

# Infolink

## South Derbyshire

### 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](mailto: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/](http://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](mailto:cpa@derbysmhservices.nhs.uk)

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## **Addaction - Derbyshire County Services - Swadlincote**

4-10 Belmont Street, Swadlincote, Derbyshire, DE11 8JU

Tel No. 01283 551489 Fax: 01283 551 470

e-mail: [w.gallowaygrant@addaction.org.uk](mailto:w.gallowaygrant@addaction.org.uk) Website: [www.addaction.org.uk](http://www.addaction.org.uk)

When & Where: Mon - Thurs 9 - 5 Fri 2 - 5

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](http://www.derbyshire.gov.uk/education)

**Adult Community Education - Derby** Tel No. 01629 580000 x6743

e-mail: [linda.neale@derbyshire.gov.uk](mailto:linda.neale@derbyshire.gov.uk)

The Derby Adult Learning Service provides high quality education for adult learners. It aims to meet the needs of local communities and individuals, encouraging lifelong learning through partnership with other education and learning providers.

### **Adult Community Education - South Derbyshire**

Community House, 173 Derby Road, Long Eaton, Nottingham, NG10 4LL

Tel No. 0115 9732827

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](mailto: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](mailto:info@ageconcernderbyshire.org.uk) Website: [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

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

## **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

Tel No. 01332 362638

e-mail: [laurenslink@btconnect.com](mailto:laurenslink@btconnect.com) Website: [www.laurenslink.org.uk](http://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](http://www.womensaid.org.uk)

## **Bereaved Parents Support Group**

United Reformed Church, Beckettwell Lane, Off Victoria Street, Derby

Tel No. 01773 827160 Fax: 01773 827160

e-mail: [bj224@cam.ac.uk](mailto:bj224@cam.ac.uk)

When & Where: Thursdays 10am-11.30am United Reformed Church, Beckettwell Lane, Derby.

A Health Visitor led support group for anyone affected by the death of a child whether through miscarriage, neonatal death, sudden infant death or the death of a child or young person.

## **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.

## **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](mailto: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**

Derby City and South Derbyshire Mental Health Carers Forum

## **Children First Derby**

Children First Derby, 13 Leopold Street, Derby, DE1 2HE

Tel No. 01332 341516 Fax: 01332 720637

e-mail: [childrenfirst@care4free.net](mailto:childrenfirst@care4free.net) Website: [www.childrenfirstderby.co.uk](http://www.childrenfirstderby.co.uk)

When & Where: 10.00am-5.00pm Mon to Fri own home or clients home

Trained volunteer befrienders visit parents in their own homes to offer emotional support at times of stress or crisis. The parents may have a wide range of issues including depression or anxiety.

## **Citizens Advice Bureau - Derby**

Progressive Buildings, Sitwell Street, Derby, DE1 2JT

Tel No. 01332 343873 Helpline No. 0870 126 4860 Fax: 01332 291310

e-mail: [bureau@derbycab.org.uk](mailto:bureau@derbycab.org.uk) Website: [www.derbycab.org.uk](http://www.derbycab.org.uk)

When & Where: CAB open Mon-Thurs 9.30-1.15 Fri 9.30-12.30

A free, impartial, confidential and independent advice service for all sections of the Derby community on a variety of areas including - welfare benefits, debt, housing, employment, consumer, immigration, public law and family.

### **Citizens Advice Bureau - South Derbyshire**

48 Grove Street, Swadlincote, Derbyshire, DE11 9DD

Tel No. 01283 210107 Fax: 01283 210108

Website: [www.southderbyshirecab.org.uk](http://www.southderbyshirecab.org.uk)

Free confidential, impartial and independent advice and information on a wide range of subjects.

### **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](http://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](mailto:public.transport@derbyshire.gov.uk) Website: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

When & Where: Variable

Various schemes available contact Derby 01332 380738, Erewash 0115 9309134, Swadlincote 01283 550764, Ashbourne 01335 300670.

### **Condition Management Programme - Central Derby**

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

Tel No: 01332 363381 Fax: 01332 298345

e-mail: [cmp.derbyshire@derbycitypct.nhs.uk](mailto:cmp.derbyshire@derbycitypct.nhs.uk)

Part of the Employment Pathways Programme. Partnership between Job Centre Plus and the NHS. Aims to reduce the impact of the health condition as a factor in remaining out of work.

