

# Infolink

Mental Health Resource Directory  
for the people of Derbyshire and Derby City

**FEBRUARY 2009**  
(Revised 2nd Annual Edition)

This booklet is intended to give information about services that can be accessed for advice, information or support with issues relating to mental health. Inclusion in this booklet does not imply recommendation of any particular service.

CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield  
Tel: 01246-515974 Fax: 01246-515974  
e-mail: [cpa@derbysmhservices.nhs.uk](mailto:cpa@derbysmhservices.nhs.uk)

# Infolink

**INFOLINK** is a mental health resource database which contains information about services, groups and activities that are available to people throughout Derbyshire to promote good mental health. The information is collected from many different sources and aims to serve as a useful tool for staff, service users and carers.

**INFOLINK** was first published in 1992 and subsequent editions were produced annually until 2001. **INFOLINK** was republished in January 2007 and proved to be a great success with staff, service users and carers. This is the second edition of **INFOLINK** and the information included has been reviewed and updated for 2009. **INFOLINK** will be reviewed and re-issued on an annual basis. Updates are held on the Trust Intranet, and Internet on: [www.derbyshirementalhealthservices.nhs.uk/](http://www.derbyshirementalhealthservices.nhs.uk/)

The directory is listed in alphabetical order and is easy to use. A full index can be found at the back of the directory. Inclusion in **INFOLINK** does not imply recommendation or endorsement of any particular service. It is intended as a collection of available information to help staff, service users, and carers plan care. Choices is at the heart of the **Care Programme Approach**.

If you would like any further information about this directory or would like further copies, or would like to amend, add or update any of the entries, please contact:

CPA Service,  
Walton Hospital,  
Whitecotes Lane,  
Chesterfield, Derbyshire S40 3HW  
Tel/Fax: 01246 515974.  
Email : [cpa@derbysmhservices.nhs.uk](mailto:cpa@derbysmhservices.nhs.uk)

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## **2 Care**

Tel No. 01332 348080 Fax: 01332 348080

e-mail: [tv@2care-rsl.org.uk](mailto:tv@2care-rsl.org.uk) Website: [www.2care-rsl.org.uk](http://www.2care-rsl.org.uk)

When & Where: 24 Hour Support

We are a mental health rehabilitation unit. Our aim is to support service users to gain the skills required in order to be able to live independently in the community.

## **Abuse Law**

37 Station Rd, Cheadle Hulme, Cheshire, SK8 5AF

Tel No. 0800 7835969 Helpline No. 0800 7835969

e-mail: [admin@abneys.co.uk](mailto:admin@abneys.co.uk) Website: [www.abuselaw.co.uk](http://www.abuselaw.co.uk)

Abuselaw aims to provide easy access to information for child and adult survivors of physical, sexual and psychological abuse on all aspects of this complex area of law.

## **Action Housing**

Brenda Hill House, 123 Saltergate, Chesterfield, Derbyshire S40 1NH

Tel No. 01246 202465

## **Action on Elder Abuse**

Astral House, 1268 London Rd, Norbury, London, SW16 4ER

Tel No. 020 8765 7000 Helpline No. 080 8808 8141 Fax: 020 8679 4074

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

Action on Elder Abuse (AEA) works to protect, and prevent the abuse of, vulnerable older people.

## **Active Involvement in Mental Health**

Tel No. 07984 881 421

e-mail: [aimhighpeak@yahoo.com](mailto:aimhighpeak@yahoo.com) Website: [www.freewebs.com/aimhighpeakgroup](http://www.freewebs.com/aimhighpeakgroup)

When & Where: Fridays 10.00am onwards. St Nicholas Hall, Victoria Park Road, Fairfield, Buxton

Support, self help ethos. Run by service users for service users.

## **Activity Group - Bolsover**

The Old Vicarage, CMHT Bolsover, High Street, Bolsover, Chesterfield, Derbyshire

Tel No. 01246 827904

When & Where: Tuesdays 6pm - 9pm Community House, Hindley Road, Bolsover

The activity group runs social activities in the evenings for young people (including young people with mental health difficulties).

## **Addaction - Derbyshire County Services - Ilkeston**

Erewash House, Station Road, Ilkeston, Derbyshire

Tel No. 0115 9309442 Fax: 0115 9304156

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

When & Where: Mon-Thurs-9am-5pm, Fri - 2pm-5pm

Drug Intervention Agency.

## **Addaction - Derbyshire County Services - Ripley**

The Mews, Church Street, Ripley, Derbyshire, DE5 3BU

Tel No. 01773 744594 Fax: 01773 744607

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

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When & Where: Mon - 9.00am-5.00pm, Tues - Fri - 9.00am-2.00pm  
Drug Intervention Agency.

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

4-10 Belmont Street, Swadlincote, Derbyshire, DE11 8JU  
Tel No. 01283 551489 Fax: 01283 551 470

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

When & Where: Mon - Thurs 9 - 5 Fri 2 - 5  
Drug Intervention Agency.

