri 10am-2pm, Thurs 10am-12, 6.30pm-8.30pm Matlock

To ensure individuals do not suffer through ignorance of their rights and responsibilities

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or of the service available. Advice session - open door policy at Matlock.

College - Hope Valley

Hope Valley College, Castleton Road, Hope Valley, S33 6SD

Tel No. 01433 620555

Website: www.hvcollege.net

When & Where: Day and evenings per week in term time.

Offer a range of classes. All enquiries welcome.

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 Bakewell 01629 814889, Ashbourne 01335 300670.

Condition Management Programme - Chesterfield

6-8 Corporation St, Chesterfield, S41 7TP

Tel No. 01246 221076 Helpline No. 020 8974 6814 Fax: 01246 221076

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

When & Where: Mon-Fri 9-5

The Condition Management Programme is available to incapacity benefit claimants, providing confidence-building groups in preparation for returning to employment.

Contact - Bakewell

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

Website: www.federationmentalhealth.co.uk

When & Where: Monday 8.00 - 9.30 Stanton Day Unit, Newholme Hospital, Bakewell

A self help group discussing problems, games, general companionship.

Craft Group

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

e-mail: mainoffice@federationmentalhealth.co.uk

Website: www.federationmentalhealth.co.uk

When & Where: Wednesday 1.30pm - 3.00pm Ernest Bailey Community Centre self help group where members can try out various craft activities.

Crossroads Caring for Carers (Derbyshire Dales)

Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD

Tel No. 01629 812664

e-mail: derbydalesxrds@tiscali.co.uk Website: www.crossroads.org.uk

When & Where: 24hr answering service.

Provide home-based practical relief and support for people who care for physically or mentally disabled adults to relieve stress within the household and especially for the carer. Provide care support workers as and when required.

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 City and South Derbyshire Mental Health Carers Forum

Tel No. 07731 554300

Website: www.derbysmentalhealthcarers.org.uk

When & Where: Meetings third Friday of each month 12.00 to 2 p.m. DACP, 3rd floor, 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 Housing (National Schizophrenia Fellowship)

18 St Marks Road, Chaddesdon, Derby, DE21 6AH

Tel No. 01332 367105

We provide low level supported housing in Derby and medium level supported housing in Ashbourne. Accommodation for individuals suffering severe and enduring mental ill health. Each tenant has a support worker, which helps them to live independently in the community.

Derby Law Centre

Balcony B5, The Market Hall, Derby, DE1 2DB

Tel No. 01332 344 557 Fax: 01332 614 755

e-mail: info@derbylawcentre.org Website: www.derbylawcentre.co.uk

When & Where: Balcony B5, Market Hall, Derby

Derby Law Centre was established in April 1996 to provide a free specialist legal service and to increase awareness of legal rights to Derby's most disadvantaged residents.

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 - Derbyshire Dales

Derbyshire Carers Association, North Lodge, Newholme Hospital, Bakewell

Tel No. 01629 812132 Helpline No. 01629 812132

e-mail: dales@derbyshirecarers.co.uk Website: www.derbyshirecarers.co.uk

When & Where: For details please ring

Advice/support groups.

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 Dales Community Support Group

Hannage Brook Medical Centre, Hannage Way, Wirksworth, DE4 4DZ

Tel No. 01629 825170

Support group for people with a mental health illness.

Derbyshire Drug and Alcohol Action Team (DAAT)

Tel No. 01629 580000 x 7236 : Website: www.saferderbyshire.gov.uk

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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 Federation for Mental Health

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

Website: www.federationmentalhealth.co.uk

When & Where: Office hours Mon-Fri, 9-5 Ernest Bailey Community Centre & venue agreed with service user including own home

To support people in the community before and after stays in hospital and during personal crisis. We listen, encourage and talk to individuals, suggest ideas to improve lifestyle, achieve goals. Leaflet available.