### **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](mailto:crossroads.derby@btconnect.com) Website: [www.crossroads.org.uk](http://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.

### **Cruse Bereavement Care - Burton & Derby Branch**

Geoffrey Hodges Wing, Queens Hptl, Belvedere Rd, Burton on Trent, DE13 ORB

Tel No. 01283 593167 Derby Office Tel No. 01332 869388

When & Where: 24 Hour Helpline

Cruse offers counselling, support advice and information to any bereaved person.

### **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](mailto:parent-partnership@derbyshire.gov.uk)

Website: [www.derbyshireparentpartnership.co.uk](http://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 Access Group**

PO Box 643, Derby, DE1 1TL

Tel No. 0870 774 3789

e-mail: [marta@lowereley-freeserve.co.uk](mailto:marta@lowereley-freeserve.co.uk)

When & Where: Minicom: 01332 368585

Derby Access Group promotes access for the disabled people through integration and participation by acknowledging the need to improve access, awareness and provision thereby ensuring equality of life for all.

### **Derby Adult Learning Service - Learning Partners**

198 - 200 Village Street, Derby, DE23 8DE

Tel No. 01332 711373 Fax: 01332 711373

e-mail: [lynda.raven@derbyals.org](mailto:lynda.raven@derbyals.org)

When & Where: Mon-Fri am, pm & evening courses, Various across the city

Scheme to pair up learners who need some extra help to attend adult learning courses with a volunteer. Both partners attend the course together as equals. This scheme is intended to provide support to learners who are wanting to learn independently.

### **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.derbysmentalhealthcarers.org.uk](http://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 Community Transport**

Meadow Road Garage, Meadow Road, Derby, DE1 2BH

Tel No. 01332 293544 Fax: 01332 203525

e-mail: [info@derbyct.co.uk](mailto:info@derbyct.co.uk)

When & Where: operating Mon – Fri 8am – 5.30pm

Derby Community Transport is a voluntary organisation whose objectives are to provide transport for community groups and for those who cannot use public transport. Groups who become members can hire a bus either with or without a driver. Approved person on a self drive basis.

## **Derby Counselling and Therapy Centre (Stress Aid)**

75 Osmaston Road, Derby, DE1 2JH

Tel No. 01332 366863

e-mail: [info@stressaid.org.uk](mailto:info@stressaid.org.uk)

When & Where: Mon, Weds, Thurs, Fri 10am-8pm above address

Provides counselling/therapy on a confidential one hour appointment basis for people experiencing emotional stress caused by circumstances or relationships, and which may be manifested in anxiety, depression and physical illness.

## **Derby CVS Volunteer Bureau**

4 Charnwood Street, Derby, DE1 2GT

Tel No. 01332 342272 Fax: 013332 205069

e-mail: [shancox@cvsderby.co.uk](mailto:shancox@cvsderby.co.uk) Website: [www.cvsderby.co.uk](http://www.cvsderby.co.uk)

The Vounteer Bureau recruits, interviews, assesses and places volunteers in their chosen voluntary work. The opportunities are wide-ranging and varies, covering areas such as practical, caring, environmental work, office work, committee work.

## **Derby Depression Club**

46 Sancroft Road, Spondon, Derby, DE21 7EV

Tel No. 07891 801467

e-mail: [derbyshiredc@yahoo.co.uk](mailto:derbyshiredc@yahoo.co.uk) Website: [www.derbydepressionclub.org.uk](http://www.derbydepressionclub.org.uk)

When & Where: 6.30pm - 8.00pm - Alternate Mondays, Derbyshire Royal Infirmary, Resource Centre

Self help group for sufferers of anxiety/depression.

## **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](mailto:info@derbylawcentre.org) Website: [www.derbylawcentre.co.uk](http://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**

3 Leopold St, Derby, Derbyshire, DE1 2HE

Tel No. 01332 370430 Fax: 01332 381616

e-mail: [youngcarers.derbyshire@nch.org.uk](mailto:youngcarers.derbyshire@nch.org.uk) Website: [www.nch.org.uk](http://www.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.

