

Information and support in High Peak North Dales

HPND Foodbanks

- **Glossopdale Foodbank** <https://glossopdalefoodbank.org.uk/get-a-food-parcel>

No referral is needed. Any one in financial hardship can collect a food parcel at various locations. Glossopdale Foodbank has a designated Foodbank Adviser called Ghazala Darr based at Glossop CAB: 07730 089657 or email at ghazala.darr@ddcab.org.uk She can help you increase your income, reduce debts and help with many other problems.

- **Gamesley - G52 (community Pantry)** <https://g52.org.uk/>

If anyone needs a parcel in Gamesley; E: info@g52.org.uk or T: 07745642482 during office hours.

- **Hadfield/Padfield/Tintwistle - Bellies not Bins**

<https://www.facebook.com/HCTBelliesnotbins/>

T: 07709 515094 E: hadfieldcomingtogetherhtc@gmail.com

- **New Mills - Helping Hands Foodbank**

T: 07425 177999 E: helpinghandsnewmills@gmail.com

<https://www.facebook.com/HHNewmillsFoodbank/?form=MY01SV&OCID=MY01SV>

- **New Mills Community Pantry, New Mills Youth and Community CIC (New Mills)**

Indoor market, Market Street, New Mills. For means tested benefit holders, who live within a 5-mile radius of the Community Pantry, SK22 4AE. (Open Tue/Sat term time and Tue/Thur/Sat school holidays) T: 07377 892125 Facebook: <https://www.facebook.com/NMYCP2020>

- **Whaley Bridge Foodbank**

T: 07920 253075 Website: <http://www.whaleybridgecanal.org/whaleyfoodbank>

- **Buxton/Chapel/Hope Valley/Bakewell - High Peak Foodbank**

T: 07811 684299 Website: <http://www.highpeakfoodbank.co.uk/>

- **Hope Valley - Bradwell Cares Foodbank** T: 07803 244869 E: bradwellcares@bradda.org

http://btckstorage.blob.core.windows.net/site17227/Food_Bank_200420.pdf

- **Matlock - Jigsaw Foodbank, Church in the Peak (referral only)**

<https://churchinthepeak.org/jigsaw/foodbank/> If you don't have any support agencies working with you; email admin@jigsawcma.org or call 07437 439961

Money and Finance

CAB (Citizens Advice) <https://www.citizensadvice.derbyshiredistricts.org.uk/get-help/>

Advice line 0808 2787954. Mon -Fri 9 -4

Derbyshire Welfare Rights <https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/welfare-benefits/welfare-benefits.aspx>

Support for people in Derbyshire accessing benefits and those with low incomes.

T: 01629 531535 E: welfarebenefits@derbyshire.gov.uk

Step Change <https://www.stepchange.org/> T: 0800 1381111

Provide the advice and support you need to achieve long-term financial control

National Debt Line <https://nationaldebtline.org/> tel: 0808 808 4000

Housing

North Dales: <https://www.derbyshiredales.gov.uk/housing-a-council-tax>

High Peak Borough Council website: www.highpeak.gov.uk/article/199/Housing

High Peak Homeless Help: www.hphh.co.uk/ Tel: 07908 008016 (Referrals; condition of referral is that there is a plan in place for continued support for the service user the following morning.)

Derbyshire resident sleeping rough or at risk of losing your home:

<https://www.p3charity.org/services/derbyshire-street-outreach>

Domestic Abuse Support

Derbyshire Domestic Abuse 24 Hour Helpline: 0800 0198 668 (referrals go to the right area)

<https://www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/domestic-abuse/domestic-abuse.aspx>

Glossop, High Peak and North Dales areas are supported by:

<http://www.crossroadsderbyshire.org>

Sexual Abuse support

SV2 Advice Line <https://www.sv2.org.uk/help-support/>

The Advice Line is available everyday between 8am and 5pm to provide you with accurate information and relevant advice for your personal situation: 01773 746115

Sail: Surviving and Thriving <https://www.sailderbyshire.org.uk/>

Support for victims and survivors 18+ who have or have had experiences of sexual abuse and violence, including childhood sexual abuse. Sail supports all genders from all communities. Referrals can be made from other agencies and self-referral

Victim Support

Derbyshire Victim Services: 0800 612 6505 or TEXT 'COREDVS' TO 82228

<https://www.core-derbyshire.com/> (Derbyshire Core)

Aged under 18, if you or one of your friends have been a victim of crime, we are here to help:

<http://gotyourback.tv/>

Alcohol and Substance misuse support

CGL - Change Grow Live (under18s): <https://changegrowlive.org/young-peoples-service-derbyshire/info> Telephone: 01773 303646 Email: derbyshire@cgl.org.uk

Derbyshire Recovery Partnership (over 18s) Tel: 0845 308 4010 Text: 0124 620 6514 Email: info@derbyshirerecoverypartnership.co.uk www.derbyshirerecoverypartnership.co.uk

Space 4 U – Action for Children <https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/space-4-u/>

Space 4 U welcomes referrals from anyone, for children aged 5 to 18 from all parts of Derbyshire who are affected by someone else's substance misuse.

Phone Number: 07977 020 712 Email: space.4u2@actionforchildren.org.uk

Employment/Training

High Peak Adult Ed Centres: <https://www.facebook.com/highpeakace>

Zink: www.zink.org.uk Zink provides services throughout the High Peak and Derbyshire Dales from its HQ in Buxton and at outreach in towns and villages.

