

Community Update

We would like to thank everyone for their support re the community updates. If you have additional organisations, provisions, or information to add to the community update, please contact your local Youth and Community Engagement Worker.

For additional Derbyshire Wide information, please refer to the termly Derbyshire Wide community update.

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Erewash

April 2024

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Food Banks

Cotmanhay Community Network Pantry

All welcome at the Community Pantry.

Address: Cotmanhay Childrens Centre

Opening times: Thursdays 11:30am – 1:30pm

Telephone number: 0115 9443172

Email Address: cotmanyhaycommunitynetwork@gmail.com

For further information visit: [Cotmanhay Community Network | Facebook](#)



Arena Church Foodbank – Ilkeston

Food and Essentials for all.

Address: Community Hub, Mundy Street, DE7 8DH

Opening times: Tuesdays & Thursdays 10am – 3pm

Telephone number: 0115 944 1462

Email Address: info@arenacommunity.co.uk

For further information visit: [Foodbank - Arena Community \(arenacommunity.co.uk\)](#)



Long Eaton and Sawley Foodbank

Address (Swaley): 165 Wilmot Street, NG10 3EL

Address (Long Eaton): Christ Church Methodist, College

Opening times (Swaley): Saturday 09am – 11am

Opening times (Long Eaton): Tuesday & Friday 10am – 12noon

For further information visit: [Long Eaton & Sawley Foodbank | Helping Local People in Crisis](#)



Kirk Hallam Community Pantry

Community Pantry

Address: Kirk Hallam Community Hall, Kenilworth Drive

Opening times: Wednesday 1pm – 4pm

Telephone number: 0115 8371380

For further information visit: [Kirk Hallam Community Centre | Facebook](#)



Food Banks (continued)

The Haven Church and Community Centre Stapleford Foodbank

Foodbank—All welcome

Address: Haven Centre, Wadsworth Road

Opening times: Tuesdays & Fridays 10am – 12noon

Telephone number: 0115 8240287 opt 2

Email Address: foodbank@havencentre.co.uk

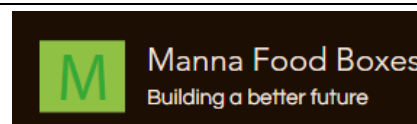
For further information visit: [The Haven Church and Community Centre | Stapleford](#) | [Facebook](#)



Manna Food Boxes

Email Address: Mannafood-boxes@gmail.com

For further information visit: [Affordable Food](#) | [Manna Food Boxes](#) | [Long Eaton](#)



West Hallam Food Bank

Address: West Hallam Methodist Church

Opening times: Fridays 10am – 11am

Telephone number: 07729 665754

For further information visit: [Food Bank](#) | (westhallammethodistchurch.co.uk)



St John's Church – Long Eaton

Opening times: Food served on Wednesdays from 12noon

Address: John's Church Hall, Canal Street, Long Eaton



Everyone Eats

Food Bank—Must be resident in Ilkeston

Bringing people together to reduce loneliness and increase food knowledge for better

For further information visit: [Every One Eats - Home](#) | [Facebook](#)



Sainsbury's - Food boxes

'Taste Me, Don't Waste Me' boxes will include a variety of surplus fresh fruit and vegetables and the boxes will be sold for £2



Food Banks (continued)

Ilkeston Community Pantry

Community pantry with free membership and open to all.

For further information visit: [\(1\) Ilkeston Community Pantry | Facebook](#)



Canaan Trust

The Trust is here to provide access to food, toiletries, and hygiene packs. The Trust is here to assist any individual or family in need. It is fully accessible every day to help anyone in need.



Opening times: 7 days a week from 8am – 8pm.

For further information visit: [Canaan Trust - Canaan Trust Homeless Charity Home Page \(canaan-trust.co.uk\)](#)

Money and Finance

Citizens Advice

Address: Castledine House, 5 Heanor Road, Ilkeston, DE7 8DY

Opening times (Appointments): To be booked via Adviceline: Monday, Tuesday & Friday 09:30am – 1:30pm

Telephone number: 0808 278 7954

Opening times: Monday to Friday 09am – 4pm

For further information visit: [Local Citizens Advice details - Citizens Advice](#)



Household Support Fund

The household support fund (HSF) offers help to Derbyshire residents facing financial hardship by providing grants and other financial support. The fund is provided by the Department of Work and Pensions and is mainly administered by Derbyshire County Council.



For further information visit: [Household support fund - Derbyshire County Council](#)

Money and Finance (continued)

Erewash Borough Council



Council Tax Reduction:

Council Tax Support is help towards payment of your Council Tax.

Anyone who has to pay Council Tax who is on a low income can claim Council Tax Support regardless of whether they are retired, unemployed, or in full or part-time work

For further information visit: [Council Tax Support \(erewash.gov.uk\)](http://erewash.gov.uk)

Cost of living:

For further information visit: [Cost of Living \(erewash.gov.uk\)](http://erewash.gov.uk)

Address: Erewash Borough Council, Town Hall, Wharnccliffe Road, Ilkeston, Derbyshire, DE7 5RP

Telephone number: 0115 907 2244

Erewash Borough Council



Discretionary Housing Payments:

Housing Benefit or Housing Element of Universal Credit is not always enough for you to be able to pay your rent if there is a shortfall between the amount allowed and your rent liability. Or if you have unusual or extreme circumstances which are causing hardship you are at risk of becoming homeless, we may be able to help.

For further information visit: [Discretionary Housing Payments \(erewash.gov.uk\)](http://erewash.gov.uk)

Welfare and Benefits

Derbyshire County Council



Our welfare rights team can help you find out about the benefits you're entitled to and how to claim. We can help you find out about the benefits you're entitled to and how to claim, including:

- carrying out a benefit check – are you receiving your full benefit entitlement?
- which benefits to claim and how to claim them
- payments being suspended or benefit claims ending
- moving your existing benefits to a Universal Credit claim
- challenging decisions made by the benefits authorities
- preparing appeals and representing you at benefit tribunal hearings

Telephone number: 01629 531535

For further information visit: [Welfare benefits - Derbyshire County Council](#)

Email address: welfarebenefits@derbyshire.gov.uk

Gov Benefits

Includes eligibility, appeals, tax credits and Universal Credit

For further information visit: [Benefits - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



Gov Check Benefits and Financial Support you can Turn2Us

Millions of people are missing out on thousands of pounds. Check what you're entitled to now

For further information visit: [Check benefits and financial support you can get - GOV.UK \(www.gov.uk\)](#)

Turn2Us

Millions of people are missing out on thousands of pounds.

Check what you're entitled to now.

For further information visit: [Turn2us Benefits Calculator](#)



Welfare and Benefits (continued)

Citizens Advice – Benefits

 citizens
advice

It's important to make sure that you get all the help that you're entitled to. These pages give you information on benefits and tax credits if you are working or unemployed, sick, or disabled, a parent, a young person, an older person or a veteran. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits.

For further information visit: [Benefits - Citizens Advice](#)

Money and Pensions Service – Welfare and Benefits



Everyone making the most of their money and pensions.

For further information visit: [4. Welfare and benefits | The Money and Pensions Service](#)

Mental Health and Money Advice – Welfare Benefit Advice

Helping you to find out what financial help is available in relation to welfare benefits and how to make a claim or appeal.



For further information visit: [Welfare benefit advice : Mental Health & Money Advice \(mentalhealthandmoneyadvice.org\)](#)

Fuel for Food Scheme

Advice and support to households who are using Derbyshire foodbanks and who are facing an immediate energy crisis

Telephone number: 0800 677 1332

For further information visit: www.gov.uk/the-warm-home-discount-scheme/energy-suppliers



Welfare and Benefits (continued)

Warm Home Discount Fund

Telephone number: 0330 555 9424

For further information visit: [Warm Home Discount Scheme: Overview - GOV.UK \(www.gov.uk\)](#)



Derbyshire Law Centre Homeless Relief Fund

Help with rent arrears, moving costs to secure tenancy & payment of court costs.

Telephone number: 01246 550 674

For further information visit: <https://derbyshirelawcentre.org.uk/>

Email address: dlc@derbyshirelawcentre.org.uk



Housing

EMH Homes

One of the largest providers of affordable housing in Erewash.

Apply for housing by completing an application:

For further information visit: home-options.org.uk

Telephone number: 0800 389 8083

Support for current EMH tenants:

Telephone number: 0300 123 6000

Email Address: enquiries@emh.co.uk



DHA – Direct Help and Advice Ilkeston

FREE specialist housing advice

Telephone number: 0115 9300199

For further information visit: [Home - Direct Help and Advice \(dhadvice.org\)](http://dhadvice.org)



Housing (continued)

Forces in the Community

Provides tailored employment guidance, housing advice, mental health support, counselling and benefit and welfare advice.

For veterans and their families.

Telephone number: 0115 9220320

Email Address: support@forces.org.uk

For further information visit: [Charity Supporting Veterans | Forces in the Community](#)



Derventio Housing

We provide supported housing so that you have somewhere safe to live. During your stay you will have practical support to help closer to your goals. They help you then move out of your Derventio home when it is the right time for you.

Telephone number: 01332 292776

Email Address: info@derventiohousing.com

For further information visit: [Derventio Housing](#)



P3 Charity – Ilkeston

We're a charity and social enterprise, made up of passionate people, who care about people. We run a variety of services all across the Erewash including our head office.

Address: Head Office - Eagle House, Cotmanhay Rd, Ilkeston DE7 8HU

Telephone number: 0115 850 8190

For further information visit: [Service Results - P3 \(p3charity.org\)](#) - Housing Services in Erewash.



Homelessness Prevention

Erewash Borough Council – Housing Options

Preventing homelessness and providing temporary homes to qualifying households if they do become homeless.

Telephone number: 0115 907 2244

For further information visit: [Homelessness \(erewash.gov.uk\)](http://erewash.gov.uk)



Homelessness Prevention (continued)

Canaan Trust

The Trust is the first and immediate source of help for any individual, male or female, who may be Street Homeless. Being homeless can, and does, happen to anyone.

Everyone deserves to be cared for, heard, and supported on their journey.

For further information visit: [Canaan Trust - Canaan Trust Homeless Charity Home Page \(canaan-trust.co.uk\)](http://canaan-trust.co.uk)



Broxtowe Youth Homelessness

BYH offers a range of services for young people ages 16-25 who are homeless or are going through any kind of housing crisis.