## **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](mailto:approadults@aol.com) Website: [www.daas.org.uk](http://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

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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](mailto:vip@dab.org.uk) Website: [www.dab.org.uk](http://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](mailto:dasg@autismsupport.co.uk) Website: [www.autismsupport.co.uk](http://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](mailto:derbyshirecarers@btconnect.com) Website: [www.derbyshirecarers.co.uk](http://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 Coalition for Inclusive Living (DCIL)**

Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 740246 Fax: 01773 570185

e-mail: [info@dcil.org.uk](mailto:info@dcil.org.uk) Website: [www.dcil.org.uk](http://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](http://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](mailto: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](mailto:advocacy@derbyshiremind.org.uk) Website: [www.derbyshiremind.org.uk](http://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 Mind Rosehill Club**

Derbyshire Mind Rosehill Club, 127/129 Clarence Road, Derby, DE23 6LS

Tel No. 01332 772300

e-mail: [rosehillclub@derbyshiremind.org.uk](mailto:rosehillclub@derbyshiremind.org.uk) Website: [www.derbyshiremind.org.uk](http://www.derbyshiremind.org.uk)

When & Where: Mon/Tues 10-9, Thurs 10-8, Wed/Fri 2-9, Sat/Sun 10-6

Derbyshire Mind provide a drop in day service for people experiencing mental health problems (aged 18 years and over) social atmosphere, cafe, information on a wide range of issues available.

### **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](mailto:info@drconline.org.uk) Website: [www.drconline.org.uk](http://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

e-mail: [drcc@derbysrcc.org.uk](mailto:drcc@derbysrcc.org.uk) Website: [www.derbyshirercc.org.uk](http://www.derbyshirercc.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 Voice**

1 Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 744537

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e-mail: [derbyshirevoice@aol.com](mailto:derbyshirevoice@aol.com) Website: [www.derbyshirevoice.co.uk](http://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](mailto:welfarerights@derbyshire.gov.uk) Website: [www.derbyshire.gov.uk](http://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](mailto:martin@disabilitydirectderby.co.uk) Website: [www.disabilitydirectderby.co.uk](http://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.

### **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**

e-mail: [louissa.adams@derbyshire.gov.uk](mailto: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](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://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](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)  
When & Where: 7-9 pm every 1st & 3rd Thursday Guinness Trust Common Room.

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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](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://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](mailto:focusline@rethink.org) Website: [www.rethink.org.uk](http://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](mailto:reachout@gayderbyshire.co.uk) Website: [www.gayderbyshire.co.uk](http://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.

### **Hadhari Nari Advice and Information Centre**

36 St James Road, Normanton, Derby, DE23 HQX

Tel No. 01332 270101 Helpline No. 01332 270101 Fax: 01332 769790

Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

When & Where: 9am to 9pm

Health Clinic for women run by local practice nurse. Provides: Womens Aid Group, Advice/Information, Support, Outreach, Counselling, Contraception.

### **Hearing Voices Network (Derby City)**

44 Leopold Street, Derby

Tel No. 01332 623732 Helpline No. 0845 122 8642

e-mail: [derbyshirehearingvoices@yahoo.co.uk](mailto:derbyshirehearingvoices@yahoo.co.uk)

When & Where: Tuesdays 3.15pm-4.30pm 44, Leopold Street, City Centre, Derby Service - user run support group.

### **Huntington's Disease Association**

PO Box 5134, Derby, DE1 9WJ

Tel No. 01332 518988 Fax: 01332 518988

e-mail: [info@hda.org.uk](mailto:info@hda.org.uk) Website: [www.hda.org.uk](http://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**

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Tel No. 01332 604098 Honour Network Helpline No. 0800 5999 247  
e-mail: [jasvinder\\_sanghera@refuge.org.uk](mailto:jasvinder_sanghera@refuge.org.uk) Website: [www.karmanirvana.org.uk](http://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**

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

Tel No. 01332 362 744

e-mail: [laurenslink@btconnect.com](mailto:laurenslink@btconnect.com) Website: [www.laurenslink.org.uk](http://www.laurenslink.org.uk)

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

### **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](mailto:info@gayderbyshire.co.uk) Website: [www.gayderbyshire.co.uk](http://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.