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 Rural Community Council (DRCC)

DRCC, Church Street, Wirksworth, Derbyshire, DE4 4EY

Tel No. 01629 824797 Fax: 01629 826053

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e-mail: drcc@derbysrcc.org.uk Website: www.derbyshirecc.org.uk

The aim of DRCC is to promote rural issues and to ensure the well-being of the people who live and work in rural Derbyshire so that they are not unduly disadvantaged. A rural care development project is hosted by DRCC for Derbyshire Dales Southern parts.

Derbyshire Sexual Health Promotion Services

The CASH Project, 4 Rose Hill, Chesterfield, S40 1LW

Tel No. 01246 559431

e-mail: cash.project1@btconnect.com

When & Where: By Appointment The Cash Project, 4 Rose Hill, Chesterfield.

The Cash Project provides a range of services around sexual health to the general public, including specific support for the gay, lesbian and bisexual community of Derbyshire, and those people living with or affected by HIV/AIDS.

Derbyshire Unemployed Workers Centres

Derbyshire Unemployed Workers, 54 Saltergate, Chesterfield, Derbyshire, S40 1JR

Tel No. 01246 231441 Fax: 01246 551529

e-mail: info@duwc.org.uk Website: www.shu.ac.uk/shucan/duwc/index.htm

When & Where: Mon-Thurs 9 -12noon, 2 - 3.30, Fri 9-12noon

Welfare rights advice, advocacy and representation at tribunals.

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

Derwent Rural Counselling Service

Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD

Tel No. 01629 812710

e-mail: mail@drcs.org.uk Website: www.drcs.org.uk

When & Where: Office hrs Mon-Fri 9-5pm answerphone at other times. Bakewell, Matlock and Buxton

General counselling provided by fully qualified experienced counsellors, by appointment. The service is accredited with the British Association for Counselling & Psychotherapy.

Family Learning Curriculum Offer 2007/08

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

Courses for families.

Family Mediation Service

NCH Family Mediation & Children's Services, 32a Newbold Road, Chesterfield

Tel No. 01246 277422 Fax: 01246 277363

e-mail: familymediation.derbyshire@nch.org.uk Website: www.nfm.org.uk

When & Where: 9.00am to 5.00pm Mon-Fri

We offer family mediation to couples with children.

Family Support Service - Derbyshire

De Bradelei Mill House, 1st Floor office suite, Chapel Street, Belper, DE56 1AR

Tel No. 01773 825923/46

e-mail: family.support@barnardos.org.uk Website: www.barnardos.org.uk

Arranges and facilitates family group meetings for families with a range of difficulties - to enable the whole family to find a solution. Open to all family members as well as friends.

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. 0800 027 2127 Helpline No. 0800 027 2127 Fax: 0115 8447620

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

When & Where: 24 hours

The Churchill House project includes a telephone helpline service known as Focusline, which offers confidential support, information and emotional support to the Derbyshire

area. This service is available to any adult who has a mental health problem.

Fresh Start Stop Smoking

Tel No. 01332 224019

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

When & Where: All over Southern Derbyshire and Derby City

Advice service and support to stop smoking.

Friendly Group

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: First Monday of each month, 2pm - 4pm Whitworth Institute, Darley Dale, Matlock.

This group organises social activities, trips, meals out etc. Most members have suffered bereavement, and the group provides social contact and emotional support.

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.

Headway - Chesterfield

Disability Services, Unit 15, Bolsover Business Park, Woodhouse Lane, Bolsover

Tel No. 07940 729544

e-mail: mail@headwaychesterfield.org.uk www.headwaychesterfield.org.uk

When & Where: 2nd Wednesday each month 7pm - 9pm West Street Centre, West Street, Chesterfield

Support each other in coping with the consequences of brain injury, either as a survivor, family member, or worker. Liaison with Primary Care Trusts covering North Derbys, Social Services, GPs and local authorities to promote the needs of brain injury survivors.

Job Centre Plus

Disability Employment Advisor, Job Centre Plus, Tannery House, King Street, Alfreton, DE55 7AF

Tel No. 01773 724700 Fax: 01773 724750

e-mail: valerie.clements@jobcentreplus.gsi.gov.uk www.jobcentreplus.gov.uk

Incorporating the Disability Services Team and disability employment advisors.