DCC Careers service: <https://www.derbyshire.gov.uk/working-for-us/jobs/careers-service/careers-service.aspx>

DCC Adult Ed info: <https://www.derbyshire.gov.uk/education/adult-education/centres/our-adult-education-centres.aspx>

Community Help and Support

Derbyshire Health and Wellbeing Team . 1:1 help and support . High Peak 07971373526
Derbyshire Dales 0797 072 5015

Social Prescribing/Community Navigation Project Glossop area : <https://the-bureau.org.uk/get-support/community-navigation/>

Social Prescribing (High Peak) CVS <https://highpeakcvs.org.uk/social-prescribing>.

Social Prescribing (Derbyshire Dales) CVS <https://ddcvs.org.uk/projects-and-services/new-connections/> (via GP)

Zink Project . High Peak , Derbyshire Dales Welfare Support Employment advice 1:1
<https://zink.org.uk/welfare/>

Community Directory <https://www.communitydirectoryderbyshire.org.uk/>

Community Signposting / Befriending services. New Mills Volunteer Centre

T: 01663744196 E: mail@nmvc.org website: <https://www.nmvc.org/>

The Bureau: Glossop's Community Wellbeing Charity - <https://the-bureau.org.uk/>

Community Safety in Derbyshire: <https://www.saferderbyshire.gov.uk/home.aspx>

Wellbeing/Mental Health

Emotional health and wellbeing signposting website for Derby and Derbyshire:
<https://derbyandderbyshireemotionalhealthandwellbeing.uk>

Derbyshire-wide Mental Health Helpline: 0800 028 0077 (all ages):

<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>

Kooth on-line support for Children/young people: <https://www.kooth.com/>

Pre-CAMHS services for Glossop families: The Hive <https://www.togmind.org/youth-in-mind/the-hive>

CAMHS for Glossop families (formerly Healthy Young Minds, HYMs):

<https://www.penninecare.nhs.uk/tamesidecamhs>

Pre-CAMHS services for Derbyshire: Build Sound Minds (Action for Children)

<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/make-a-referral/> tel: 07817
058356 Email: BuildSoundMindsDD@actionforchildren.org.uk

CAMHS service in North Derbyshire (apart from the Glossop Area):

<https://www.camhsnorthderbyshire.nhs.uk>

Derbyshire IAPT Talking Therapies (16+):

<https://www.derbyandderbyshireccg.nhs.uk/your-health-services/information-for-patients/improving-access-to-psychological-therapies-iapt/>

Derwent Rural Counselling T: 0800 047 6861 E: admin@drcs.org.uk Web: <https://drcs.org.uk/>

Insight Health Care Tel: 0300 555 5582 to self-refer or visit their website:

www.insighthealthcare.org/our-services/talking-therapies/find-a-service/derby-and-derbyshire/

Local Based 1:1 support for young people around art /outdoors etc So, help with supporting a young person to get engaged again with school , activities etc:

Mind the Gap . High Peak Young people emotional support loosely around art and film see <https://glossopartsproject.org/mind-the-gap/> for info .

Incredible Edibles New Mills New Mills area one to one or group support loosely around the outdoors . 07856 487 692 email carolheathcote@outlook.com or Instagram youngincrediblesnm

High Peak Community Arts . Creative mentoring 1:1 support for young people High Peak .

Sophie on 07881 905 459 or sophie@highpeakarts.org.

Family & Parenting Support

High Peak North Dales Children's Centre Facebook www.facebook.com/High-Peak-and-North-Dales-childrens-centres-523794021083518

Early Help Parenting Support – please contact your child's school or Health visitor in the first instance and ask for an Early Help Assessment.

Home Start High Peak <https://homestarthighpeak.org.uk/>

Home-Start High Peak is helping families to cope with whatever difficulties they might encounter, confidently and purposefully. Children raised in a stable, loving family relationship are more likely to enjoy a positive and healthy future.

Derbyshire Family Health Service (Health Visiting/School Nurse services)

<https://www.derbyshirefamilyhealthservice.nhs.uk/>

Derbyshire Autism Information and Advice Service

<https://www.autisminformationservice.org.uk/> Signposting, information and advice service for Derbyshire County's and Derby City Autistic community.

Connex – Disability Support [https://connex.org.uk/services/services-for-disabled-children-](https://connex.org.uk/services/services-for-disabled-children-adults/)

[adults/](https://connex.org.uk/services/services-for-disabled-children-adults/) Phone Number: 01298 23970 Children and Younger People service has years of experience in supporting children and adults with additional needs, and helping them live happy, satisfying lives full of potential. Paid for respite services/support for families.

Young Carers Service – Derbyshire Carers Association <https://derbyshirecarers.co.uk/young-carers-service>

Phone Number: 01773 833833 Email: info@derbyshirecarers.co.uk

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Please contact: Richard Masters richard.masters@derbyshire.gov.uk

Nicole Beardsley nicole.beardsley@derbyshire.gov.uk

(Youth and Community Engagement workers, Childrens Services, DCC)

if you would like further information or need signposting to other services

Community Directory for Families

https://cava-apps.derbyshire.gov.uk/Synergy/SynergyWeb/Community_Directory_For_Families/