### **Making Space Carer Support Workers**

e-mail: [FSW.Co-ordinator.Derbyshire@makingspace.co.uk](mailto:FSW.Co-ordinator.Derbyshire@makingspace.co.uk)

Website: [www.makingspace.co.uk](http://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](mailto: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](mailto:Lincoln.Mignott@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](mailto: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](mailto:wendybeer@derbymind.freeserve.co.uk) Website: [www.mind.org.uk](http://www.mind.org.uk)

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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

### **Next Step (Against Domestic Abuse)**

PO Box 6256, Swadlincote, Derbyshire, DE11 0YN4

Tel No. 01283 229854 Website: [www.nextstep-derbyshire.org](http://www.nextstep-derbyshire.org)

e-mail: [nextstep2@btconnect.com](mailto:nextstep2@btconnect.com)

When & Where: Daily drop in session at the Voluntary Services Centre in Swadlincote  
Mon – Fri 10am – 12noon, Mon – Thurs 1pm – 4pm

Offers support for people suffering domestic abuse in the South Derbyshire area. The support is provided on a one to one basis by trained volunteer befrienders, we support males and females.

### **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](mailto:simon.edwards@connexions-derbyshire.org)

Website: [www.nextstep-derbyshire.org](http://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](http://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 - Swadlincote**

11 High Street, Swadlincote, Derbyshire, DE11 8JE

Tel No. 01283 551144 Fax: 01283 551188

e-mail: [info.swad@p3charity.org](mailto:info.swad@p3charity.org) Website: [www.p3charity.com](http://www.p3charity.com)

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 South Derbyshire 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](mailto:PALS@derbysmhservices.nhs.uk)

Website: [www.derbyshirementalhealthservices.nhs.uk](http://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

## **Peartree Language & Communications Service**

Peartree Road, Derby, DE23 6QD

Tel No. 01332 368221 Fax: 01332 205388

e-mail: [cammie.chowdhary@derbycitypct.nhs.uk](mailto: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

## **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](mailto:relate.derby@talk21.com) Website: [www.relate.org.uk](http://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](mailto:jo@samaritans.org) Website: [www.samaritans.org/~derby](http://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](mailto:scroptonrda@aol.com) Website: [www.scroptonequestrian.com](http://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.

## **South Derbyshire CVS**

48 Grove Street, Swadlincote, Derbyshire, DE11 9DD

Tel No. 01283 550163 Fax: 01283 552168

e-mail: [office@southderbyscvs.org.uk](mailto:office@southderbyscvs.org.uk) Website: [www.southderbyscvs.org.uk](http://www.southderbyscvs.org.uk)

When & Where: 9am - 4.30pm as contact address

South Derbyshire CVS is committed to the promotion and development of voluntary action within South Derbyshire. It provides support and development advice to community-based groups and stores information available for voluntary organisations in the region.

## **South Derbyshire Mental Health Association**

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Bank House, 22 Midland Road, Swadlincote, Derbyshire, DE11 0AG

Tel No. 01283 222881

e-mail: [bankhouseoffice@btconnect.com](mailto:bankhouseoffice@btconnect.com)

When & Where: Various Bank House

Support for adults with Mental Health issues. Drop in service, self help groups, education, activities, outings.

### **Southern Derbyshire Dales Car Scheme**

Ashbourne Business Centre, Ashbourne, Derbyshire, DE6 1GF

Tel No. 01332 344700

e-mail: [carscheme@vcdd.org.uk](mailto:carscheme@vcdd.org.uk) Website: [www.vcdd.org.uk](http://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.

### **Swadlincote & District Mencap & Gateway Society**

5 Birch Avenue, Newhall, Swadlincote, Derbyshire, DE11 0NG

Tel No. 01283 218089

When & Where: Every Wednesday Newhall Adult Centre

Organise weekly Gateway Club, we also organise fund raising to arrange certain activities for our members eg. Trips and Xmas Party and any other occasions of interest.