### **ADDIS (National Attention Deficit Disorder Information & Support Service)**

PO Box 340, Edgware, Middlesex, HA8 9HL

Tel No. 020 8952 2800 Fax: 020 8952 2909

Provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.

### **Adfam National**

25 Corsham Street, London, N1 6DR

Tel No. 020 7553 7640 Fax: 020 7253 7991

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

Confidential support and information for families and friends of drug users.

### **Adult Community Education – Derbyshire County Council**

Derbyshire County Council, County Hall, Matlock, Derbyshire DE4 3AG

Tel No. 01629 580000 x 6443

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

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

#### **Adult Community Education - Amber Valley**

Tel No. 01629 580000 x 5809 Fax: 01773 833140

#### **Adult Community Education - Bolsover**

Tel No. 01623 744316 Fax: 01623 747598

#### **Adult Community Education - Chesterfield**

Tel No. 01246 201687 Fax: 01246 554616

#### **Adult Community Education - Derbyshire Dales**

Tel No. 01629 824158 Fax: 01629 826081

#### **Adult Community Education - Erewash**

Tel No. 0115 9732827 Fax: 0115 9462979

#### **Adult Community Education - High Peak**

Tel No. 01663 746897 Fax: 01663 743781

#### **Adult Community Education - North East Derbyshire**

Tel No. 01246 413631 Fax: 01246 290249

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

Tel No. 0115 9732827

### **Adult Education – Derby City**

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The Derby Multicultural Centre, Dairy House Road, Derby DE23 8HN  
Tel No. 01332 717900

### **Adult Education Centre – Hurst House**

WEA, Hurst House Adult Education Centre, 11 Abercrombie St, Chesterfield,  
Derbyshire S41 7LW

Tel No. 01246 278623

e-mail: [hursthouse@wea.org.uk](mailto:hursthouse@wea.org.uk) Website: [www.hursthouse.net](http://www.hursthouse.net)

When & Where: 10am - 4pm, 7pm - 9pm depending upon time of year. Hurst House  
Has a friendly welcoming, atmosphere and staff are happy to provide further information  
about courses. There is a coffee bar at the Centre and on Mon, Tue, Fri mornings, child  
care is provided for parents attending classes.

### **Advocacy Service Derbyshire Mind**

Kingsway Hospital, Kingsway, Derby, DE22 3LZ

Tel No. 01332 623732

e-mail: [advocacy@derbyshiremind.org.uk](mailto:advocacy@derbyshiremind.org.uk)

Local association affiliated to National Mind. Lobbies, campaigns and endeavours to  
increase public awareness about mental health issues in order to combat stigma and  
discrimination.

### **Africa Caribbean Community Association**

6 Ashgate Road, Chesterfield, Derbyshire, S40 4AA

Tel No. 01246 208052

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

When & Where: Meets twice a month at 6 Ashgate Rd, Chesterfield, Derbyshire

Senior Citizens £3.50, Members £4.00, Visitors £5.00

Lively luncheon club, social outings, advice, information regarding African Caribbean  
issues and cultural activities.

### **Age Concern - Chesterfield and District**

Age Concern-Chesterfield & District, 21 Stephenson Place, Chesterfield, S40 1XL

Tel No. 01246 273333 Fax: 01246 520879

e-mail: [enquiries@ageconcernchesterfield.org.uk](mailto:enquiries@ageconcernchesterfield.org.uk) Website: [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

When & Where: 9.30-4 Mon-Fri 9.30-2 Wed

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

### **Age Concern - Derby & Derbyshire**

29A Market Place, Heanor, Derbyshire, DE75 7EG

Tel No. 01773 768240 Helpline No. 0845 450 3790 Fax: 01773 766924

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

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

### **Age Concern - England**

Astral House, 1268 London Road, London, SW16 4ER

Tel No. 020 8765 7200 Helpline No. 0800 00 99 66 Fax: 020 8765 7211

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

When & Where: Open 7 days a week from 8am -7pm.

An information line that offers detailed written information to older people and their  
families on a range of issues including benefits, care and housing.

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## **Al-Anon Family Groups UK & EIRE**

Al-Anon Family Group UK & Eire, 61 Great Dover Street, London, SE1 4YF

Tel No. 0207 403 0888 Helpline No. 0207 403 0888 Fax: 0207 378 9910

e-mail: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk) Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

When & Where: Ring helpline for details of local groups throughout UK & Eire.

Al-Anon is worldwide and offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not. Al-ateen, a part of Al-Anon, is for young people aged 12-20 who have been affected by someone else's drinking.

## **Al-Anon Helpline**

Tel No. 020 7403 0888 Helpline No. 020 7403 0888

e-mail: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk) Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

When & Where: 10am - 10pm Daily

Helpline for anyone is having problems with alcohol.

## **Alcohol Concern**

Alcohol Concern, 64 Lemn Street, London, E1 8EU

Tel No. 020 7264 0510 Fax: 020 7488 9213

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

When & Where: 9.00am - 5.00pm Mon-Fri

National Office, which acts as a source of help and to provide further information on issues about alcohol.