Telephone number: 0115 9396760

For further information visit: <https://broxtoweyouthhomeless.org.uk/>



P3 Charity – Derbyshire Outreach Team (DOT)

Working to get people off the streets and into stable, safe accommodation

For further information visit: [Derbyshire Outreach Team \(DOT\) - P3 \(p3charity.org\)](http://p3charity.org)



Mental Health Crisis Lines

Samaritans

To talk about anything that is upsetting you, 24 hours a day, 365 days a year.

Call: 116 123



SANEline

If you're experiencing a mental health problem or supporting someone else

Call: 0300 304 7000



Mental Health Crisis Lines (continued)

National Suicide Prevention Helpline

Offers supportive listening service to anyone with thoughts of suicide.

Call: 0800 689 5652



Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or know someone that is

Call: 0800 068 4141



Campaign Against Living Miserably (CALM)

5pm – midnight everyday if you're struggling and need to talk.

Call: 0800 58 58 58

Alternatively, if you prefer not to speak on the phone, you could try the CALM

Webchat service: <https://www.thecalmzone.net/get-support>



Shout

If you would prefer not to talk but want some mental health support. Offering confidential 24/7 text service providing support if you are in crisis and need immediate help.

Text: SHOUT to 85258



The Mix

If you're under 25, you can call the Mix from 3pm – midnight every day.

Call: 0808 808 4994

Alternatively, you can request support **by email using this form:**

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

Or using their **crisis text messenger service:** <https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger>



Mental Health Crisis Lines (continued)

Switchboard

If you identify as gay, lesbian, bisexual or transgender,
call Switchboard

Call: 0300 330 0630



Mental Health & Emotional Wellbeing for young people

Chat Health

A secure and Confidential NHS text messaging
service ran by the School Nursing Team.

Telephone number: 07507 330025

For further information visit:

<https://chathealth.nhs.uk/>



The Will Garvey Trust Foundation

Information and resources round support for the
mental health of young people.

For further information visit: <https://www.willgarveytrustfoundation.org.uk/>



Mental Health & Emotional Wellbeing for young people (continued)

Erewash and Long Eaton CAHMS

CAMHS stands for Child and Adolescent Mental Health Services. We support children and young people aged 0-18 (and their families) with a wide range of mental health difficulties

Address: Century House, 100 Nottingham Road, Long Eaton, Derbyshire NG10 2BZ

Telephone number: 0115 946 4568

For further information visit: [Century House, Long Eaton :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](http://derbyshirehealthcareft.nhs.uk)



Erewash Children and Young People's Mental Health and Emotional Wellbeing Network

Erewash Voluntary Action manage and coordinate the Erewash Children and Young People's Mental Health and Emotional Wellbeing Network. The network meets on a quarterly basis and is open to any organisation – community, voluntary, charities, not-for-profits and statutory - who support children and young people in Erewash.



The aims of the network are to:

- Provide a supportive environment for individuals to share the services with which they are involved.
- Enable the sharing of information and good practice.
- Networking opportunities
- Training and development
- Identify gaps and duplication in services.
- Identify issues affecting the delivery of services and how these may be addressed collectively.
- Create a collaborative approach to promoting projects in Erewash

For further information about the network contact Cats Paterson Erewash Voluntary Action Development Worker.

Email Address: catriona@erewashcvs.org.uk

Mental Health & Emotional Wellbeing for young people (continued)

Compass Changing Lives CIC

Mental Health Support Service for children and young people in Derby and Derbyshire. As you grow, life can be challenging at times and sometimes you just need that extra support. Compass Changing Lives offer the right mental health support at the right time for children and young people within schools and colleges across Derby and Derbyshire. We provide low intensity support to children and young people aged 5-18, and up to 25 years old for care leavers and Special Education Needs or Disability. We also work with parents/carers to provide support for their young people.



Telephone Number: 01332 315569

Email: changinglives@compass-uk.org

For further information visit: <https://www.compass-uk.org/services/compass-changing-lives/>

Mental Health

Long Eaton Self Help Group

£1/session towards the tea and coffee and weekly activities, they provide support for anyone who is feeling isolated stressed or experiencing mental health issues.

Address: St John's Church, Canal Street, Long Eaton

Opening times: Tuesdays 10:00 – 12:00 noon

Telephone number: 01773 734989

For further information: please contact ben.gough@rethink.org

Facebook page

Long Eaton Horizon

Horizon is a self-help group which provides a safe space to socialise and gain peer support. This group welcomes people just to drop into the group without having to contact them first.

Opening times: Thursdays 10am – 1pm

Address: United Reformed Church, Long Eaton.

Mental Health (continued)

Better ways for better days – Long Eaton

Life with chronic pain, long term illness, physical disability or an invisible illness can be lonely and isolating, at times it can be difficult to feel understood and to not feel like a burden to others around you. This monthly group is a safe space to share your lived experience and connect with others that may face similar challenges to yourself. Whether you need to lighten the load or perhaps you could inspire someone else.

Opening times: 3rd Tuesday of each month from 1:30pm – 3:30pm

Address: United Reform Church Hall

For further information, please contact ben.gough@rethink.org

Draycott Mental Health

A group for men only, providing a place just for men to come together and share experiences and coping strategies.

Opening times: Meet bi-weekly meeting on the 2nd and 4th Wednesday of the month from 7pm – 8:30pm

Address: Elephant Rooms in Draycott

Telephone number (Elephant Rooms): 0737 546 8005

Draycott Peer Support

They provide a safe space to talk and share experiences of mental health issues and coping techniques with each other.

Opening times: Meet every Monday; they meet 11:30am – 1pm

Address: Elephant Rooms in Draycott

Telephone number (Elephant Rooms): 0737 546 8005 for more info



Mental Health (continued)

Creative Arts Projects

An arts and crafts group which meets twice weekly. Refreshments are available each week and the group charge £1.50 each a session.

Opening times: Wednesdays 4pm - 6pm and Thursdays 1pm – 3pm.

Address: Cantelupe Centre in Ilkeston.

To access this group & **for further information** contact the facilitator Stuart on 07719547048.

Ilkeston Self Help Group

The Ilkeston Self Help Group meet twice weekly. It's a social support group who meet and have a chat over a cuppa and biscuits and an occasional trip out.

Address: Cantelupe centre in Ilkeston.

Opening times: Mondays and Thursdays 11am – 1pm.

Sawley Support Group

A social support group meeting to talk, share experiences and make new friends to help alleviate isolation over a cuppa and some biscuits with some games and crafts.

Opening times: Mondays 10:30am – 12:30pm

Address: Sawley Memorial/Community Hall on Draycott Road in Sawley.

All things a Yarn

A knitting group for beginners to advanced. So come along and join in and learn from each other.

Opening times: 1st and 3rd Wednesday of the month 6pm – 7:30pm

Address: Elephant Rooms in Draycott

Telephone number (Elephant Rooms): 0737 546 8005 for more info

Mental Health (continued)

Accessible Walk & Talk – Long Eaton

For a gentle accessible walk on flat paths led by trained walk leaders. Length of walk will be 1-2 miles. Disabled parking, Toilets & Cafe. Suitable for wheelchair & mobility scooter users and people with reduced mobility.

Opening times: Group meets every 3rd Saturday of the month 1:30pm

Address: Meet outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton. NG10 4AA.

For further information: and to book on to the walk please contact Raoul on 07775673189

Walk for Wellbeing

All led by a Walk Derbyshire qualified walk leader.

Opening times: 1st and 3rd Sundays are **men only** and the 2nd Sunday is a **mixed group** 10am – 12noon

Address: Draycott Fish Bar Car Park

Telephone number (Raoul): 07775673189

The Mens Room

A group just for men who are feeling isolated, stressed, or experiencing difficulties to get together and share experiences and coping strategies.

Opening times: Mondays 2pm – 4pm

Address: Cantelupe Centre, Ilkeston.

Ilkeston Cantelupe gardens group

Providing a social and supportive space whilst tending the centres rear garden area, no experience needed, tea and coffee available every week along with indoor activities provided in winter and when the weather is not suitable to be outside.

Opening times: Tuesdays 10am – 12noon

Address: Cantelupe Centre, Ilkeston Market Place.

Mental Health (continued)

Long Eaton Hearts and Minds

A woman's only group that enjoy trips out, providing social support for better mental wellbeing. They meet the last Tuesday of the Month 1pm – 4pm at The United Reformed Church in Long Eaton to plan the next month's activities and advise new members wishing to join to do so at this session first.

Opening times: Meeting every Tuesday from 1pm.

Telephone number: 0764023740 (only available on Mondays and Tuesdays)

Growing Lives: Derventio Charitable Trust

Mentoring support, gardening, furniture recycling, cookery and arts and crafts. People will be signposted to learning and job opportunities and will be taught to produce healthy meals. Physical activity levels will be increased, and art activities will provide a therapeutic element. Participants can volunteer for the Talent Match project

Information and resources round support for the mental health of young people.







Mental Health Wellbeing Sessions

Join us on the 1st & 3rd Thursday of the Month at Kirk Hallam Community Centre, Come any time between 1pm and 3pm

Mental and physical health

Signposting

Loss

Isolation

Volunteering

Finances

Alcohol or drug misuse

Managing your home

Relationships

Education

This is a free service for anyone aged 18+ – pop in and say hello. For more information advice or support please call us on 01773 734989.



Mental Health Wellbeing Sessions

Terms of Reference

Who are we
We are peer support workers, wellbeing or peer coaches and community development support workers from the Derbyshire Recovery and Peer Service and Living Well Derbyshire Teams.

We are not
We are not therapist's and do not offer to council people and we are not a crisis service.

What we do offer

- We offer a confidential space.
- We specialise in mental health and wellbeing.
- We offer a listening ear.

• We are aware of much of the support that is available locally to meet many needs.

- We do engage with other support services.
- We do offer relevant signposting.

• We can each share experience that resonate with each other.

We are here to help, guide, support and signpost where possible.







This is a free service for anyone aged 18+ – pop in and say hello. For more information advice or support please call 01773 734989.