### **Swadlincote Youth Information Shop**

14 West Street, Swadlincote, Derbyshire, DE11 9DE

Tel No. 01283 217666

When & Where: Mon, Tues, Thurs 2.30pm-5.30pm, Fri 3.30pm-6.30pm

Works with young people between the ages of 11 and 19. Deals with training and employment issues alongside health and welfare. Operates on a drop in basis although appointments can be made. Sexual Health and counselling service available.

### **Talk to Frank**

Helpline No. 0800 776600

e-mail: [frank@talktofrank.com](mailto:frank@talktofrank.com) Website: [www.talktofrank.com](http://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 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](mailto:officederbyshire@princes-trust.org.uk) Website: [www.princes-trust](http://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.

### **Victim Support - Derby and South Derbyshire**

Kings Chambers, 34 Queens St, Derby, DE1 3DS

Tel No. 01332 349 956 Fax: 01332 349 956

e-mail: [ken.nicholson@vsderbyshire.org](mailto:ken.nicholson@vsderbyshire.org) Website: [www.victimsupport.org](http://www.victimsupport.org)  
 Provides services to residents of: DE1, DE2, DE3, DE11, DE13, DE15, DE21, DE22, DE23

## William Donald Clinic

London Road, Derby

Tel No. 01332 254681

Free confidential advice, screening, counselling and HIV testing. Also offers screening for sexually transmitted diseases.

## Working Links - Derby

3rd Floor, St Peters House, Gower Street, Derby, DE1 1SB

Tel No. 01332 341685 Fax: 01332 298324

e-mail: [information@workinglinks.co.uk](mailto:information@workinglinks.co.uk) Website: [www.workinglinks.co.uk](http://www.workinglinks.co.uk)

Working Links is dedicated to finding sustainable employment for long term unemployed and disadvantaged people.

## Derbyshire Mental Health Services NHS Trust

	TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
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	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

### South Derbyshire and South Dales Area Office

Civic Way  
Swadlincote  
DE11 0AQ

Tel: 08 456 058 058

Fax: 01283 238100

Textphone: 01283 226901

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

## Derbyshire District, Borough, and County Councils

### South Derbyshire District Council

Tel: 01283 221000

South Derbyshire District Council Housing Information

Tel: 01283 595778

### Derbyshire County Council

Tel: 08456 058 058

County Hall Matlock

## GP Information for Derbyshire County

Area	Practice	Telephone
South Dales and Derbyshire	<b>The Surgery</b> Clifton Road, Ashbourne, Derbyshire, DE6 1RR	01335 342666
South Dales and Derbyshire	<b>Brailsford &amp; Hulland Medical Practice</b> The Green, Brailsford, Derbyshire, DE6 3BX	01335 360328
South Dales and Derbyshire	<b>The Poplars</b> 13 Linton Road, Castle Gresley, Derbyshire, DE11 9HU	01283 217592
South Dales and Derbyshire	<b>Wellbrook Medical Centre</b> Welland Road, Hilton, Derbyshire, DE65 5GZ	01283 732406
South Dales and Derbyshire	<b>The Surgery</b> 46-48 High Street, Newhall, Swadlincote, Derbyshire, DE11 0HS	01283 217092
South Dales and Derbyshire	<b>Overseal Surgery</b> 1 Hallcroft Avenue, Overseal, Swadlincote, Derbyshire, DE12 6JF	01283 760595
South Dales and Derbyshire	<b>Prestwood House Surgery</b> 74 Midway Road, Midway, Swadlincote, DE11 7PG	01283 212375
South Dales and Derbyshire	<b>Swadlincote Surgery</b> Darklands Road, Swadlincote, Derbyshire, DE11 OPP	01283 551717
South Dales and Derbyshire	<b>Willington Surgery</b> 4 Repton Road, Willington, Derbyshire, DE65 6BX	01283 703318
South Dales and Derbyshire	<b>The Surgery</b> Burton Road, Woodville, Swadlincote, Derbyshire, DE11 7JG	01283 217036
South Dales and Derbyshire	<b>Ashbourne Health Centre</b> Compton, Ashbourne, Derbyshire, DE6 1DA	01335 343784
South Dales and Derbyshire	<b>Hannage Brook Medical Centre</b> 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**