## **Alcohol Problems Advisory Service**

36 Park Row, Nottingham, NG1 6GR

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

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

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

## **Alcohol Recovery Project**

Alcohol Recovery Project, 7 Holyrood Street, London, SE1 2EL

Tel No. 020 7234 9940 Fax: 020 7357 6712

e-mail: [info@arp-uk.org](mailto:info@arp-uk.org) Website: [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

We provide counselling, group workshops and a residential service for people with drinking problems.

## **Alcoholics Anonymous**

PO Box 1, Stonebow House, Stonebow, York, YO1 7NJ

Tel No. 01904 644026 Helpline No. 0845 7697 555

e-mail: [aanewcomer@runbox.com](mailto:aanewcomer@runbox.com) Website: [www.aa-uk.org.uk](http://www.aa-uk.org.uk)

AA is a voluntary fellowship of men and women who are alcoholics, who help each other to achieve and maintain sobriety by sharing experiences and giving mutual support.

Members are helped to achieve sobriety by staying away from one drink, one day at a time.

## **Alzheimer's Society**

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Devon House, 58 St Katherine's Way, London, E1W 1JX  
Tel No. 020 7423 3500 Helpline No. 0845 300 0336 Fax: 020 7423 3501  
e-mail: [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk) Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
The society is the leading care and research charity for people with Alzheimer's disease and other forms of dementia, their families and carers. It is a National organisation and works through nearly 300 branches and support groups.

### **Alzheimer's Society - Ashbourne Alzheimer Cafe**

The Henmore Centre, King Edward Street, Ashbourne, DE6 1BW  
Tel No. 01332 208845

e-mail: [info@alzheimersociety.fsnet.co.uk](mailto:info@alzheimersociety.fsnet.co.uk) Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

When & Where: First Wednesday of every month 10-12, Cornerstone Coffee Shop, Church Street, Ashbourne

Monthly cafe for people with dementia, carers, relatives, friends, anyone wanting information, advice or support about dementia.

### **Alzheimer's Society - Ashbourne Carers Support Group**

The Henmore Centre, King Edward Street, Ashbourne, Derbyshire, DE6 1BW  
Tel No. 01332 208845

When & Where: Third Monday of every month 6.30-8.30pm, The Henmore Centre, King Edward Street, Ashbourne, DE6 1BW

Monthly carers support group session. Opportunity for carers to chat in confidence about a variety of issues. Includes topical speakers and regular social events.

### **Alzheimer's Society - Chesterfield & NE Derbys Branch**

Derwent House, Ulverston Road, Newbold, Chesterfield, S41 8EW  
Tel No. 01246 223366

e-mail: [alzcned@googlemail.com](mailto:alzcned@googlemail.com)

When & Where: Mon - Fri 9.00am - 5.00pm as above

To provide emotional and social support. To give information and advice. To raise awareness of the need for services.

### **Alzheimer's Society - Derby**

Building 20, Mason's Place Business Park, Nottingham Road, Derby, DE21 6AQ  
Tel No. 01332 208845

When & Where: Varied

Carer's support group. Monthly Derby and South Derbyshire cafe's. Exercise and dance sessions held monthly in Derby. Plus arts and crafts group.

### **Alzheimer's Society - North West Derbyshire**

33/35 Union Road, New Mills, High Peak, SK22 3EL  
Tel No. 01663 749736

e-mail: [jmorris.alzheimers@tiscali.co.uk](mailto:jmorris.alzheimers@tiscali.co.uk) Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

When & Where: Various Various

The Alzheimer cafe is a meeting place for people with dementia, their carers and families. It offers a relaxed social environment with information and support.

### **Amber Valley Association for Mental Health**

Suite 4A, Eastmill, Bridgefoot, Belper, DE56 2VA

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Tel No. 01773 599599 Fax: 01773 599512

e-mail: [enquiries@avamh.co.uk](mailto:enquiries@avamh.co.uk)

We are a social care charity providing professional support services to people experiencing mental ill health.

### **Amber Valley Council for Voluntary Services (CVS)**

Amber Valley CVS, Market Place, Ripley, Derbyshire, DE5 3HA

Tel No. 01773 512076 Fax: 01773 748688

e-mail: [admin@avcvs.org](mailto:admin@avcvs.org) Website: [www.avcvs.org](http://www.avcvs.org)

The CVS aims to be an 'umbrella' organisation for voluntary groups in the Amber Valley area by providing information and support where needed. The Volunteer Bureau recruits volunteers for work with local voluntary groups and members of the public.

### **Amber Valley Fresh Start**

Tel No. 01773 525012

NHS smoking cessation service for people who are ready to give up.

### **Amber Valley Mental Health Carers Drop-In**

Tel No. 01629 822337

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

When & Where: 1st Tues of each month 2.00-4.00pm The Croft, Slack Lane, Ripley  
Informal 'drop-in' support and information. Free light refreshments.