Health

NHS

How to register with a GP

[How to register with a GP surgery - NHS \(www.nhs.uk\)](http://www.nhs.uk)

How to find an NHS Dentist

[How to find an NHS dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Service and Support for parents and carer's

[Services and support for parents - NHS \(www.nhs.uk\)](http://www.nhs.uk)

101

[Get help for your symptoms - NHS 111](http://www.nhs.uk)



Healthwatch

Telephone support line for people looking access health or care services

Telephone number: 01773 880786

Email Address:

enquiries@healthwatchderbyshire.co.uk

For further information visit: [Home](#) | [Healthwatch](#)



Connect Erewash Conference

Address: Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD

Opening times: Sunday 28th April 2:30pm – 5:30pm

Email for further information:

gloria@erewashcvs.org.uk (Development worker)

To book: lee@erewashcvs.org.uk

Telephone Number: 01159 466 740



Growing Community Connections

CONNECT EREWASH CONFERENCE

An event to highlight loneliness and isolation and showcase the Connect Erewash Work

Sunday 28th April

2:30PM - 5:30PM

You are invited to attend !

Listen to three expert speakers, engage in a question and answer session and participate in group discussions.

A call to action to make Erewash more connected!

Further information contact Gloria - Connect Erewash Development Worker
gloria@erewashcvs.org.uk

Venue:
Erewash Voluntary Action
Granville Avenue
Long Eaton NG10 4HD



To book your place contact
lee@erewashcvs.org.uk or
call 01159 466 740



Health (continued)

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Live Life Better Derbyshire

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

Telephone number: 01629 538200

Email Address: asch.llbd.info@derbyshire.gov.uk

For further information visit: [Home - Live Life Better Derbyshire](#)



Erewash Health Partnership



Erewash Health Partnership is a single GP partnership comprising of Adam House, Aitune, Eden, Gladstone House, Littlewick, Moir, West Park, and Dr Webb's practices.

For further information visit: [Erewash Health Partnership](#)

Derbyshire Family Health Service

Here to support you and your family as part of the 0–19-year-olds free public health and wellbeing services.

Telephone number: 01246 515100



For further information visit: [Derbyshire Family Health Service](#)

Staying Active

Erewash Borough Council

Exercise by Referral:

The Exercise by Referral scheme is a 12-week exercise program for people with long term health conditions. Sessions are led by a fully qualified exercise professional and are suitable for beginners.

For further information visit: [Exercise by Referral Scheme \(erewash.gov.uk\)](http://erewash.gov.uk)

Erewash Active Communities:

Our team are active members of Community Wellness Networks across Erewash, where we support and help to drive health and wellbeing outcomes within these areas.

For further information visit: [Active community \(erewash.gov.uk\)](http://erewash.gov.uk)

EREWASH



Live Life Better Derbyshire

We offer help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services we offer.

For further information visit: [Getting active - Live Life Better Derbyshire](http://erewash.gov.uk)

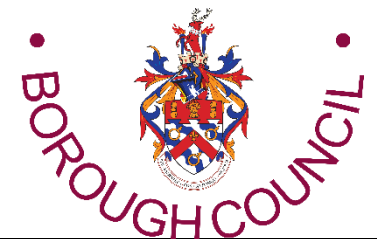
**Live Life
BETTER
DERBYSHIRE**

Erewash Active Communities

Our team are active members of Community Wellness Networks across Erewash, where we support and help to drive health and wellbeing outcomes within these areas.

For further information visit: [Active community \(erewash.gov.uk\)](http://erewash.gov.uk)

EREWASH



Erewash Health Partnership – Staying Active Resources

Please find resources below offering advice to improve your wellbeing

For further information visit: [Erewash Health Partnership](http://erewash.gov.uk)



Age UK – Strictly no falling

Various classes delivered throughout Erewash

For further information visit: [Age UK Derby and Derbyshire | Strictly No Falling Classes](http://erewash.gov.uk)



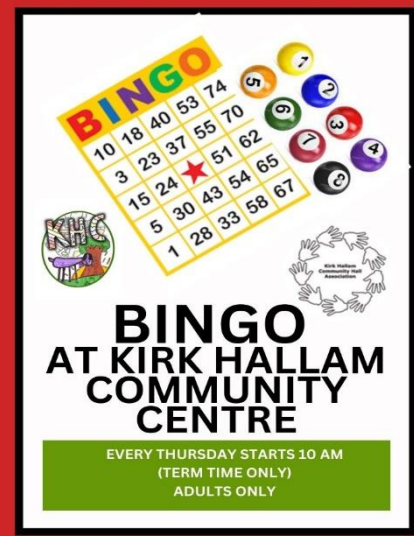
Staying Active (continued)

Bingo

Adults only

Opening times: Thursday 10am

Address: Kirk Hallam Community Centre



Free Mindfulness Walk



Opening times: Every Monday evening



The Hive

Community bee keeping



Sandiacre & Long Eaton

Why join us?

- Learn how to keep bees the importance of bees in our environment.
- Learn about the importance of wildflowers and grow your own flowers and crops.
- Socialise while learning new skills.
- Spend time outdoors.
- Enjoy the bounty of our labour.

Starting spring 2024
 Register your interest by
 emailing us at
insightcic@outlook.com
 or have a chat with us at
 one of our sessions.
 All ages welcome.



 www.insightcommunityproject.co.uk
 [insight-community-project](https://www.instagram.com/insight-community-project)
 [insight-communityproject](https://www.facebook.com/insight-community-project)


Staying Active (continued)

Line Dancing

Opening times: Wednesday Evenings & Tuesdays 12:50pm – 2:00pm

Telephone Number: Linda – 07907711282

Email: linda.davis36@gmail.com

Address: Kirk Hallan Community Centre, Kenilworth Drive, Ilkeston, DE7 4EX



COMING SOON

START Wed 6th March 2024

NEW LINE DANCE

WED evenings

Beginners

KIRK HALLAM COMMUNITY CENTRE
Kenilworth Dr, Ilkeston DE7 4EX

GOTTA DANCE

Beginners 7.15 -8.15pm £5 (Absolute beg to Beg)

Great exercise, great fun and no partner required. Contact Linda 07907 711282 or email linda.davis36@gmail.com

ALSO EXISTING DAYTIME CLASS TUES 12.50 – 2pm

PUT IT IN YOUR DIARY & TELL YOUR FRIENDS

COMING SOON

The Big Fancy Dress Walk

Sunday 23rd June 9am – Long Eaton Area



Insight Community Project CIC

The BIG fancy dress WALK 2024

8 MILE CIRCULAR ROUTE AROUND LONG EATON AREA.

JOIN US TO RAISE MONEY AND AWARENESS FOR A NEW YOUTH SPACE IN LONG EATON.

ALL AGES WELCOME.
UNDER 16S MUST BE ACCOMPANIED BY AN ADULT.
FANCY DRESS OPTIONAL

SUNDAY 23RD JUNE 9am

TO ENTER, COMPLETE OUR REGISTRATION FORM ON OUR WEBSITE WWW.INSIGHTCOMMUNITYPROJECT.CO.UK.
ENTRY £5 FOR ADULTS / £3 FOR UNDER 18S

Staying Active (continued)

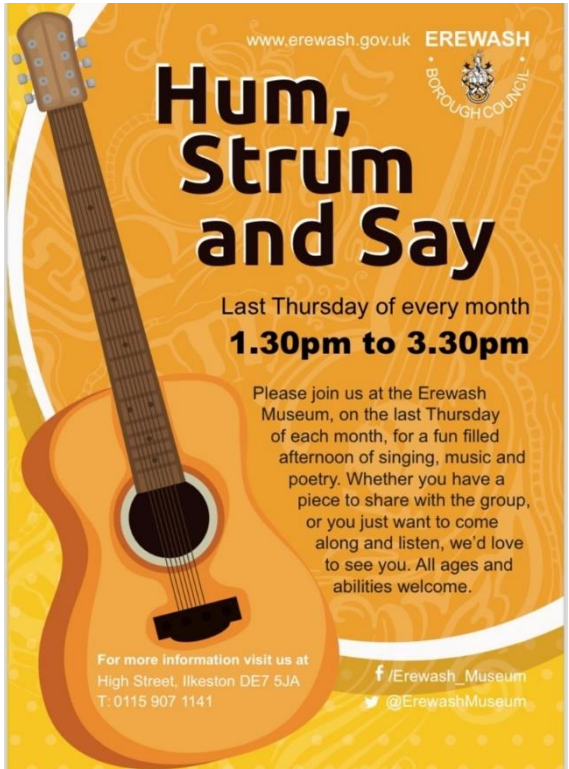
Hum, Strum and Say

Opening times: Last Thursday of every month
1:30pm – 3:30pm

For further information visit:

High Street, Ilkeston, DE7 5JA

Telephone Number: 0115 907 1141



www.erewash.gov.uk **EREWASH**
BOROUGH COUNCIL

Hum, Strum and Say

Last Thursday of every month
1.30pm to 3.30pm

Please join us at the Erewash Museum, on the last Thursday of each month, for a fun filled afternoon of singing, music and poetry. Whether you have a piece to share with the group, or you just want to come along and listen, we'd love to see you. All ages and abilities welcome.

For more information visit us at
High Street, Ilkeston DE7 5JA
T. 0115 907 1141


f /Erewash_Museum
@ErewashMuseum

Yarns of Valour

Opening times: 2nd March – 13th July

For further information visit: High Street,
Ilkeston, DE7 5JA

Telephone Number: 0115 907 1141



www.erewash.gov.uk **EREWASH**
BOROUGH COUNCIL

Yarns OF VALOUR

2 March - 13 July

The crocheted soldier was created to portray a symbol of all soldiers from war, some known, some unknown.

Erewash Museum is delighted to have received the incredible crocheted soldier and he is now the focal point of a brand new exhibition entitled Yarns of Valour.

You are invited to come and reflect on the crocheted soldier and view unseen photographs from the museum collection depicting service people from conflicts across the decades. We also ask you to share your memories through the interactive storyboard.

