

Infolink

EREWASH

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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Addaction - Derbyshire County Services - Ilkeston

Erewash House, Station Road, Ilkeston, Derbyshire

Tel No. 0115 9309442 Fax: 0115 9304156

Website: www.addaction.org.uk

When & Where: Mon-Thurs-9am-5pm, Fri - 2pm-5pm. Erewash House, Station Road, Ilkeston

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 - Erewash

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

Providing adult community education classes, including skills for life (Basic Skills) computer courses, confidence classes, childcare and leisure courses. Leaflet available.

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.

Alcohol Problems Advisory Service

36 Park Row, Nottingham, NG1 6GR

Tel No. 0115 9414747 Helpline No. 0845 626 316 Fax: 0115 948 5571

Website: www.apas.org.uk

Drop in and have an informal chat with one of our advice workers using our apas direct service which is available Monday to Thursday 12.30pm - 6.30pm, Fridays 12.30pm to 4.30pm and Saturdays 9.00am to 12.30pm.

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.

Angels

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

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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.

Breakthru (Erewash Mental Health Association Limited)

Christ Church Methodist, 1 College Street, Long Eaton, Nottingham, NG10 4NE

Tel No. 0115 946213

e-mail: l.orchard@erewash-mh.org.uk

When & Where: Mon, Tues, Wed and Fri 10 - 3.15pm A day centre for people experiencing and recovering from mental health problems.

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**

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.

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: Erewash 0115 9309134

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 City and South Derbyshire Mental Health Carers Forum

Tel No. 07731 554300

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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.

Derbyshire and Derby City Young Carers Service

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 (Erewash)

Southlands, 21 Mail Street, Long Eaton, Nottinghamshire, NG10 1GH

Tel No. 0115 9468881

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

When & Where: 9.30am - 5.00pm Weekdays

Support for carers throughout Derbyshire by offering advice and support.

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 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

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.

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.

Erewash Voluntary Action

Springfield House, 4/5 Granby St, Ilkeston, DE7 8HN

Tel No. 0115 8508860 Fax: 0115 9309191

Website: www.erewashvoluntaryaction.org.uk

When & Where: Mon to Thurs 9am - 5pm, Friday 9am - 4.30pm 4/5 Granby St

Family Learning Curriculum 2007/08

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

Courses for families.

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.

Fellowship of Depressives Anonymous

Box FDA Self Help, Ormiston House, 32-36 Pelham Street, Notts, NG1 2EG

Tel No. 0870 774 4320 Fax: 0870 774 4319

Website: www.depressionanon.co.uk

The Fellowship of Depressives Anonymous is a small national self help organisation for anyone suffering from depression or those who care about them. By means of self help and mutual support they try to help their fellow sufferers.

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.

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.

Hallmark Community Housing Association Ltd

8 Charnwood Street, Derby, DE1 2GT

Tel No. 01332 614700 Fax: 01332 614701

When & Where: Mon-Fri 9am - 5pm

Hallmark provides good quality housing, including sheltered housing, for all household types, with a particular emphasis on meeting the needs of people from the minority communities.

Hearing Voices Network (Long Eaton)

Breakthru, Christ Church, 1 College Street, Long Eaton, Derbyshire

Tel No. 07770 835810

e-mail: derbyshirehearingvoices@yahoo.co.uk

When & Where: Wednesdays 12.30pm - 1.30pm

Service - user run support groups.

Home-Start Erewash

6 Heanor Road, Ilkeston, Derbyshire, DE7 8DX

Tel No. 0115 930 4640 Fax: 0115 932 7271

e-mail: homestarterewash@supanet.com

When & Where: 9am-4pm Mon-Fri

Voluntary support to promote the welfare of families with at least one child under 5.

Volunteers offer practical support and friendship to families in their own home, who are under stress. Helping to prevent family crisis and breakdown.

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 development etc.

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

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.

Long Eaton Shop Mobility

Shop Mobility, New Street, Long Eaton, Notts, NG10 1HE

Tel No. 0115 9465392

When & Where: Tues-Fri 8.30am-4.00pm, Sat 8.30am-3.00pm Shopmobility Centre, New Street, Long Eaton

Shopmobility provide wheelchairs or electric powered scooters for those with temporary or permanent disabilities to enable visits to shops/businesses within the Long Eaton area.

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 - 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- Erewash

CMHT, Brooklands, Park Avenue, Ilkeston, Derbyshire, DE7 5DH

Tel No. 0115 938696 e-mail: Mary.Brown@makingspace.co.uk

Making Space Area Manager

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

Mental Health Action Group

Kingsway Hospital, Derby, DE22 3LZ

Tel No. 01332 362221 X 3454

e-mail: mhactiongroup@yahoo.co.uk

When & Where: Group meetings are held each month to which all service users are welcome.

The Mental Health Action Group is an independent group run by people who have experienced mental health services. The group uses its skills and experiences to campaign about issues of concern to mental health service users.

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

National AIDS Helpline

Tel No. 0800 012-322, Helpline No. 0800 012-322

When & Where: 24 hours a day

24 hours 7 days a week freephone helpline concerned with AIDS.

NCH Derbyshire and Derby City Young Carers Service

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.

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.

NHS Direct

Tel No. 0845 4647 Helpline No. 0845 4647

Website: www.nhsdirect.nhs.uk

When & Where: 24 hours a day every day

Guidance on what to do when you have a worry. Do you call the Doctor or go to casualty or is it safe to wait until morning for a routine appointment? Sensible health advice when you have a more general query. Any health information that you need.