### **Amber Valley MH Day Service (The Croft)**

The Croft, Slack Lane, Ripley, Derbyshire, DE5 3HF

Tel No. 01773 513508 Helpline No. 0800 027 2127 Fax: 01773 515196

e-mail: [thecroft@rethink.org](mailto:thecroft@rethink.org) Website: [www.rethink.ork.uk](http://www.rethink.ork.uk)

When & Where: Mon - Fri 9am - 5.30pm National Office

Day service providing social groups, activity groups, drop-in, training, and access to education. Groups held include: Horticulture, Women's, Young Persons, Healthy/Independent living, Activity, Walking, Creative Art, Wednesday night social group.

### **Angels**

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

Tel No. 01332 362638

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

Affiliated to Laurens link - providing a bereavement support service for those who have lost someone through drug misuse.

### **Ashbourne Community Transport**

Trent Bus Depot, King Edward Street, Ashbourne, DE6 1BW

Tel No. 01335 300670 Fax: 01335 342 856

e-mail: [ashbourne.ct@tiscali.co.uk](mailto:ashbourne.ct@tiscali.co.uk)

When & Where: Anytime

Regular Dial-a-Bus and Group hire. Individual health journeys.

### **Ashbourne Volunteer Bureau**

The Ashbourne Centre, Dig Street, Ashbourne, Derbyshire, DE6 1GF

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Tel No. 01335 348602 Fax: 0845 8673751

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

When & Where: Mon-Fri 10am-1pm

Local charity set up to help disabled, elderly and disadvantaged people in Ashbourne and the surrounding villages. Driving, befriending, escorting and decorating. Promoting volunteering in Ashbourne and the Derbyshire Dales.

### **Asian Family Counselling Services**

Suite 51, Windmill Place, 2-4 Windmill Lane, Southall, Middlesex, UB2 4NJ

Tel No. 020 8571 3933 Fax: 020 8571 3933

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

When & Where: Office hours Mon-Fri 9.00am - 5.00pm. Suite 51, Windmill Place, 2-4 Windmill Lane, Southall, Middlesex.

The Asian Family Counselling Services provides counselling for Asian couples going through marital problems. Telephone counselling is provided for those who are outside London.

### **Asian Men & Women's Support Service – Derby**

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

Tel No. 01332 604098

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

### **Association for Post Natal Illness**

145 Dawes Road, Fulham, London, SW6 7BE

Tel No. 020 7386 0868 Fax: 020 7386 8885

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

A nationwide telephone support scheme for those with post natal depression and information and advice for sufferers and relatives.

### **Avert**

4 Brighton Road, Horsham, West Sussex, RH13 5BA

Tel No. 01403 210202 Fax: 01403 211001

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

When & Where: Web site 24 hours, information service 9-5 Mon-Fri.

An International HIV/Aids charity with the aim of AVERTing HIV/Aids worldwide.

### **AVP (Alternatives to Violence) Britain**

Grayston Centre, 28 Charles Square, London, N1 6HT

Tel No. 0207 324 4757

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

National network of volunteers running workshops for anyone who wants to find ways of resolving conflict without resorting to violence. Modest fees, reduced for those on low incomes.

### **Base III - Services for Young People**

Base III, 86 Saltergate, Chesterfield, S40 1LG

Tel No. 01246 206143 Fax: 01246 206138 e-mail: [mat.gould@chesterfieldroyal.nhs.uk](mailto:mat.gould@chesterfieldroyal.nhs.uk)

When & Where: 9am-5pm Mon- Fri Base III, 86 Saltergate, Chesterfield.

BASE III is a specialist drug and alcohol service for young people under 18 years of age living in Chesterfield and North East Derbyshire. The service is offered to young people who meet the criteria for Tier 3 Services and who live within the area.

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## **Belper Cottage Project**

Belper Cottage Project, 16 Chapel Street, Belper, Derbyshire, DE56 1AR

Tel No. 01773 880364

When & Where: Varied

Various groups: Alcoholics Anonymous; Anxiety & Depression Self Help Group; Child Contact Centre; Over 60's Lunch Club, Barnadoes.

## **Belper Self Help Group - Depression and Anxiety**

c/o The Cottage Project, 1b Chapel Street, Belper, Derby, DE56 1AR

When & Where: 1st and 3rd Thursday of every month 7-9pm, The Cottage, Chapel Street, Belper (Opposite the bus station).

The group provides mutual support encouragement and reassurance in an informal and friendly setting for those experiencing depression, anxiety and its related problems.

Family, friends, parents, carers are also welcome.

## **Benefits Enquiry Line**

Dept for Work and Pensions, 2nd Floor, Red Rose House, Lancaster Rd, Preston, PR1 1HB

Tel No. 0800 88 22 00 Helpline No. 0800 88 22 00

e-mail: BEL-Customer-Service@dwp.gsi.gov.uk [www.direct.gov.uk/disability-money](http://www.direct.gov.uk/disability-money)

Advice and information for disabled people and carers on the range of benefits available.