For more information visit us at
High Street, Ilkeston DE7 5JA
T: 0115 907 1141
f /Erewash_Museum @ErewashMuseum

Staying Active (continued)

Tea & Teacakes

Address: Breaston Methodist Church

Email: breastonmethodistchurch@gmail.com

Tea & Teacakes



A friendly social occasion

A hot drink and a Toasted Teacake

With old friends and new ones

10:00 am to 12.00 noon on Wednesday 3 April

10:00 am to 12.00 Noon on Wednesday 17 April

10:00 am to 12.00 Noon on Wednesday 1 May

Breaston Methodist Church

In the Church Hall on Blind Lane.
Email -breastonmethodistchurch@gmail.com

Lunch Club

Address: Breaston Methodist Church

Email: breastonmethodistchurch@gmail.com

Lunch Club



A warm welcome

Good Food — Good Company

12 Noon on Friday 12 April

12 Noon Friday 26 April

In the church hall on Blind Lane

Breaston Methodist Church

For more details or to volunteer to help contact: -
breastonmethodistchurch@gmail.com

Safeguarding

Derby and Derbyshire Safeguarding Children Partnership

For further information visit: [Derby Safeguarding Children Partnership \(ddscp.org.uk\)](http://ddscp.org.uk)



Derbyshire Safeguarding Adults Board

For further information visit: [Home - Derbyshire Safeguarding Adults Board \(derbyshiresab.org.uk\)](http://derbyshiresab.org.uk)



Derbyshire County Council - Call Derbyshire

You can contact [Call Derbyshire](http://callderbyshire.org.uk)

Telephone number: [01629 533190](tel:01629533190)

Texting [86555](tel:86555).

For further information visit: [Contact us - Derbyshire County Council](http://contactus-derbyshire.org.uk)



Domestic Abuse Support

Salcare

Escape is a domestic abuse support service supporting victims of domestic abuse which is open to all genders from all communities.

Telephone number: 01773 764562

Email Address: enquiries@salcare.org.uk

For further information visit: [About Salcare - Salcare](http://aboutsalcare.org.uk)



Erewash Borough Council – Domestic Abuse

The information below is for anyone suffering domestic abuse, who needs housing advice within Erewash.

Address: Erewash Borough Council, Town Hall, Wharncliffe Road, Ilkeston, Derbyshire, DE7 5RP

Telephone number: 0115 907 2244

For further information visit: [Domestic Abuse \(erewash.gov.uk\)](http://erewash.gov.uk)



Domestic Abuse Support (continued)

Women's Aid

women's aid
until women & children are safe

Use the Tool below to find Domestic Abuse Support Services in the area of Erewash

For further information visit: [Women's Aid Directory - Women's Aid \(womensaid.org.uk\)](http://Womens Aid Directory - Women's Aid (womensaid.org.uk))

Safer Derbyshire

SaferDerbyshire
The website for community safety in Derbyshire

We work in partnership to make Derbyshire a safe place to live, work and visit. All our priorities are agreed through the Derbyshire Safer Communities Board (SCB).

For further information visit: [Domestic abuse \(saferderbyshire.gov.uk\)](http://Domestic abuse (saferderbyshire.gov.uk))

Derbyshire Constabulary

Advice and Information around Domestic Abuse



For further information visit: Advice about domestic abuse | Derbyshire Constabulary



Sexual Abuse Support

Cotmanhay Community Network

Freedom Programme—for further information contact

Email Address: Cotmanhaycommunitynetwork@gmail.com



Sexual Abuse Support – GOV.uk

Whenever it happened to you it is never too late to get support for sexual violence or abuse. A list of [helpline services](#) is available.



If you are in immediate danger, call 999 and ask for the police.

For further information visit: Sexual abuse support – Support for victims-survivors of sexual abuse

Sexual Abuse Support (continued)

Derbyshire WISH YPVA Service

Derbyshire WISH YPVA service will work with younger victims (aged 13 –19), who are experiencing or have experienced domestic abuse as part of an intimate relationship

Telephone number: 01773 765900

Email Address: DerbyshireWISHreferrals@ncha.org.uk




For further information visit: [Derbyshire WISH - Domestic Abuse Support - NCHA | NCHA](#)

Derbyshire Domestic Abuse Support Services

Telephone number: 01773 483430

Email Address: CHANGES@ncha.org.uk

Changes is a voluntary programme assisting those concerned they might be hurting, scaring, or controlling their partner and want help making changes



Do you want to make changes?

Relationships can be challenging and make us feel vulnerable. Being intimate with someone means getting close enough to get hurt. This means our emotions feel stronger than they do with other people: we can get frustrated, feel jealous and worry when things aren't working how we want them to. We sometimes find ourselves behaving in ways which hurt or scare the people around us, and make us feel bad about ourselves.

You do not have the right to hurt or scare your partner (or ex-partner), call them names, intimidate them or force them to do things they do not want to do. You do not have the right to choose who they can or cannot see.

But it's never too late to start making changes.

Do you want to change your behaviour? We can help you to start to make positive changes.

This service is completely free of charge and tailored to meet individual needs.

We provide individual assessments, and group-work sessions which help people to understand relationship difficulties, to take responsibility for abusive behaviour, and to make positive changes for themselves, their (ex) partners, and their children (if they have any).

Eligibility Criteria:

Males, aged 18 years or over who are not currently involved in any Criminal proceedings, and not actively involved in Private Family Law proceedings, or have been within the previous 12 months. Using violent and/or abusive behaviour towards their partner or ex-partner and identified as Low or Medium risk. Ready and willing to learn and take accountability for their actions. If any mental health needs/concerns, or any drug/substance/alcohol misuse have been identified which may impact on service provision, the client must be actively seeking/receiving support for this in order to be accepted onto the program.

Professional Referrals:

If you suspect or know that someone you are working with is mistreating their partner, please get in touch. We can help them make positive changes in their life so they stop their abusive behaviour towards others. We also provide practical 1-2-1 support to survivors who are partners/ex-partners of those who are participating in the Changes programme.

Project aims:

- ✓ Increase the safety for victims of domestic abuse and their children
- ✓ Assess and manage risk
- ✓ Victim supported by Partner Safety Worker
- ✓ Provide services to diverse communities
- ✓ Promote respectful relationships
- ✓ Hold perpetrators to account
- ✓ Deliver a co-ordinated response
- ✓ Evaluation and development
- ✓ Support social change



Project Providers

The Changes project is managed and delivered by a consortium of three organisations, who deliver intervention, guidance and support to those individuals referred to the project. The consortium is made up of three specialist domestic abuse support providers: The Elm Foundation, Crossroads Derbyshire and Derbyshire WISH Domestic Abuse Services and together the consortium provides cover throughout Derbyshire.

01773 483430
CHANGES@ncha.org.uk



Sexual Abuse Support

Derbyshire Constabulary – Support for Rape and Sexual Assault

If you've been raped or sexually assaulted, we're here for you. If you're ready to, you can report rape and sexual assault to us online.



But if you don't want to talk to us, or if you want extra support, there are lots of people who can help.

You're in control, and it's up to you who you talk to and what help you get.

For further information visit: [Support for rape and sexual assault | Derbyshire Constabulary](#)



SV2 – Supporting Victims of Sexual Abuse

SV2 provides a range of therapy services for adults and children including art therapy for children aged 0-13.

SV2 works with victims/survivors of sexual violence and abuse to Inform, Support, Protect and Empower them.

Telephone number: 01773 746115

Email Address: help@sv2.org.uk

For further information visit: [SV2 - Supporting Victims of Sexual Violence - Home](#)



Addiction Support

Phoenix Futures

Our Derbyshire Community Substance Misuse Service operates across four main bases in: Chesterfield, Ripley, Ilkeston and Swadlincote



Address: Erewash House, Station Rd, Ilkeston DE7 5LD

For further information visit: [Derbyshire Recovery Partnership | Phoenix Futures \(phoenix-futures.org.uk\)](#)

Addiction Support (continued)

Derbyshire CGL Young People's Service

offers free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol. We offer brief 1:1 harm reduction intervention, ongoing 1:1 specialist intervention, group work sessions, drop ins, information stalls, outreach, and professional training.



Young People's Service

Derbyshire

Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome, and you can contact us via email or telephone.

Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome, and you can contact us via email or telephone.

For further information visit: <https://www.changegrowlive.org/young-peoples-service-derbyshire>

Email: derbyshire@cgl.org.uk

Phone Number: 01773 303646

Change, Grow and Live – Erewash

We support young people who are using drugs or alcohol, feel they have a problem and want some help.



**Change
Grow
Live**

Telephone number: 01773 303646 to contact the CGL

Email Address: Derbyshire@cgl.org.uk

For further information visit: [Find a Change Grow Live service near you](#)

Rehab4Addiction

With Rehab 4 Addiction, you can say goodbye to waiting for treatment. When you ask us for support, we will arrange treatment for you in Erewash in a matter of days or weeks.



Telephone number: 0800 140 4690

Online Enquiry Form: [Form](#)

For further information visit: [Drug & Alcohol Rehab in Erewash - Rehab 4 Addiction](#)

LGBT+ Support

Derbyshire LGBT+

Derbyshire LGBT+ is Derbyshire's only LGBT+ specific support service, we are here to support anyone who is Lesbian, Gay, Bisexual and Transgender or anyone who is having issues with their sexual orientation or gender identity, this includes family and friends. In person and online youth groups available



Telephone number: 01332 207 704

Email Address: info@derbyshirelgbt.org.uk

For further information visit: [Derbyshire LGBT+](#)

LGBT+ Support (continued)

Consortium – For Stronger LGBT + Communities

Derbyshire LGBT+ Mission Statement “Providing high-quality services for LGBT+ people throughout Derbyshire”



For further information visit: [Derbyshire LGBT+ \(consortium.lgbt\)](#)

Galop

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse

Telephone number: 0800 999 5428

Email Address: help@galop.org.uk

For further information visit: [Galop - the LGBT+ anti-abuse charity](#)



Stonewall: LGBT+ Support

Whether or not you feel ready to dive into a new opportunity, you might need support on your journey

For further information visit: [LGBTQ+ Support | Stonewall](#)



LGBT+ Support (continued)

Mermaids

A safe place for transgender, nonbinary and gender- diverse young people to find support and help one another.

Telephone number: 0808 801 0400

For further information visit: [Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)



LGBT Collective Revolution

LGBT Collective are an LGBT+ Provision in Derbyshire. All LGBT Collective groups, activities and support we offer are inclusive and they welcome both LGBT+ community and allies to all our provisions

For further information visit: [LGBT COLLECTIVE » A new LGBT provision for Derbyshire groups, support and events](#)



Support for Children and Young People

Derbyshire CGL

Derbyshire CGL Young People's Service offer free and confidential support for under 18's across Derbyshire (excluding Derby City) around drugs and alcohol. We offer brief 1:1 harm reduction interventions, ongoing 1:1 specialist interventions, group work sessions, drop ins, information stalls, outreach, and professional training. Referrals can be made by anyone via our website, but the young person must consent prior to this. Any enquiries are welcome, and you can contact us via email or telephone.