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

Lauren's Link

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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

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.

Making Space Carer Support Co-ordinators

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 - 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 Carer Support Co-ordinator- Dales South and South Derbyshire

CMHT, Bank Gate, 13-14 Rink Drive, Swadlincote, , DE11 8JL

Tel No. 01283 219118 e-mail: Lincoln.Mignott@makingspace.co.uk

Making Space Carer Support Co-ordinator- High Peak & Dales North

CMHT, Wye House, Newholme Hospital, Baslow Road, Bakewell, DE45 1AD

Tel No. 01629 761600

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

Mind - Sheffield

Lawton Tongue House, 57 Wostenholme Rd, Sheffield, SE7 1LE

Tel No. 011 4258 4489 Fax: 011 4250 0729

e-mail: office@sheffieldmind.co.uk Website: www.sheffieldmind.co.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.

Network

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: Wednesday 6pm – 8pm Stanton Day Unit, Newholme Hospital.

Discussing problems, general companionship.

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.

North Derbyshire Alcohol Advice Line

Bayheath House, Rose Hill West, Chesterfield, S40 1JF

Tel No. 01246 206514/244344 Fax: 01246 274507

e-mail: nderbysalcoholadvice@ukonline.co.uk Website: www.alcoholadnd.info

When & Where: Mon-Fri 9am - 4.30, Tues & Thurs 9am - 8pm Bayheath House

Helpline, counselling, groupwork, advice and information for anyone adversely affected by an alcohol problem.

North Derbyshire Forum for Mental Health Carers

C/O Derbyshire PCT, Scarsdale, Newbold Road, Chesterfield

Tel No. 01629 581251 Website: www.derbysmentalhealthcarers.co.uk

When & Where: Last Wednesday Every Month.

Help, support, information for carers of all ages. Meeting once a month. Committee meeting bimonthly and six support groups monthly, with stress relief sessions.

North Derbyshire Forum for Mental Health Carers-Matlock

Ernest Bailey House, New Street Matlock Derbyshire Tel No. 01629 734564

When & Where: 2.30pm-4.00pm Ernest Bailey House, New Street, Matlock

Infolink August 2008 – Inclusion in this booklet does not necessarily imply recommendation

North Derbyshire Women's Aid

West Bank House, Albion Road, Chesterfield, S40 1LL

Tel No. 01246 540444 Helpline No. 01246 540444 Fax: 01246 540464

e-mail: helpline@womensaid.org.uk Website: www.womensaid.org.uk

When & Where: Mon-Fri 10am-4pm West Bank House, Albion Road, Chesterfield

We offer information, advice and access to temporary accommodation, ongoing support and aftercare (via floating support) our two refuges and advice and drop in centres, for women and children who are suffering/fleeing from domestic abuse.

PALS (Patients advice and liaison Service)

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

Tel No. 0800 0272128

e-mail: PALS@derbysmhservices.nhs.uk

Website: www.derbyshirementalhealthservices.nhs.uk

When & Where: Mon-Fri 9am-5pm. Answerphone service at other times.

Pals can tell you about Mental Health and Learning Disability service's, listen to, and support you with any problems you may have. Help you ask questions about your care. Tell you about help and support groups. PALS Officers make regular visits to wards.

Pathways to Work (Job Centre Plus)

Markham House, Markham Road, Chesterfield, S40 1TG

Tel No. 01246 343 199

e-mail: stephen.ibbotson@jobcentreplus.gsi.gov.uk

Teams of specialist personal advisors, DEA's and work psychologists to offer support and guidance to help people back into work.

Peak and Dales Advocacy

Peaks & Dales Advocacy, 16 Eagle Parade, Buxton, SK17 6EQ

Tel No. 01298 79539 Fax: 01298 70713

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

When & Where: 9.30am - 5pm Office: 16 Eagle Parade Buxton

We are a generic, independent advocacy organisation with a specific, free, one to one mental health project helping people with mental health needs, to have a voice and be listened to by service providers and other key people.