## **Bereaved Parents Support Group**

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

Tel No. 01773 827160 Fax: 01773 827160

e-mail: bj224@cam.ac.uk

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

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

## **Breakthru (Erewash Mental Health Association Limited)**

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

Tel No. 0115 946213

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

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

## **Bristol Crisis Service for Women**

PO Box 654, Bristol, BS99 1XH

Tel No. 0117 925 1119 Helpline No. 0117 925 1119

e-mail: bcsww@btconnect.com Website: [www.users.zetnet.co.uk/bcsww/](http://www.users.zetnet.co.uk/bcsww/)

When & Where: Helpline - Fri-Sat 9pm-12.30am, Sun 6pm-9pm

Bristol Crisis Service for women is a national voluntary organisation that supports women in emotional distress. Telephone counselling, information and training service relating to self injury.

## **British Association for Behavioural and Cognitive Psychotherapy**

Victoria Buildings 9-13 Silver Street, Bury, BL9 0EU

Tel No: 0161 797 4484 Fax: 0161 797 2670

e.mail: [babcp@babcp.com](mailto:babcp@babcp.com) Website: [www.babcp.com](http://www.babcp.com)

Produces a directory of accredited cognitive-behavioural practitioners.

## **British Association for Counselling & Psychotherapy**

BACP House, 15 St Johns Business Park, Lutterworth, Leicestershire, LE17 4HB

Tel No. 0870 443 5252 Fax: 0870 443 5161

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

Works with large and small organisations within the sector. Ranges from advising schools on how to set up a counselling service, assisting the NHS on service provision, working with voluntary agencies and supporting independent practitioners. A searchable directory of counsellors and therapists is available from the above address.

## **British Association for Sexual & Relationship Therapy**

B.A.S.R.T, PO Box 13686, London, SW20 92H

Tel No. 0208 5432707

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

BASRT is the national specialist charity for sexual and relationship therapy. We provide lists of therapists, training etc.

## **British Association for Supported Employment**

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

BASE is a membership organisation for supported employment agencies and supported businesses in the UK. This site gives a wide range of information and services to our members and others interested in supported employment.

## **British Association of Anger Management**

Tel No. 0845 1300286 Helpline No. 0845 1300286

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

We are the only UK centre of expertise for all aspects of anger and conflict management. We offer support, programmes and training for the general public, children and teenagers, government bodies, corporations, educational sector, H.R. etc.

## **British Epilepsy Association**

Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY

Tel No. 0113 210 8800 Helpline No. 0808 800 5050 Fax: 0113 391 0300

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

When & Where: 9.00am - 4.30 pm Mon - Thurs. Fri until 4.00pm

The British Epilepsy Association has local branches offering advice and help on epilepsy. Information on medical care, drugs, pregnancy etc. Advice on social issues eg. driving, education etc. Full time professional advice. Letter contact if preferred.

## **British Pregnancy Advisory Service**

4th Floor, Amec House, Timothy's Bridge Road, Stratford-upon-Avon, CV37 9BF

Tel No. 01564 793225 Admin Helpline No. 0845 730 40 30 Fax: 01564 794935

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

BPAS is a charity offering information, counselling, treatment and a range of services linked with unwanted pregnancy and contraception.

## **British Psychological Society**

Website: [www.bps.org](http://www.bps.org)

A searchable directory of Chartered Psychologists offering services to the public. Includes details as to their areas of specialism and qualifications and a register of Psychologists specialising in psychotherapy.

## **British Red Cross Derbyshire Branch**

Red Cross House, Matlock Green, Matlock, Derbyshire, DE4 3EG

Tel No. 01629 582171 Fax: 01629 57588

When & Where: Amber Valley and Erewash Area

First Aid at local events; transport and escort; medical loan; therapeutic care; international message & tracing; youth work; home from hospital etc.

## **British Red Cross Mental Health Support Services (Older People)**

Heanor Health Centre, Wilmot Street, Heanor, Derbyshire, DE75 7EF

Tel No. 01773 718798

When & Where: Social Groups - Mondays (Belper) Alt Fridays (Ilkeston Aston Court and Happyvale Long Eaton).

Voluntary community mental health support. One to one volunteer visiting and two social groups. Dementia respite support service, up to four hours respite. Sessions with a trained care/support worker.

## **Brook**

421 Highgate Studios, 53-79 Highgate Road, London, NW5 1TL

Tel No. 020 7284 6040 Admin Helpline No. 0800 0185 023 Fax: 020 7284 6050

e-mail: [admin@brookcentres.org.uk](mailto:admin@brookcentres.org.uk) Website: [www.brook.org.uk](http://www.brook.org.uk)

When & Where: Mon - Fri 9.00am-5.00pm

Brook Advisory Centres (commonly known just as Brook) is the only national voluntary sector provider of free and confidential sexual health advice and services specifically for young people under 25. Brook is a registered charity.

## **Bullying Helpline Kidscape**

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

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

When & Where: Helpline available Monday to Friday 10am - 4pm

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key.