Email Address: derbyshire@cgl.org.uk

Telephone number: 01773 303646

For further information visit: <https://www.changegrowlive.org/young-peoples-service-derbyshire>



Young People's
Service
Derbyshire

Treetops The Mollitiam Project

Non-talking Therapy programme offers 8 weeks of group therapy for young people (11-17yrs) who have been significantly affected by the traumatic bereavement at any time in the past.

For further information: contact the Counselling and Emotional Support Service on 0115 949 6944

Email Address: CESadmin@treetopshospice.org.uk

Support for Children and Young People (continued)

Chat Health

A secure and Confidential NHS text messaging service ran by the School Nursing Team.

Telephone number: 07507 330025

For further information visit: [Home Page - ChatHealth](#)



Derbyshire has launched ChatHealth, a secure and confidential NHS-approved text messaging service that is now offered by the School Nursing Service for young people aged 11-19 years

tel: 07507 330025
<https://chathealth.nhs.uk>

Treetops The Mollitiam Project (continued)



The Mollitiam Project

mollitiam (Latin) *corax*
i. resilience

Non-talking Therapy for Bereaved Young People

Just like adults, young people who have lost someone important may find themselves struggling with a powerful range of emotions. Sometimes they can find it difficult to express their grief in words. They might find the idea of 1-1 counselling too daunting and would prefer to use other non-talking means.

Our Non-talking Therapy programme offers 8 weeks of group therapy for young people (11-17yrs) who have been significantly affected by the traumatic bereavement at any time in the past.

The Therapy is available free of charge to young people who are registered with a GP practice in Derby city or the southern Derbyshire area, or have used Treetops Hospice services.

The Therapy includes a programme of 8 weekly sessions, held at Treetops Hospice on a Tuesday between 5.30pm and 7.30pm. Groups will be made up of between 6-12 young people and include:

- Expressive activities such as animal therapy, drumming therapy, art therapy, yoga therapy and complementary therapy
- Educational activities on understanding grief and managing feelings better
- The creation of a personal journal to record the highlights of the programme

How to make a referral: Referrals can be made by parents or carers, GPs or other professionals, or self-referrals by young people aged 13yrs+.

For more information, contact the Counselling and Emotional Support Service on 0115 949 6944 CESadmin@treetopshospice.org.uk

Information for Parents & Carers

Erewash Children's Centres

For further information visit: [Erewash children's centres | Facebook](#)



The Breastfeeding Network

Telephone number: National Breastfeeding Helpline on 0300 100 0212.

For further information visit: [Home - The Breastfeeding Network](#)



Information for Parents & Carers (continued)

Cradles Breastfeeding Group, Ilkeston

To inform, support and empower women to breastfeed their baby as long as they wish.

[Cradles Breastfeeding Group, Ilkeston | Facebook](#)



Home-Start Erewash

A non-statutory service offering compassionate, holistic and tailored support for parents of young children. We welcome self-referrals and referrals from agencies within the Erewash area, who feel that our non-judgemental support would benefit a family facing challenges.

For further information visit: www.home-starterewash.co.uk



Bundles of Hope – Baby Basics

Baby Basics works with Midwives, Health Visitors, Social Workers and Local Charities in Long Eaton and the surrounding area. We provide starter packs for those in need, including vulnerable groups such as teenage mums, families on low income and women fleeing domestic abuse and trafficking.

For further information visit: [Bundles of Hope](#)

Facebook: [Bundles of Hope and Baby Basics Long Eaton | Long Eaton | Facebook](#)



Derbyshire Family Health Service

Here to support you and your family as part of the 0–19-year-olds free public health and wellbeing services.

Telephone number: 01246 515100

For further information visit: [Derbyshire Family Health Service](#)



Information for Parents & Carers (continued)

One Plus One

Online relationship support for parents. Learn to cope with stress and communicate better.

For further information visit: [OnePlusOne – homepage](https://www.oneplusone.org.uk/homepage)

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR ALL PARENTS



FOR NEW PARENTS



FOR SEPARATING PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password. You can get started by scanning the QR code or visiting: www.oneplusone.org.uk/parents



SEND Support

Derbyshire Information, Advice and Support Service for SEND



Derbyshire Information Advice & Support Service for SEND

Providing impartial advice for special educational needs and disability

Telephone number: 01629 533668

Email Address: ias.service@derbyshire.gov.uk

For further information visit: [Welcome to the Derbyshire Information, Advice and Support Service for SEND - Derbyshire Information, Advice & Support Service for SEND \(derbyshireiass.co.uk\)](http://Welcome to the Derbyshire Information, Advice and Support Service for SEND - Derbyshire Information, Advice & Support Service for SEND (derbyshireiass.co.uk))

SEN-Fit CIC

Enabling children and adults with SEND take part in fitness and wellbeing activities within the community

Email Address: info@sent-fit.co.uk

Telephone number: 07734455806

For further information visit: [SEN-Fit cic | Derby | Facebook](#)

NeuroHub



NEUROHUB
NEURODIVERGENCE THRIVES HERE

NEUROHUBS ARE WELCOMING LOCAL SPACES FOR NEURODIVERGENT CHILDREN AND YOUNG PEOPLE AGED 0 TO 25 AND THEIR PARENTS AND CARERS

Do you or your child struggle with:

- Being out and about
- Communication and interaction
- Education, work or play
- Sleeping
- Eating
- Toileting
- Crisis and behaviour
- Sensory processing

We may be able to help by providing:

- A listening ear
- Connections to services, peers and activities
- Training for parents and individuals
- Information and advice
- Helpful fact sheets and toolkits

Joined Up Care Derbyshire

St. James Centre, Fairplay, zink, Community Action, childrenfirst, The Derbyshire VCSE sector Alliance



NEUROHUB
NEURODIVERGENCE THRIVES HERE

DERBYSHIRE
AUTISM
SERVICES

Hub Opening Hours
Calls and booked appointments:
Monday to Friday 3.30pm to 6.30pm
Saturday 10am - 1pm

Contact:
Mob: 07510 928 349
Please try the mobile number first
Tel: 01773 741 221

Email: neurohub@derbyshireautismservices.org

www.derbyshireautismservices.org
Unit 3a Unicorn Business Park
Wellington Street, Ripley, DE5 3EH

SEND Support (continued)

SENDisco CIC

PARENT / CARERS
 OF
 SPECIAL NEEDS CHILDREN AND ADULTS
 WALKING GROUP
 STARTING JANUARY 2024
 IN THE DERBYSHIRE AREA
 EASY RELAXED WALKS ,DOG FRIENDLY

 CAKE ALWAYS INVOLVED TOO !



PLEASE CONTACT
 ANDREA 07733060448
 FOR ROUTE AND
 ANY OTHER
 INFORMATION

SEND Drop in Service

Cotmanhay Children's Centre (People's Centre) | Beauvale Drive
Ilkeston | Derbyshire | DE7 5RU

Third Wednesday
of the month
starting from 17th
January

10am until 12
noon

Refreshments
available



01332 785658

www.umbrella.uk.net

Umbrella Derby and Derbyshire

@UmbrellaDerby

SEND Under 5's Stay and Play

Cotmanhay Children's Centre (People's Centre) | Beauvale Drive
Ilkeston | Derbyshire | DE7 5RU

Third Wednesday of
the month starting
from 17th January

10am until 12 noon

£2 per session

To Book:
<https://forms.office.com/e/05SMMgHd4g>



01332 785658

www.umbrella.uk.net

Umbrella Derby and Derbyshire

@UmbrellaDerby

SEND Support (continued)

SEND Dynamic C.I.C



HELP is here...

For parents of children and young people with special educational needs and/or disabilities.

We offer in-person, online and telephone support for parents of children with special educational needs and/or disabilities, to empower them to navigate the education, health, and care system. We currently operate in Derby, Derbyshire, and neighbouring authorities.

www.theSENDdynamic.co.uk



Sight Support Summer Timetable

Date	Place	Parental Contribution	Age Group
Monday 22 nd April	Clip and Climb	£5	8 plus
Monday 13 th May	Rollerworld	£2	8 Plus
Thursday 30 th May	Circus Starss	FREE Tickets already allocated	Family
Thursday 13 th June	Table Tennis	£3	8 plus
Monday 24 th June	Laser Quest	£5	8 plus
Tuesday 9 th July	Clip and Climb	£5	8 plus
Friday 26 th July	Alton Towers	£20 under 16s £25 adult Free Carer tickets are available subject to the conditions on Alton Towers website	Family

Summer term (66 days total)

Monday 15 April 2024 to Friday 24 May 2024 (29 days)

Monday 3 June 2024 to Tuesday 23 July 2024 (37 days)

SEND Support (continued)

East Midlands Inclusive Choir

Once per fortnight during term time



MEHEM MUSIC EDUCATION HUBS EAST MIDLANDS

EAST MIDLANDS INCLUSIVE CHOIR

everyone has their own voice to share!

It's FREE and welcomes anyone up to age 25 and their families
With online and in-person rehearsals you can make music your own way!
sing, move, dance, sign, make sounds with an instrument or soundmaker.

Online rehearsals
Next in-person rehearsal

Once per fortnight during term time
Via Zoom – a link will be sent to those who sign up

FIND OUT MORE + SIGN UP
mehem.org/inclusive



Activities for Children & Young People (continued)

Riverside Football Club

Riverside PAN Disability FC offers Inclusive Football in Long Eaton covering Derbyshire, Nottingham

Address: Thursdays Long Eaton School

Under 16s

Opening times: 6:30pm – 7:30pm

Over 16s

Opening times: 7:30pm – 8:30pm

For further information visit: [Riverside Pan Disability Football group | Facebook](#)



Football 4 Charities Pups

A community based SEND friendly football.