Peartree Language & Communications Service

Peartree Road, Derby, DE23 6QD

Tel No. 01332 368221 Fax: 01332 205388

e-mail: cammie.chowdhary@derbycitypct.nhs.uk

When & Where: 9am - 5pm Peartree Clinic or other venues

Fully trained interpreters in many languages. Urdu, Punjabi, Hindu, Gurjurati, Bosnian, Albanian, Italian, Kurdish, Arabic, Polish, Russian, Farsa, French and Turkish.

Progress 2work

Phoenix Enterprises, Hayfield House, Devonshire Street, Chesterfield, S41 7ST

Tel No. 01246 211800 Fax: 01246 563896

e-mail: aasher@phoenixent.org.uk

When & Where: 9am - 4.30pm Hayfield House and outreach services

Helping former drug misusers, and those accessing treatment, into employment,

training, and education.

RAFT (Relatives and Friends Together)

Bayheath House, Rose Hill West, Chesterfield, Derbyshire, S40 1JF

Tel No. 01246 206514/204344

e-mail: nderbysalcoholadvice@ukonline.co.uk Website: www.alcoholadnd.info

When & Where: Mon/Weds/Fri 9am-4.30pm. Tues/Thurs 9am-8pm

Provide information, advice and support to relatives and friends of people with alcohol problems. One-to-one counselling, helpline, group support, training to statutory and voluntary agencies.

Relative/Carers Support Group

Tel No. 01246-277271 ext:257

When & Where: first Tuesday of the month, 7-9pm Hartington Unit, Chesterfield & N.Derbyshire Royal Hospital, Calow

A support group for people caring for someone with serious mental health problems.

Relate - Chesterfield & North Derbys

Othen House, 7 Sheffield Road, Chesterfield, Derbyshire, S41 7LL

Tel No. 01246 231010 Helpline No. 0800 093 5264

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

When & Where: 7 Sheffield Rd, Chesterfield

Relationship counselling, psychosexual therapy, Family counselling. In Chesterfield by appointment only Mon - Thurs daytime, Mon - Thurs evenings, Sat morning.

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

Derbyshire County (Saltergate) 01246 514405

SAIL (Sexual Abuse and Incest Line)

PO Box 8, Chesterfield, Derbyshire, S40 1NY

Tel No. 01246 556114

e-mail: email@sail1.freemove.co.uk

When & Where: Monday-Thursday, morning, afternoon, some evenings centre of Chesterfield - discreet address

Face to face counselling for women who have experienced childhood sexual abuse.

Samaritans - Chesterfield

Samaritans, 2 Rose Hill, Chesterfield, Derbyshire, S40 1LW

Tel No. 01246 270000 Helpline No. 08457 909090 Fax: 01246 232407

e-mail: jo@samaritans.org Website: www.samaritans.org.uk/chesterfield

When & Where: 24 hours / 365 days a year 2 Rose Hill, Chesterfield S40 1LW
Samaritans is a registered charity founded in 1953 which offers 24 hour confidential emotional support to anyone in emotional distress in the UK and Republic of Ireland.

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.

Social Evening Events (SEE) Group

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: Thursday 7-9pm Ernest Bailey Community Centre

All members of the group contribute to organising a varied programme of social activities which have included such things as film nights, treasure hunt, quiz nights, meal at local pub etc.

Southern Derbyshire Dales Car Scheme

Ashbourne Business Centre, Ashbourne, Derbyshire, DE6 1GF

Tel No. 01332 344700

e-mail: carscheme@vcdd.org.uk Website: www.vcdd.org.uk

When & Where: Mon-Fri & Weekends by prior arrangement.

Door to door transport for elderly, disabled, vulnerable people to medical and hospital appointments, support groups and social therapeutic activities.