## **Buxton Job Centre Plus**

84 - 86 Spring Gardens, Buxton, Derbyshire, SK17 6BU

Tel No. 01298 306900

Disability Employment Advisor, DEA, Job centre.

## **Buxton Women's Self Help Group**

The Grapevine Café, 15 Scarsdale Place, Buxton, SK17 6ES

Tel No. 07976569323 Website: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

When & Where: Every Wednesday 10am-12noon The Grapevine Café, Buxton.

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Women's self help group to support and help all, especially people who have had or are suffering from mental health distress.

### **CAMTAD (Campaign for Tackling Acquired Deafness)**

Entrance C Derby Royal Infirmary, Osmaston Road, Derby, DE1 2RG

Tel No. 01332 224700 X4737/8 Fax: 01332 295653

e-mail: [camtad@camtad.org](mailto:camtad@camtad.org)

When & Where: Entrance C Derby Royal Infirmary

Outreach Clinic for NHS hearing aid users, provide new batteries, cleaning and retubing.

Demonstration of equipment to use with hearing aids. Ethnic minority hearing aid user clinics. Visits to residential and nursing homes. Home visits.

### **\* Carers Forums see under**

North Derbyshire Forum for Mental Health Carers

Derby City and South Derbyshire Mental Health Carers Forum

### **Carers Sitting Service**

56 Elmton Road, Creswell, Worksop, Notts, S80 4JE

Tel No. 01909 723095 Fax: 01909 723095

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

When & Where: Mon - Sun 9am - 9pm

The carers sitting service provides short spells of respite for carers in their own home.

We look after the cared for, whilst their carer has a well earned rest.

### **Carers UK**

Ruth Pitter House, 20-25 Glasshouse Yard, London, EC1A 4JT

Tel No. 020 7490 8818 Helpline No. 0808 808 7777 Fax: 020 7490 8824

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

When & Where: CarersLine Weds & Thurs 10am - 12pm and 2pm - 4pm

We provide information and advice on all aspects of caring to both carers and professionals. Our network of offices and branches and individuals offer support to carers and provide vital feedback on local practices and policies towards carers.

### **Carrgomm Housing Association**

Duke House, 6-12 Tabard Street, London, SE1 4JU

Tel No. 020 7397 5300 Fax: 020 7397 5301

e-mail: [info@carr-gomm.org.uk](mailto:info@carr-gomm.org.uk) Website: [www.carrgomm.org.uk](http://www.carrgomm.org.uk)

When & Where: 9am - 5pm

Providing supported accommodation for individuals with a range of needs. We have 2 schemes in Chesterfield, a shared house for 6 tenants and 6 self contained flats.

### **Chesterfield & District Shopmobility**

Ground Floor, Multi-Storey Car Park, 1 New Beetwell St, Chesterfield, S40 1QR

Tel No. 01246 559331 Fax: 01246 559328

When & Where: Daily 8.30am-4.30pm Ground Floor Multi-storey Car park, 1 New Beetwell Street - Has a fleet of scooters, manual and powered wheelchairs available to give people with mobility difficulties (temporary or permanent) access to the facilities of Chesterfield. Also in other towns. Short and long term loans (e.g. for holidays, or at home).

## **Chesterfield Community Transport**

Chesterfield Community Transport, CSG Building, New Street, Chesterfield, S40 2JZ  
Tel No. 01246 209668 Fax: 01246 209668

When & Where: 8am - 5pm plus evenings and weekends

Has a team of paid volunteer drivers to transport disabled people. For Clowne area Tel Jill Meads 01246 573040, Bakewell 01629 814889, Glossop - 01457 861635. Useful for elderly and disabled people & groups, and community organisations.

## **Chesterfield Day Services - Rethink**

Suite 2b, 6-8 Corporation St, Chesterfield, S41 7TP

Tel No. 01246 232465 Helpline No. 020 8974 6814 Fax: 01246 201959

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

When & Where: Mon, Weds, Thurs, 10-4, Tues, Fri 1-4pm 6-8 Corporation St.

The service offers educational, vocational and recreational groups, all of which run from a building base, as well as in the community. We actively encourage self help, and support individuals in the process of setting up such groups.

## **Chesterfield Muslim Association**

29 Newbold Road, Chesterfield

Tel No. 01246 277284

When & Where: Monday - Friday 9am - 5pm

Immigration, social health, recreational, educational, benefits advice and interpretation service.

## **Chesterfield Law Centre**

44 Park Road, Chesterfield, Derbyshire, S40 1XZ

Tel No. 01246 550674 Fax: 01246 551069

e-mail: [clc@chesterfieldlawcentre.org.uk](mailto:clc@chesterfieldlawcentre.org.uk) Website: [www.lawcentres.org.uk](http://www.lawcentres.org.uk)

When & Where: Tues 5pm - 7.30pm and Fri 9.30am -12.30pm at the Law Centre.