For further information visit: [Football 4 Charities Pups | Ilkeston | Facebook](#)

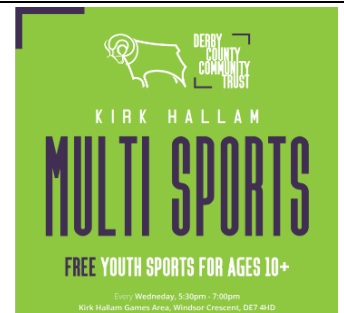


Derby County Community Trust

Free Youth Sports 10+

Address: Kirk Hallam Games area, Windsor Crescent

Opening times: Wednesday 5:30pm – 7pm



Support Through Sport

Age 8- to 16-Year-Olds

Opening times: Every Thursday 6pm – 7pm

Address: Kirk Hallam Community Academy

Email Address: info@supportthroughsport.co.uk



Activities for Children & Young People (continued)

Parkside High @ The Pod

Address: 17 Summerfields Way, Ilkeston, DE7 9JJ

Telephone number: 0115 9301000

Email Address: info@parksidehigh.co.uk

Facebook: [Parkside High CIC | Facebook](#)

For further information visit: [Youth Mentoring in Derby & Nottingham | Youth Projects | Parkside High](#)



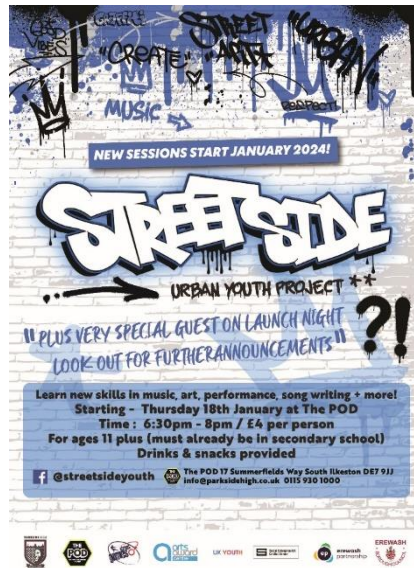
FREE!
FOR AGES 11 - 18 YEARS

FREE FOOTBALL FOR AGES 11 - 18 YEARS

FRIDAY FOOTBALL

RUTLAND SPORTS PARK / 6 - 7PM
ALL ABILITIES WELCOME - JUST TURN UP...

VENUE: RUTLAND SPORTS PARK, WEST END DRIVE, ILKESTON DE7 9JH
IF YOU NEED ANY FURTHER INFORMATION PLEASE CONTACT US:
KEVIN@PARKSIDEHIGH.CO.UK
COMMUNITYHEALTHWELLBEING@EREWASH.GOV.UK



NEW SESSIONS START JANUARY 2024!

STREETSIDE
URBAN YOUTH PROJECT

"PLUS VERY SPECIAL GUEST ON LAUNCH NIGHT
LOOK OUT FOR FURTHER ANNOUNCEMENTS!"

Learn new skills in music, art, performance, song writing + more!
Starting - Thursday 18th January at The Pod
Time: 6:30pm - 8pm / £4 per person
For ages 11 plus (must already be in secondary school)
Drinks & snacks provided

@streetsideyouth The POD 17 Summerfields Way South Ilkeston DE7 9JJ
info@parksidehigh.co.uk 0115 930 1000



HIIT CAMP

Come along to The POD for a high intensity fitness class which will cover a variety of different training styles. During the session, we will focus on strength training, endurance training and cardiovascular fitness. This class will guarantee to put you through your paces. It may exceed your expectations of what your body is capable of...

AGES 16 - 21

STARTS: WED 8th NOVEMBER @ THE POD
DAY: WEDNESDAYS
TIME: 4:30 - 5:30PM
WHERE: THE POD
PRICE: £4 PER PERSON

If you would like any further information please contact us:
EMAIL: AG@PARKSIDEHIGH.CO.UK
PHONE: 0115 9301000

Bring a friend along and both get £1 off next class!

17 SUMMERFIELDS WAY SOUTH ILKESTON DE7 9JJ

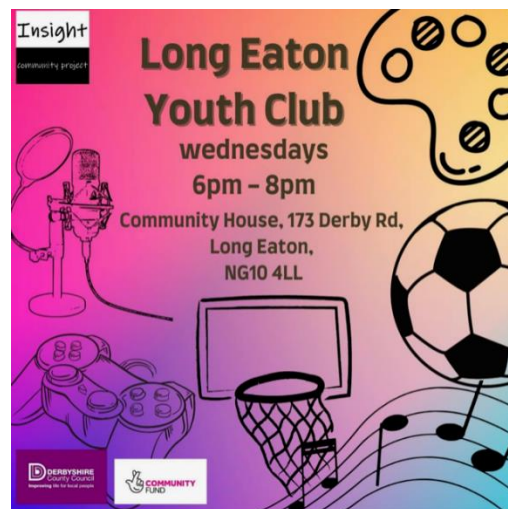
Activities for Children & Young Person (continued)

Insight Community Project

Email Address: insightcic@outlook.com

Facebook: [Insight - community project | Facebook](#)

For further information visit: [Insight Community Project - Home](#)



Erewash Valley Gymnastics



This session is designed for disability children and their families to come and enjoy our Ilkeston centre. £4 per child, £2.50 per additional children for multi-children's families.

Opening times: Every Saturday, 4pm – 5pm from 7th October.

For further information visit: www.evqc.co.uk

Petersham Play Pals

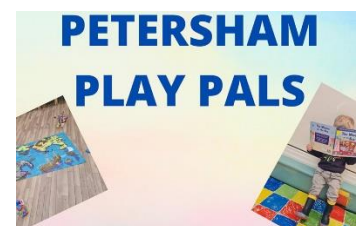
A supportive environment for parents and carers.

0-4 years welcome

Opening times: Alternate Friday mornings 09:30am – 11am

Address: Petersham Hall

For further information visit: [petersham play pals | Facebook](#)



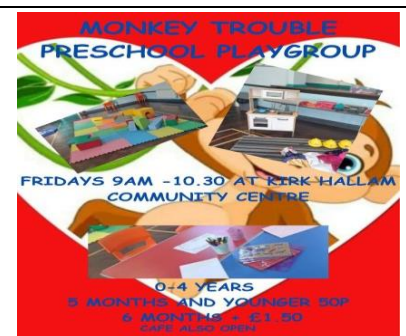
Monkey Trouble Pre School Playgoup

Stay and play sessions for children 0-4.

Opening times: Fridays

Address: Kirk Hallam Hall

[MONKEY TROUBLE Playgroup | Facebook](#)

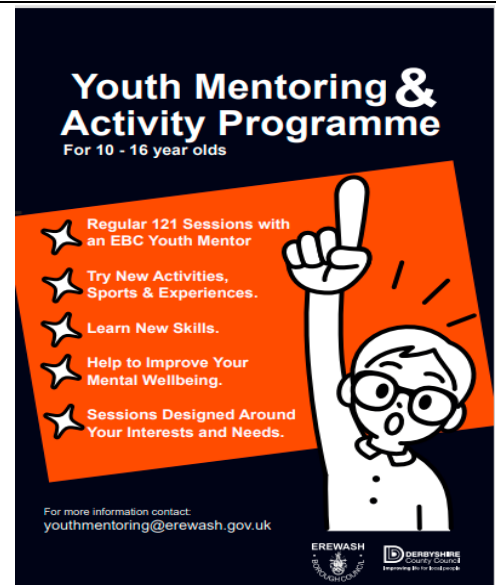


Activities for Children & Young Person (continued)

Erewash Borough Council Youth Mentoring Programme

Erewash Borough Council's Community Health and Wellbeing Development Team have relaunched their 121-youth mentoring project. The activity based 121 mentoring sessions will provide positive experiences for young people, aged 10-16, who are experiencing poor mental health and wellbeing. All referrals are to be made by a dedicated referral form.

For further information visit:
youthmentoring@erewash.gov.uk



Wild Bears Forest School & Outdoor Playgroup

Wild Bears Outdoor Playgroup is **based in** Kirk Hallam, Ilkeston and adopts the Forest School concept and ethos.

For further information visit: [Wild Bears Forest School & Outdoor Playgroup | Ilkeston | Facebook](#)



Jiminy's Rainbows – Parents and Toddler Group

Address: Sawley Baptist Church

Opening times: Wednesdays 1pm & Thursdays 09:15am

Telephone number: 07906 771829

Email Address: boothmanjulie@yahoo.co.uk

For further information visit: [Jiminy's Rainbows - Sawley Parent and Toddler Group | Long Eaton | Facebook](#)



Kickers and Dribblers – Long Eaton

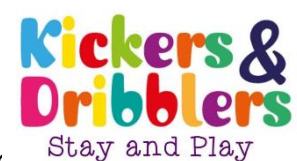
Friendly Stay and Play Session

Address: Long Eaton Childrens Centre.

Opening times: Thursdays 09:45am – 11:45am & Tuesday 1pm – 2:30pm

Spaces to be booked via Facebook

For further information visit: [Kickers & Dribblers Parents | Sign up post | Facebook](#)



Activities for Children & Young Person (continued)

Oasis Toddler Time

Sessions are open to anyone with a child under school age.

Opening times: 09:15am and 11:15am sessions on Monday through to Thursday. 09:15am session only on Friday.

Address: Oasis Christian Centre church on Derby Road, Long Eaton, Nottingham, NG10 4LL

For further information visit: Oasis Christian Centre | Toddler time
(longeatonoasis.co.uk)



Messy Play Ilkeston

Address: Charnos Hall, Ilkeston Hospital

Opening times: Thursdays and Saturdays booking link on Facebook

For further information visit: [Messy Play Ilkeston | Facebook](#)



Queen Street Toddlers

Free playgroup for newborn to 6

Address: Ilkeston Baptist Church

Opening times: Thursdays 12:30pm – 2:30pm



Stanley Common Toddlers

Come along, and meet others, at our friendly, parent run group. THE COST IS £2.50.

Opening times: Every Wednesday (including school holidays) from 9:30am – 11:30am.

Address: The Eventide village hall, Stanley Common.

Boogie Beat Music and Movement – Enriching Communities CIC

Music, movement classes — perfect for babies up to 6 years old

Address: Multiple Sessions across Erewash

Telephone number (Emma): 01896 759 024

Email Address:

enrichingcommunitiescic@gmail.com

Email Address (Emma): emma@boogiebeat.co.uk



BOOGIE BEAT MUSIC & MOVEMENT

Boogie Beat music movement IN PARTNERSHIP WITH **Enriching Communities CIC**

ENRICHING COMMUNITIES CIC

Our music and movement classes are energetic and fun, combining music and dance with carefully structured learning!

PERFECT FOR BABIES UP TO 6 YEAR OLDS!

Based on traditional fairy tales and nursery rhymes with a lively and active dance twist!

Call or email to register your **FREE** place

Tuesday's (Term Time Only)
10am-11am
Limited Spaces Available!!