The Henmore Centre

The Henmore Centre, King Edward Street, Ashbourne, Derbyshire

Tel No. 01629 32648

When & Where: Monday, Wednesday, Thursday Henmore Centre

The Henmore Centre is a Community Centre and Daycare Services for older people with mental health problems and physical disabilities.

The Prince's Trust - Derbyshire

Derby College, Orange Block, Prince Charles Avenue, Mackworth, Derby, DE22 4LR

Tel No. 01332 851763 Fax: 01332 851766

e-mail: officederbyshire@princes-trust.org.uk Website: www.princes-trust

When & Where: Normal office hours County wide

As well as our 12 week TEAM programme, we assist in business start-ups for 18-30 year olds. We also have an xl programme which targets 14-16 year olds, which is a confidence and esteem building programme.

The Volunteer Centre - Derbyshire Dales

Ashbourne Business Centre, Dig St, Ashbourne, DE6 1GF

Tel No. 01335 348602 Fax: 01335 348640

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

All around the Derbyshire Dales, volunteers are helping make life in our communities richer and happier. Volunteers don't get paid for what they do, but they can get a lot out of the experience in other ways.

Thursday Group

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: Thursday 10am - 1.30pm Ernest Bailey Community Centre, Matlock
The Thursday group meets once a week. It's a very informal group and you can come and go as you like. We talk about anything and support each other with problems we may have.

Unit 10

Unit 10, Ground Floor, 2/4 Corporation Street, Chesterfield, S41 7TP

Tel No. 01246 236080 Fax: 01246 236080

e-mail: louise.brewer@derbyshire.gov.uk

When & Where: Mon-Fri 12.30pm- 5pm. Sexual Health Sat 1pm-4pm 2/4 Corporation St, Chesterfield S41 7TP

Information and advice on a range of issues for 13 - 25 year olds. Drop in. No appointments necessary, except for counselling.

Victim Support - High Peak / Dales

1 Mersey Bank Road, Hadfield, Glossop, Derbyshire, SK13 1PL

Tel No. 01457 862150 Fax: 01457 864857

e-mail: karen.birchenough@vsderbyshire.org Website: www.victimsupport.org

Provides services to residents of: SK13, SK17, SK22, SK23

Victim Support Derbyshire - Dales Branch

Askew House, 2 Oat Hill, Derby Road, Wirksworth, DE4 4AQ

Tel No. 01629 825864 Fax: 01629 823748

e-mail: lynda.dickens@vsderbyshire.org

When & Where: Office: Weekdays 9am-8pm + 24hr answerphone. Askew House, 2 Oat Hill, Derby Road, Wirksworth

Provides a comprehensive service to victims of crime. Leaflet available. 24 Hour answerphone service available.