Specialist legal advice and representation on housing, employment, immigration, civil liberties issues and community care law. Initial legal advice on any subject. Daily telephone advice. Leaflet available. Minicom No: 01246 204570.

## **Chevin Housing Association**

2 Carbrook Street, Carbrook, Sheffield, S9 2JE.

Tel No. 0845 270 1088 Fax: 0114 244 8000

e-mail: [enquiry@chevinha.co.uk](mailto:enquiry@chevinha.co.uk) Website: [www.chantry-hsg.co.uk](http://www.chantry-hsg.co.uk)

When & Where: 9-5 Monday - Friday

The provision of rented accommodation for those people in housing need.

## **Childline**

Western House, 42 Curtain Road, London, EC2A 3NH

Tel No. 020 7825 2500 Helpline No. 0808 800 5000 Fax: 020 7825 2525

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

When & Where: 24 hours a day

The helpline is mainly for children and young people and can help with any kind of problem, including child abuse. You can also ring them if you are worried about a friend.

You can also write to: Freepost 1111, London N1 0BR.

## **Children First Derby**

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Children First Derby, 13 Leopold Street, Derby, DE1 2HE  
Tel No. 01332 341516 Fax: 01332 720637  
e-mail: [childrenfirst@care4free.net](mailto:childrenfirst@care4free.net) Website: [www.childrenfirstderby.co.uk](http://www.childrenfirstderby.co.uk)  
When & Where: 10.00am-5.00pm Mon to Fri own home or clients home  
Trained volunteer befrienders visit parents in their own homes to offer emotional support at times of stress or crisis. The parents may have a wide range of issues including depression or anxiety.

### **Children's Legal Centre**

University of Essex, Wivenhoe Park, Colchester, Essex, CO4 3SQ  
Tel No. 01206 872 466 Fax: 01206 874 026  
e-mail: [clc@essex.ac.uk](mailto:clc@essex.ac.uk) Website: [www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)  
When & Where: Mon-Fri 10am - 12.30pm, 2pm - 4.30pm  
The Children's Legal Centre provides a free legal advice service by letter, telephone and email for children and those with concerns about them. Also produces a range of publications including 'Childright', a monthly journal.

### **Chinese Mental Health Association**

2nd Floor, Zenith House, 155 Curtain Road, London, EC2A 3QY  
Tel No. 020 7613 1008 Helpline No. 0845 122 8660 Fax: 020 7739 6577  
e-mail: [info@cmha.org.uk](mailto:info@cmha.org.uk) Website: [www.cmha.org.uk](http://www.cmha.org.uk)  
The Chinese Mental Health Association (CMHA) specialises in providing community based mental health assistance and support to the ever growing Chinese community in the United Kingdom.

### **Citizens Advice Bureau - Ashbourne**

36 Church Street, Ashbourne, Derbyshire, DE6 1AE  
Tel No. 01335 346873  
e-mail: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
When & Where: 10am-1pm Monday

### **Citizens Advice Bureau - Chesterfield**

C.A.B. 6-8 Broad Pavement, Chesterfield, Derbyshire, S40 1RP  
Tel No. 01246 209164  
When & Where: Mon, Tues, Fri 10am - 3.30pm Wed, Thurs 10am -12.30 at 6 - 8 Broad Pavement  
Advice, information and support are available for anyone with problems concerning welfare benefits, housing, employment/redundancy, money, consumer and legal rights, family/neighbour disputes.

### **Citizens Advice Bureau - Derby**

Progressive Buildings, Sitwell Street, Derby, DE1 2JT  
Tel No. 01332 343873 Helpline No. 0870 126 4860 Fax: 01332 291310  
e-mail: [bureau@derbycab.org.uk](mailto:bureau@derbycab.org.uk) Website: [www.derbycab.org.uk](http://www.derbycab.org.uk)  
When & Where: CAB open Mon-Thurs 9.30-1.15 Fri 9.30-12.30  
A free, impartial, confidential and independent advice service for all sections of the Derby community on a variety of areas including - welfare benefits, debt, housing, employment, consumer, immigration, public law and family.

### **Citizens Advice Bureau - Dronfield**

C.A.B., The Peel Centre, High Street, Dronfield, S18 6PY  
Tel No. 0844 848 9800 Lines Open Mon – Fri 10am – 2pm  
When & Where: Mon and Thurs 10am - 2pm The Peel Centre, Dronfield.  
Give general advice, information, and support available for anyone with problems relating to housing, welfare benefits, employment/redundancy, money consumer and legal rights, family and neighbour disputes and many other matters.

### **Citizens Advice Bureau - Eckington**

C.A.B. Eckington Library, Market Street, Eckington  
Tel No. 0844 8489800 Lines Open Mon – Fri 10am – 2pm  
When & Where: Tues and Fri 10am - 2pm Eckington Library  
Advice, information, and support available for anyone with problems concerning housing, welfare benefits, employment/redundancy, money, consumer and legal rights, disputes etc.