Emma 07896759024
emma@boogiebeat.co.uk
enrichingcommunitiescic@gmail.com

Derbyshire County Council
Vernon Suites
39 Vernon Street
Cottingham
DE7 8PD

Made with PosterMyNet.com

Activities for Children & Young Person (continued)

Cotmanhay Youth Hang out

Opening times: Every Wednesday 6pm – 7:30pm – starting 28th February 2024

Address: Bennerley Community Centre, Bennerley Avenue, Ilkeston, DE7 8PF

Email: kevin.parksidehigh.co.uk



COTMANHAY YOUTH HANG OUT

AGES 10 - 15 YEARS

FREE WI-FI

GAMING & CHILL OUT ROOM

FREE!

MUSIC

SPORTS & ACTIVITIES

REFRESHMENTS PROVIDED

EVERY WEDNESDAYS - 6PM - 7:30PM
STARTING: 28TH FEBRUARY 2024

Bennerley Community Centre, Bennerley Avenue, Ilkeston DE7 8PF
If you have any questions please get in touch:
kevin@parksidehigh.co.uk

Cook with the kids

A free weekly session to learn how to cook healthy, low cost meals. All ingredients provided. Let us know any dietary needs or allergies when booking.

Opening times: From Thursday 29th February 3:30 – 5pm

Address: Cotmanhay Children's Centre, Beauvale Drive, Ilkeston, DE7 8RU



Call, text or email to book your free place

Enriching Communities
connect • engage • inspire

Funding provided by Cotmanhay Wellness Hub

Enriching Communities CIC Presents

COOK WITH THE KIDS

A free weekly session to learn how to cook healthy, low cost meals!

Learn how to cook family meals from scratch and then sit and enjoy eating your creations!!

All ingredients provided. Let us know any dietary needs or allergies when booking!

From Thursday 29th Feb 3.30-5pm

ENRICHINGCOMMUNITIESCIC@GMAIL.COM / 07896759024

COTMANHAY CHILDREN'S CENTRE, BEAUVALE DRIVE, ILKESTON DE7 8RU

Activities for Children & Young Person (continued)



Insight Community Project CIC

ACTIVE YOUTH HOLIDAY CLUB

10-16 YEARS

TUESDAY 2ND APRIL - FRIDAY 5TH APRIL 2024

9AM - 3PM

**LONG EATON YOUTH CLUB, COMMUNITY HOUSE,
DERBY ROAD, LONG EATON, NG104LL**

£10 PER DAY

BOOK ONLINE AT
WWW.INSIGHTCOMMUNITYPROJECT.CO.UK

FREE PLACES AVAILABLE THROUGH THE HAF PROGRAMME. (FREE SCHOOL MEAL CODE REQUIRED FROM YOUR SCHOOL TO BOOK.)

it's about me Derbyshire's Holiday Activity and Food Programme

LUNCH INCLUDED

SPORT - ART - CRAFTS - TEAM GAMES - MUSIC

Easter Holiday Fun

Opening times: 10am – 2pm

Address: Beauvale Drive, Ilkeston, DE7 8RU



Tuesday 2nd - Friday 5th April 2024

it's about me Derbyshire's Holiday Activity and Food Programme

Enriching Communities connect + engage + enjoy

Easter Holiday Fun!

10AM - 2PM

***Cooking *Crafts *Games**

***Free Lunch**

FREE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS (otherwise £5)

Please call or email to register your place!!

Call Emma on 07896759024

Email: enrichingcommunitiescic@gmail.com

Cotmanhay Children's Centre

Beauvale Drive, Ilkeston DE7 8RU

Under 5's must be accompanied by an adult

Activities for Children & Young Person (continued)

SEN-FIT CIC Holiday Club

Email: info@sen-fit.co.uk

Telephone Number: 07734455806




FREE

SEN-FIT CIC HOLIDAY CLUB

AGES 7-15

SESSIONS ARE FOR THOSE WITH SEND NEEDS, INCLUDING ADHD, ASD, ANXIETY

ACTIVITIES
THEMED DAYS
DAILY PHYSICAL ACTIVITY
SENSORY AREA
CRAFTS
COOKING

MUST BE BOOKED

ALL SESSIONS ARE 9AM TO 1PM
3RD, 4TH & 5TH APRIL ST HUGH CHURCH HALL, BORROMASH
8TH & 9TH APRIL 175TH SCOUTS HUT, BREADSALL HILLTOP
10TH, 11TH & 12TH APRIL INFINITE WELLBEING CENTRE, HEANOR

TO BOOK EMAIL INFO@SEN-FIT.CO.UK OR CALL 07734455806

Fun Cooking for Families

Address: Kirk Hallam Community Centre

Opening times: Tuesdays 4pm – 6pm

To book: Dm on Facebook or come along to Community Centre Café (booking essential)



Fun Cooking for Families

at Kirk Hallam Community Centre

6 week course starts in April

Tuesday's 4-6 pm

Booking Essential – DM on Facebook or come along to Community Centre Cafe

Kirk Hallam Community Hall Association

Activities for Children & Young Person (continued)

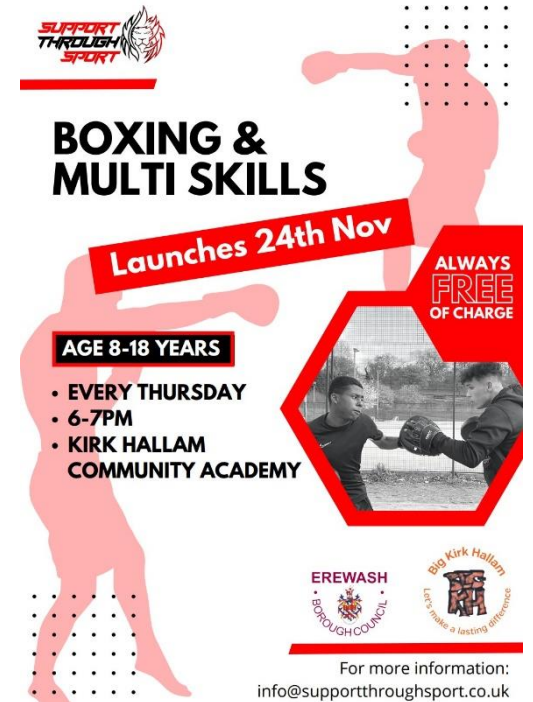

Boxing & Multi Skills

Launches 24th November

Opening times: Every Thursday 6pm – 7pm

Address: Kirk Hallam Community Academy

For further information visit:
info@supportthroughsport.co.uk



BOXING & MULTI SKILLS

Launches 24th Nov

ALWAYS FREE OF CHARGE

AGE 8-18 YEARS

- EVERY THURSDAY
- 6-7PM
- KIRK HALLAM COMMUNITY ACADEMY

EREWASH BOROUGH COUNCIL

Big Kirk Hallam
Let's make a lasting difference

For more information:
info@supportthroughsport.co.uk

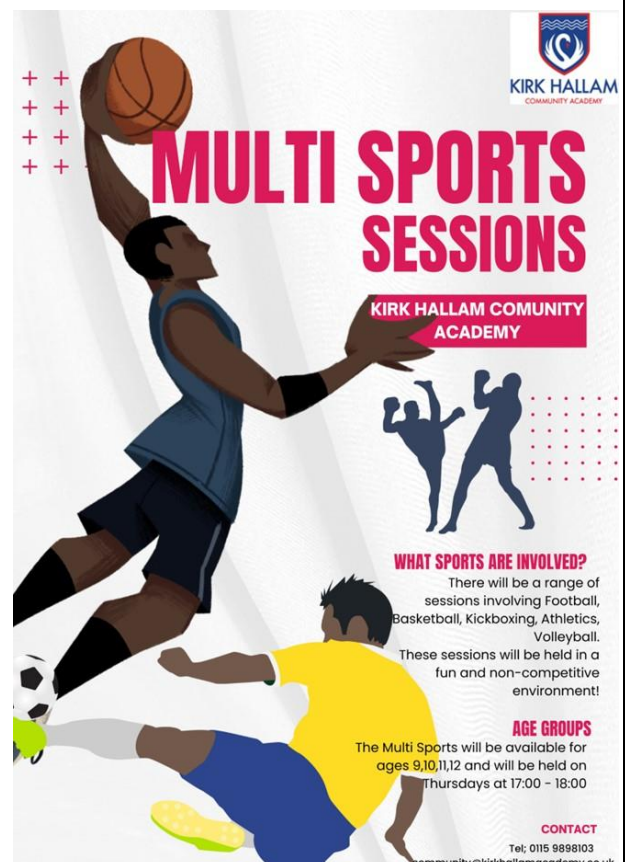
Multi Sports Sessions

The Multi Sports will be available for ages 9,10,11,12

Opening times: Thursdays 17:00 – 18:00

Telephone Number: 0115 9898103

Email:
community@kirkhallamacademy.co.uk



KIRK HALLAM COMMUNITY ACADEMY

MULTI SPORTS SESSIONS

KIRK HALLAM COMMUNITY ACADEMY

WHAT SPORTS ARE INVOLVED?

There will be a range of sessions involving Football, Basketball, Kickboxing, Athletics, Volleyball.

These sessions will be held in a fun and non-competitive environment!

AGE GROUPS

The Multi Sports will be available for ages 9,10,11,12 and will be held on Thursdays at 17:00 – 18:00

CONTACT

Tel: 0115 9898103
community@kirkhallamacademy.co.uk

Activities for Children & Young Person (continued)

Toddlers & Toast

Address: Breaston Methodist Church

Email: breastonmethodistchurch@gmail.com

Toddlers & Toast



Fun for Toddlers, Grandparents, Parents and Carers

A happy social occasion play, sing
and do a craft activity with your
toddler.

9:15 am to 10:30 am on Tuesday 23 April
and Tuesday 7 May
In the church hall on Blind Lane

Please email for details:-
breastonmethodistchurch@gmail.com

HAF 8TH - 11TH APRIL

THE POD
YOUTH & COMMUNITY CENTRE

EASTER HOLIDAYS!