Derbyshire Mental Health Services NHS Trust

	TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
High Peak&Dales	County Alcohol Services	28 Bank Road	28 Bank Road, Matlock, Derbys	DE4 3NF	01629 760740
High Peak&Dales	County Drug Services	28 Bank Road	28 Bank Road, Matlock, Derbys	DE4 3NF	01629 55519
High Peak&Dales	Crisis Assessment & Treatment Team	Chapel Health Centre	Thornbrook Road, Chapel en le Frith, Derbyshire	SK23 ORG	01298 814784
High Peak&Dales	Crisis Assessment Treatment Team	The Ritz Building	27-29 Causeway Lane, Matlock, Derbys	DE4 3AR	01629 761600
High Peak&Dales	Derbyshire Dales CMHT/Crisis Team HP+D	The Ritz Building	27-29 Causeway Lane, Matlock, Derbys	DE4 3AR	01629 761600
High Peak&Dales	Early Intervention Team North	Wye House	Newholme Hospital, Baslow Road, Bakewell, Derby	DE45 1AD	01629 814716
High Peak&Dales	High Peak CMHT	Corbar View	1-3 Fountain Street, Buxton, Derbys	SK17 6HU	01298 22321
High Peak&Dales	High Peak CMHT	New Mills Clinic	Hyde Bank Road, New Mills, High Peak, Derbyshire	SK22 4BP	01663 747087
High Peak&Dales	High Peak CMHT Older Adults	Buxton Health Centre	1st floor, Buxton Health Centre, Bath Road, Buxton, Derbyshire	SK17 6HH	01298 213386
High Peak&Dales	Management Base	Wye House	Newholme Hospital, Baslow Road, Bakewell, Derby	DE45 1AD	Contact via The Ritz Number
High Peak&Dales	North Derbyshire Assertive Outreach Team	34 High Street	34 High Street, Staveley, Chestefield	S43 3UX	01246 473013
High Peak&Dales	North Derbyshire Dales CMHT	Newholme Hospital	Newholme Hospital, Baslow Road, Bakewell, Derbys	DE45 1AD	01629 761600
South Derbyshire	Derbyshire Dales and South CAMHS Child & Family	Ryedale	Unit 10, Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 214903
South Derbyshire	Derbyshire Dales CMHT	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825170
South Derbyshire	Derbyshire Dales Comm Learning Disabilities Team	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825400
South Derbyshire	South Derbyshire CMHT	Bankgate Resource Centre	Unit 13-15 Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 219118
South Derbyshire	South Derbyshire CMHT Older Adult	Cadley View	Robian Way, Swadlincote, Derbys	DE11 9DH	01283 551796
South Derbyshire	Southern Derbyshire Community Learning Disabilities Team	Bretby Business Park	Building 1A, 162 Ashby Road, Burton on Trent, Staffs	DE15 0YZ	01283 238085
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	Derbyshire Eating Disorder Service	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD	01773 881467
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	Foundation Trust Project Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3998
Trustwide	Human Resources	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3664
Trustwide	Information Management	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3662
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

High Peak and North Dales Area Office

Talbot Street
Glossop SK13 9DG
Tel: 08 456 058 058
Fax: 01457 728850
Textphone: 01457 861898

Derbyshire Dales Area Office

Portland House
Clifton Road
Matlock Bath
Matlock DE4 3PL
Tel: 08 456 058 058
Fax: 01629 772324
Textphone: 01629 57439
Please note this office has no staffed duty system for visits or appointments but can provide advice.

Derbyshire District, Borough, and County Councils

Derbyshire Dales District Council

Tel: 01629 761100

Derbyshire Dales District Council Housing Information

Tel: 01629 761311

Derbyshire County Council

Tel: 08456 058 058

County Hall Matlock

GP Information for Derbyshire County

Area	Practice	Telephone
High Peak	Medical Practice Butts Rd, Bakewell, DE45 1ED	0844 477 3408
High Peak	Lime Grove Medical Centre Lime Grove Walk, Matlock, DE45 3FD	01629 581586
High Peak	Ashenfell Baslow, Bakewell, DE45 1SP	01246 582216
High Peak	The New Surgery Parke Rd, Tideswell, Buxton, SK17 8NS	01298 871396
High Peak	The Surgery Church St, Eyam, Hope Valley, S32 5QH	01433 630836
High Peak	Imperial Road Surgery Matlock, DE4 3NL	01629 583465
High Peak	The Surgery Dig Street, Hartington, Nr. Buxton, SK17 OAQ	01298 84315
High Peak	Evelyn Medical Centre Marsh Avenue, Hope, S33 6RJ	01433 621557
High Peak	Darley Dale Medical Centre Two Dales, Darley Dale, Matlock, DE4 2SA	01629 733205
South Dales and Derbyshire	The Surgery Clifton Road, Ashbourne, Derbyshire, DE6 1RR	01335 342666
South Dales and Derbyshire	Brailsford & Hulland Medical Practice The Green, Brailsford, Derbyshire, DE6 3BX	01335 360328
South Dales and Derbyshire	Ashbourne Health Centre Compton, Ashbourne, Derbyshire, DE6 1DA	01335 343784
South Dales and Derbyshire	Hannage Brook Medical Centre Hannage Way, Water Lane, Wirksworth, Derbyshire, DE4 4JG	01629 822434

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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**