

COVID 19 Derbyshire Dales CVS Directory of Useful Links	17 th July 2020 Update
Derbyshire County Council	Providing support to the extremely vulnerable and isolated. https://derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx
NHS	https://www.nhs.uk/conditions/coronavirus-covid-19/
Gov.UK	Support for a very vulnerable person, can be self-referral or referred by someone else. https://www.gov.uk/coronavirus-extremely-vulnerable
Food and Deliveries	See list on DDCVS website https://ddcvs.org.uk/food-shopping/
Citizens Advice	http://www.ddcab.org.uk/
Food banks	<p>Crisis Food Parcel - A one-off bag of non-perishable items to last 2-3 days.</p> <p>To request a crisis parcel:</p> <ul style="list-style-type: none"> • Call CAB Advice Line on : 0300 456 8390 (open Monday to Friday, 9.00am to 4.00pm) • Call Matlock Job Centre on : 01629 773023 (open Monday to Friday 9:30am (10am Wed) to 5.00pm) • Email Jigsaw : jigsaw@churchinthepeak.org

	<p>Ashbourne Food Bank foodbank@ashbourneelim.church</p> <p>Stoney Middleton and area Food Bank via COVID 19 Mutual Aid group – also Bradwell Food Bank – make contact via the Bradwell Cares – see list of Mutual Aid or Community Support organisations at the end of this document.</p> <p>Food for friends (Hurst Farm, Matlock), contact louise Champion louise@ddcvs.org.uk</p> <p>Ossie’s Kitchen, St Oswald’s Church Centre, Ashbourne, contact Rev’d Nigel Rose revnigelr@gmail.com</p>
Telephone Befriending	<p>Careline info@carelinecalling.org.uk 01335 210353 Or online referral form here: https://www.carelinecalling.co.uk/member-referrals/</p> <p>Derbyshire Carers Association Telephone Befriending for Carers info@derbyshirecarers.co.uk.</p> <p>Hope Careline Tel 01433 620507 or 01433 621603.</p> <p>Also Hathersage – see COVID 19 groups further down</p> <p>Atlow Parish Support Group Email suzanna@shawsfarm.co.uk or telephone 07540 455105.</p>

	Also see list of Mutual Aid / Community Support Groups on DDCVS website as some may offer a telephone call to self-isolating or vulnerable residents.
Helplines	https://ddcvs.org.uk/news/telephone-support-services/
Keeping Busy - activities	<p>There are lots of different activities to watch or do, online and we have put together a list of some of them on our website. See: - https://ddcvs.org.uk/wp-content/uploads/2020/06/5-Free-Resources-Keeping-Occupied.pdf</p> <p>You could also join in one of our Online Coffee Mornings which are an informal get-together of CVS Members in the Derbyshire Dales. Contact Jonathan Simcock for more information. jonathan@ddcvs.org.uk</p>
New Connections (Social Prescribing in the Derbyshire Dales)	Contact Debbie Rushworth or Harriet Brown via enquiries@ddcvs.org.uk
Derbyshire Dales District Council	https://www.derbyshiredales.gov.uk/your-council/news-and-publications/latest-news/3019-coronavirus
DCC – Public Health	<p>Mental health and well-being</p> <p>https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/emotional-health-and-wellbeing/emotional-health-and-wellbeing.aspx</p> <p>Mental health support in a crisis</p> <p>https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/support-in-a-crisis/mental-health-support-in-a-crisis.aspx</p>