ACTIVITIES INCLUDE ARTS/CRAFTS/GAMES/SPORTS/GRAFFITI + MORE
TO BOOK (FSM) PLEASE VISIT: WWW.ITSAABOUTMEDERBYSHIRE.CO.UK
FOR NON FREE SCHOOL MEALS EMAIL INFO@PARKSIDEHIGH.CO.UK

STREETSIDE JUNIORS

WHERE: THE POD

WHEN: MONDAY 8TH APRIL

£5/PERSON - NON FSM

AGE 8-11/LUNCH INCLUDED

FREE PLACES FOR FREE SCHOOL MEALS

- VISIT ITS ABOUT ME TO BOOK

STREETSIDE

WHERE: THE POD

WHEN: TUESDAY 9TH APRIL

£5/PERSON - NON FSM

AGE 11+/LUNCH INCLUDED

FREE PLACES FOR FREE SCHOOL MEALS

- VISIT ITS ABOUT ME TO BOOK

STREETSIDE JUNIORS

WHERE: THE POD

WHEN: WEDNESDAY 10TH APRIL

£5/PERSON - NON FSM

AGE 8-11/LUNCH INCLUDED

FREE PLACES FOR FREE SCHOOL MEALS

- VISIT ITS ABOUT ME TO BOOK

STREETSIDE

WHERE: THE POD

WHEN: THURSDAY 11TH APRIL

£5/PERSON - NON FSM

AGE 11+/LUNCH INCLUDED

FREE PLACES FOR FREE SCHOOL MEALS

- VISIT ITS ABOUT ME TO BOOK








THE POD 17 SUMMERFIELDS WAY SOUTH ILKESTON DE7 9JJ ✪ INFO@PARKSIDEHIGH.CO.UK ✪ 0115 9301000

Activities for Children & Young Person (continued)



Parkside High Community Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No sessions on a Monday at present	<u>Girls Football</u> 4:30-5:30pm The POD 8-12 years £ Free	<u>Youth Hangout</u> 6-7:30pm Bennerley Community Centre 10-15 years £ Free	<u>StreetSide Juniors</u> 4:15-5:45pm The POD £4 per person 8-11 years <u>StreetSide Seniors</u> 6:30-8pm The POD £4 per person 11-16 years	Lads Friday Night Football 6-7pm Rutland Sports Park 11- 16 years £ Free

“ COME & GET INVOLVED... ”

If you would like any information on any Parkside High activities, please get in touch with one of the team:
info@parksidehigh.co.uk



CONTROLLED

Holiday Activity and Food Camps

Opening times: 3rd & 4th April – The Long Eaton School, Thoresby Road, Long Eaton, NG10 3NP

10th & 11th April – Rutland Sports Park, West End Drive, Ilkeston, DE7 5GH

www.erewash.gov.uk **EREWASH**
Derbyshire County Council

FREE

Holiday Activity and Food Camps

Easter Fun Days
For children aged 7-12 eligible for free school meals* Free Packed Lunch - Sports, Games & Fun Activities!

10am until 2pm

April

Wed 3 and Thurs 4 April
The Long Eaton School
 Thoresby Road, Long Eaton, Nottingham NG10 3NP.

Wed 10 and Thurs 11 April
 (includes giant inflatable)
Rutland Sports Park
 West End Drive, Ilkeston DE7 5GH

For more information contact:
communityhealthwellbeing@erewash.gov.uk / 07842 231338



Education

Derbyshire Adult Community Education

Are you eager to start on a new learning journey but uncertain about choosing the right course? Look no further! Our friendly staff can help you to find the perfect course for your goals and interests.

Love
learning
locally

derbyshire.gov.uk/adulteducation

For further information visit: [Adult community education - Derbyshire County Council](#)

Address: To locate your **nearest centre** and discover the opportunities we offer, visit www.derbyshire.gov.uk/ACEcentres

Telephone number: 01629 531241.

Derbyshire County Council Learning for 14 to 16 Year-Olds

Build your confidence and gain real skills for work or to help you with further study.

Love
learning
locally

derbyshire.gov.uk/adulteducation

Email Address: 14-19study.programme@derbyshire.gov.uk

For further information visit: [Learning for 14 to 19-year-olds - Derbyshire County Council](#)

Employment & Training

National Careers Service

Telephone number: 0800 100 900 to speak to an adviser.

Opening times: 8am – 8pm Monday to Friday & 10am – 5pm Saturday and bank holidays.

For further information visit: [Careers advice - job profiles, information and resources | National Careers Service](#)

National
Careers
Service

Derbyshire Careers

If you are aged 18 and not working or in education or over 19

Email Address: Sarah.groom2@derbyshire.gov.uk

Telephone number: **07967 308905**



FREE CAREERS ADVICE

Do you need help finding a new job or advice on a new career path? Derbyshire County Council is here to help you with...

- WRITING A CV OR COVERING LETTER
- IDENTIFYING YOUR OWN SKILLS
- TRAINING COURSES AND FUNDING
- FINDING JOB VACANCIES
- ROUTES INTO EMPLOYMENT AND NEW CAREERS
- WRITING APPLICATION FORMS AND PREPARING FOR INTERVIEWS

If you're aged 18 and not working or in education or aged over 19 contact Sarah Groom on 07967 308905 or sarah.groom2@derbyshire.gov.uk to find out more.

Employment & Training

Derbyshire County Council - Careers Service

Advice and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment, or training.

For further information and to register your interest online: [Careers service - Derbyshire County Council](#)



County Wide contact:

Telephone number: 07717 343085

Email Address: louise.wilson@derbyshire.gov.uk

YES Derbyshire – Youth Employment Support

Access local training and job opportunities, as well as a range of services to address health and wellbeing support needs.

Telephone number: 01629 539720

Text: HUB to 86555

Email Address: youth.hub@derbyshire.gov.uk



There are three venues where we offer face to face appointments. Virtual support is also available over the telephone or video call for the whole of the county.

<p>Chesterfield Hub – drop-in Monday 2 - 4pm and Wednesday 10am – 12 noon.</p> <p>Hunloke Adult Education Centre Church Street South Chesterfield S40 2TF</p>	
<p>Erewash Hub – drop-in Monday 2 - 4pm and Wednesday 10am – 12 noon.</p> <p>Cotmanhay and Ilkeston Adult Education Centre Bennerley Avenue Cotmanhay, Ilkeston DE7 8PF</p>	
<p>Booked appointment only.</p> <p>Ilkeston Library Market Street Ilkeston DE7 5RN</p>	

Our team offers support with:

- Employment opportunities
- Training and qualifications
- Apprenticeships
- Volunteering
- Health and wellbeing support
- Employability skills
- Careers advice and planning
- Skills building including confidence and motivation

Employment & Training (continued)

Derbyshire County Council Disability Employment Service

The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work, and paid employment.



What we do • Help to match you to the job that's right for you • Help finding work experience and voluntary work • Make sure you find out about job vacancies • Help with selling yourself in your application forms and CV • Help you prepare for interviews advise you about support in the workplace, such as equipment or other support you may need • Support you to access work placements and apprenticeships • Help employers to support their disabled staff

Telephone number: 01629 532440

Email Address: disabilityemploymentsvice@derbyshire.gov.uk

YMCA Derbyshire

Telephone Number: 0115 944 3226 **Email:**
training@ymcaderbyshire.org.uk



For further information visit: [The Campus – Ilkeston - YMCA Derbyshire](#)

DCC Disability Employment Service

The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work, and paid employment.



What we do • Help to match you to the job that's right for you • Help finding work experience and voluntary work • Make sure you find out about job vacancies • Help with selling yourself in your application forms and CV • Help you prepare for interviews advise you about support in the workplace, such as equipment or other support you may need • Support you to access work placements and apprenticeships • Help employers to support their disabled staff

Telephone Number: 01629 532440

Email: disabilityemploymentsvice@derbyshire.gov.uk

Volunteering

Erewash Voluntary Action

Various Volunteer opportunities available.



For further information visit: [Volunteering \(erewashvoluntaryaction.org.uk\)](http://volunteering(erewashvoluntaryaction.org.uk)) or
[VOLIFE Erewash – Voluntary opportunities for Erewash \(erewashcvsvolife.com\)](http://VOLIFE Erewash – Voluntary opportunities for Erewash (erewashcvsvolife.com))

Telephone number: 0115 9466740

Email Address: volunteers@erewashcvsvolife.com



Erewash Borough Council - Get Involved

We are working hard to make Erewash a cleaner place to live but we need your help. Our special teams clear up litter, graffiti and fly-tipping and make sure that those making the mess pay the price.



You can get involved in keeping the borough clean and have fun while making a real difference. There are lots of things you can do:

For further information visit: [Get Involved \(erewash.gov.uk\)](http://Get Involved (erewash.gov.uk))

Erewash Youth & Community Engagement

If you are interested in volunteering in Erewash.

Helen Steele

Email Address: Helen.steele@derbyshire.gov.uk

For further information visit: Youth and community engagement - Derbyshire County Council



Derbyshire Carers Association – Volunteering

Volunteers are invaluable and help us make DCA what it is! We are looking for volunteers to support our teams across Derbyshire, this could be from one of our offices, out in the community or even from your own home.

We currently have a range of volunteering opportunities available, and we would love for you to join us.

Telephone number: 01773 833833 to contact the DCA

Email Address: info@derbyshirecarers.co.uk

For further information visit: [Homepage \(derbyshirecarers.co.uk\)](http://Homepage (derbyshirecarers.co.uk))



Volunteering (continued)

Erewash – Home Start Volunteering Opportunities

Are you passionate about making a positive impact on the lives of young children and their families? Do you have an understanding of the complexities of parenting? Home-Start Erewash is seeking dedicated volunteers like you to provide much-needed support to families facing numerous challenges. By committing just 2 hours of your time each week, you can make a real difference at the beginning of a child's journey. Training will be provided to equip you with the necessary skills for this rewarding role.



About Home-Start Erewash:

Home-Start Erewash is a local charity that aims to strengthen families and improve the lives of children. We recognise that parenting can be challenging, especially for families with young children, and we can provide valuable support to help parents navigate these difficulties. By offering practical assistance, emotional support, and a listening ear, Home-Start Erewash aims to empower families to overcome these challenges and thrive.

For further information visit: www.home-starterewash.co.uk

Telephone number: 0115 9304640

Email Address: office@home-starterewash.co.uk

Derbyshire Time Swap

Time Swapping (or Time Banking) is a fantastic initiative which allows members of the community to 'swap' their time to help somebody else. This support can range from assistance with gardening, to teaching I.T skills, or giving cookery lessons - the sky is the limit!



Email Address: derbyshiretimeswap@sdcvs.org.uk

For further information visit: [Derbyshire Time Swap | South Derbyshire CVS \(sdcvs.org.uk\)](http://Derbyshire Time Swap | South Derbyshire CVS (sdcvs.org.uk))