P3 The Social Inclusion Charity - Erewash

P3 Gladstone House, Market Street, Ilkeston, DE7 5RB

Tel No. 0115 9306661

P3, the social inclusion charity, aims to provide support to enable people to gain the confidence and self-esteem in order to reach their full potential and achieve their optimum level of independence. For people in the Erewash area

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

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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, Gurjuri, Bosnian, Albanian, Italian, Kurdish, Arabic, Polish, Russian, Farsi, French and Turkish.

Persian Cultural Association (PCA)

Tel No. 01332 298605 Fax: 01332 298605

Psychosexual Service

Rykneld, CBT Unit, Bedford Close, Off Bedford St, Derby, DE22 3PF

Tel No. 01332 207283

When & Where: Mon, Wed, Thurs 9am-5pm, Tues 9am-7pm, Fri 9am-4pm Rykneld, CBT Unit.

Psychosexual therapy assessment and treatment service.

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 City (Wilderslow) 01332 363371 – Derby County (Saltergate) 01246 514405

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.

Talk to Frank

Helpline No. 0800 776600

e-mail: frank@talktofrank.com Website: www.talktofrank.com

Ring FRANK anytime and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs. Website includes information, news and advice.

The Horizon Group

United Reformed Church, Long Eaton Green, Long Eaton, Nottinghamshire

Tel No. 0115 9723560 (Secretary/Committee)

When & Where: 10.00am – 1.00pm United Reformed Church, Long Eaton

This is a self help group for people who have or are experiencing Mental Health problems. Carers are also welcome. Fundraising activities are regularly held.

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.

Triumph Over Phobia (Top UK)

PO Box 3760, Bath, BA2 3WY

Tel No. 0845 600 9601

e-mail: info@triumphoverphobia.co.uk Website: www.triumphoverphobia.com

Top UK is a network of structured self help groups for people with recognisable phobias or obsessive compulsive disorders run by lay people (many of whom are ex-sufferers). Members learn how to overcome their fears by following a self exposure programme in a supportive group setting.

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 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.

Young people and self-harm

Website: www.selfharm.org.uk

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

This site is a key information resource for young people who self-harm, their friends and families, and professionals working with them. This site contains sensitive material. Please take care as you browse.

Derbyshire Mental Health Services NHS Trust

	TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
Erewash	Erewash CAMHS	Century House	100 Nottingham Road, Long Eaton, Nottingham	NG10 2BZ	01159 464568
Erewash	Erewash CMHT	Brooklands	Park Avenue, Ilkeston, Derbys	DE7 5DH	01159 308696
Erewash	Erewash Learning Disabilities Community Team	Outlook	99 Briar Gate, Long Eaton, Nottingham	NE10 4BQ	01159 098718
Erewash	Learning Disability	The Manse	50 Wharncliffe Road, Ilkeston, Derbyshire	DE7 5GF	0115 9306389
Erewash	Older Adults	Chatsworth Ward	Kingsway Hospital, Derby	DE22 3LZ	01332 623344
Erewash	Older Adult Day Service	Woodside Ward	Ilkeston Community Hospital, Ilkeston, Derbys	DE7 8LN	01159 305522 Ext 269
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	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	PFI Projects	Georgian House (Ground Floor)	Great Northern Road, Derby	DE1 1LJ	01332 299521
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

Erewash Area Office

Rutland Mill
Market Street
Ilkeston DE7 5RU
Tel: 08 456 058 058
Fax: 0115 909 8586
Textphone: 0115 930 3058
Email: erewash.socialservices@derbyshire.gov.uk

Derbyshire District, Borough, and County Councils

Derbyshire County Council

Tel: 08456 058 058
County Hall Matlock

Erewash Borough Council

Tel: 0115 9072244
Erewash Housing (3 Valleys Housing)
Tel: 0844 77 003500

GP Information for Erewash

Area	Practice	Telephone
Erewash	Eden Surgery Cavendish Road, Ilkeston, Derbyshire, DE7 5AN	0115 944 4081
Erewash	Gladstone House Surgery Gladstone Street, WestIlkeston, Derbyshire, DE7 5QS	0115 932 0248
Erewash	West Hallam Medical Centre West Hallam Village, Ilkeston, Derbyshire, DE7 6GR	0115 932 5462
Erewash	Old Station Surgery Heanor Road, Ilkeston, Derbyshire, DE8 8ES	0115 930 1055
Erewash	Ilkeston Health Centre South Street, Ilkeston, Derbyshire, DE7 5PZ	0115 932 2968
Erewash	Littlewick Medical Centre 42 Nottingham Road, Ilkeston, Derbyshire, DE7 5PR	0115 932 5229
	The Dales West Hallam, Ilkeston, DE7 8GR	0115 944 0320
Erewash	Ilkeston Health Centre	0115 932 2933

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	South Street, Ilkeston, Derbyshire, DE7 5PZ	
Erewash	Adam House Medical Centre 85-91 Derby Road, Sandiacre, Nottingham, NG10 5HZ	0115 949 1194
Erewash	The Surgery 41 Wharfedale Road, Long Eaton, NG10 3HG	0115 946 2690
Erewash	Golden Brook Practice Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 7995
Erewash	Charlton House Practice Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 0109
Erewash	Moir Medical Centre Regent Street, Long Eaton, Nottingham NG10 1QQ 165 Wilmot Street, Long Eaton, NG10 3EL2 Bank Road, Toton, NG9 6HD	0844 477 1759
Erewash	Highfields Medical Centre 86 College Street, Long Eaton, Nottingham, NG10 4NP	0115 973 4502
Erewash	Aitune Practice Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 7985

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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**