CRUSE Bereavement support	https://www.cruse.org.uk/
Joined Up Care Derbyshire	https://joinedupcarederbyshire.co.uk/
Connex Community Support including volunteering signposting and support	<p>Offer several services including a Handy Van scheme, Home from Hospital, Home Maintenance (from week commencing 13 July).</p> <p>Also, Befriending services and Readycall service are providing support and social contact to isolated and vulnerable people through telephone calls and Zoom/Skype where appropriate.</p> <p>https://connex.org.uk/</p>
Blythe House	<p>Light shopping, urgent supplies, befriending by phone, posting mail, walking pets, cold light lunch food parcels</p> <p>Tel 01298 816990</p> <p>volunteering@blythehouse.co.uk</p> <p>Note: Northern Dales only (normally cover High Peak area)</p>
LOCAL / COMMUNITY SUPPORT	
Derbyshire Hard of Hearing Support Service	<p>Email@tinnitusupport.org.uk</p> <p>Premises remain open for emergency interventions only.</p> <p>Information, advice and support to the public and professionals by telephone or email.</p> <p>In addition to this they are providing a safe and well check telephone befriending call and e mail support.</p>

<p>ZOOM – video / online meetings</p>	<p>Zoom have a series of explainer YouTube videos including how to join and set up meetings. https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials</p> <p>There is also a guide on the DDCVS website. https://ddcvs.org.uk/wp-content/uploads/2020/06/DDCVS-Zoom-Top-Tips.pdf</p>
<p>Training Courses</p>	<p>Free online courses about the majority of basic digital skills (including basics of Social Media) www.learnmyway.com</p> <p>https://mediatrust.org/communications-support/training-courses/</p> <p>Please ask any member of staff at CVS and we'll see if we can signpost you to training or put something on, call 01629 812154</p>
<p>Covid-19 Mutual Aid groups</p>	<p>List of self-organised groups providing support to members of local community + info about shops providing delivery services, new food banks being created, safeguarding advice for groups listen in the resources section.</p> <p>https://ddcvs.org.uk/wp-content/uploads/2020/05/15.5.20-DERBYSHIRE-DALES-COMMUNITY-SUPPORT-GROUPS-MUTUAL-AID.docx.pdf</p> <p>Download a short guide to setting up a COVID 19 Mutual Aid Group https://ddcvs.org.uk/services/resources/</p> <p>As well as a guide for volunteers who are shopping for those in your community https://ddcvs.org.uk/wp-content/uploads/2020/05/Shopping-for-your-community.pdf</p>

Local Community Support	
Ashford in the Water War Memorial Hall	https://www.ashfordvillagehall.com/news
Atlow Parish Support Group	Suzanna Stuart-Monteith suzanna@shawsfarm.co.uk 07540 455105.
Biggin Community Support Group	stthomasbiggin@gmail.com
Bonsall	cteambonsall@gmail.com
Brailsford	Brailsford Stores & Post Office are signposting requests for support. https://www.facebook.com/Brailsfordstores/
Bradwell Cares	Rachel Jones, Januaryjones77@hotmail.com
Eyam and Foolow Village Support Group	Email: eyamhelp@gmail.com
Grindleford Community Support Network	http://www.grindleford.com/coronavirus-community-page/
Hartington Community Group	liz@broomhead.net
Caring in Hathersage	caringinhathersage@gmail.com 01433 208144 Join the Facebook group, search for: "Caring in Hathersage Support Group"

HOGFAN (Hognaston Friends and Neighbours)	Chris Strait cns@w3z.co.uk
Hope	Lesley Bentley 01433 620507 or Heather Hopewell 01433 621603.
Matlock	https://www.facebook.com/groups/244089749944661/?ref=share info@sheriffledge.co.uk Ziz Coltart 01629 760760
Middleton by Wirksworth	01629 352018.
Stoney Middleton, Calver, Curbar and Froggatt	07813 605997 Nicola Rose Email: nrose2862@gmail.com
Taddington Covid Care	http://www.taddington.org.uk/2020/03/taddington-covid-care/ Email taddingtonchurch@gmail.com
Tansley	On Facebook and WhatsApp, Cathy Lewis-Clugston, 01629 312416
Tideswell and Wheston COVID-19 Mutual Aid Group	tideswellcares@gmail.com or telephone 07535 177201.
Wirksworth Community Response Group (WCRG)	01629 888112 www.wcrg.co.uk
Yeaveley, Rodley and Hales Green	Amy Colclough Email: Amycolclough7@gmail.com