### **Citizens Advice Bureau - Erewash**

62 South Street, Ilkeston, Derby, DE7 5QJ  
Tel No. 0870 121 2028 Fax: 0115 944 1794  
When & Where: Mon, Thurs, Fri 9.30-1pm.

### **Citizens Advice Bureau - High Peak**

26 Spring Gardens, Buxton, SK17 6DE  
Tel No. 01298 214550 Fax: 01298 214 558  
Operates advice clinics in Glossop, Buxton, New Mills etc.

### **Citizens Advice Bureau - Mid Derbyshire**

Citizens Advice Bureau, 29 Bank Road, Matlock, DE4 3NF  
Tel No. 01629 583539 Fax: 01629 583539  
e-mail: [admin@md.cabnet.org.uk](mailto:admin@md.cabnet.org.uk)  
When & Where: Mon/Tues/Fri 10am-2pm, Thurs 10am-12, 6.30pm-8.30pm Matlock  
To ensure individuals do not suffer through ignorance of their rights and responsibilities or of the service available. Advice session - open door policy at Matlock.

### **Citizens Advice Bureau - N E Derbyshire**

C.A.B., 126 High Street, Clay Cross, Chesterfield, Derbyshire, S45 9EE  
Tel No. 0844 848 9800 Fax: 01246 866206  
e-mail: [mail@nedcab.org.uk](mailto:mail@nedcab.org.uk) Website: [www.ned-cab.org.uk](http://www.ned-cab.org.uk)  
When & Where: Mon-Fri 10am - 2pm. 126 High Street Clay Cross.  
Advice, information and support are available for anyone with problems concerning housing, welfare benefits, employment/redundancy, money, consumer, and legal rights, family and neighbour disputes etc.

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

48 Grove Street, Swadlincote, Derbyshire, DE11 9DD  
Tel No. 01283 210107 Fax: 01283 210108  
Website: [www.southderbyshirecab.org.uk](http://www.southderbyshirecab.org.uk)  
Free confidential, impartial and independent advice and information on a wide range of subjects.

### **College - Chesterfield**

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Chesterfield College, Infirmary Road, Chesterfield, S41 7NG  
Tel No. 01246 500500 Fax: 01246 500585  
e-mail: [advice@chesterfield.ac.uk](mailto:advice@chesterfield.ac.uk) Website: [www.chesterfield.ac.uk](http://www.chesterfield.ac.uk)  
When & Where: Various Chesterfield College, Tapton House and Clowne Campus.  
Wide range of vocational courses, both full-time and part-time. Leaflet available.

### **College - Hope Valley**

Hope Valley College, Castleton Road, Hope Valley, S33 6SD  
Tel No. 01433 620555  
Website: [www.hvcollege.net](http://www.hvcollege.net)  
When & Where: Day and evenings per week in term time.  
Offer a range of classes. All enquiries welcome.

### **College of Occupational Therapists**

106-114 Borough High Street, Southwark, London, SE1 1LB  
Tel No. 020 7357 6480  
Website: [www.cot.org.uk](http://www.cot.org.uk)  
The British Association/College of Occupational Therapists is the professional body for occupational therapy staff in the UK. The web-site includes useful information and publications.

### **Combat Stress**

Head Office, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX  
Tel No. 01372 841600 Fax: 01372 841601  
e-mail: [contactus@combatstress.org.uk](mailto:contactus@combatstress.org.uk) Website: [www.combatstress.org.uk](http://www.combatstress.org.uk)  
The ex-services mental welfare society, offers assistance to veterans experiencing combat related mental distress, including post-traumatic stress disorder.

### **Commission for Equality and Human Rights**

Kingsgate House, 66-74 Victoria House, London, SW1E 6SW  
Tel No. 020 7215 8415 Fax: 020 7828 4587  
e-mail: [commissionersoffice@cehr.org.uk](mailto:commissionersoffice@cehr.org.uk) Website: [www.cehr.org.uk](http://www.cehr.org.uk)  
The new commission will be a non-departmental public body and independent influential champion, whose purpose is to reduce inequality, eliminate discrimination, strengthen good relations between people and protect human rights.

### **Commission for Social Care Inspection (CSCI)**

Tel No: 0845 015 0120  
e-mail: [enquiries@csi.gsi.gov.uk](mailto:enquiries@csi.gsi.gov.uk) Website: [www.csci.org.uk/](http://www.csci.org.uk/)  
We regulate, inspect and review all adult social care services in the public, private, and voluntary sectors in England. We give a star rating to councils and, from 2008, a quality rating to care services.

### **Communication Unlimited (CW)**

Flat 1, Perth House, Athlone Close, Chaddesden, Derby, DE214BP  
Tel No. 01332 369920 Fax: 01332 369459  
e-mail: [comunli@aol.com](mailto:comunli@aol.com) Website: [www.communicationunlimited.co.uk](http://www.communicationunlimited.co.uk)  
The provision of quality communication services for people in Derby and Derbyshire who are deaf or who have hearing, sight, speech or manual dexterity problems.

## **Community Legal Service**

Tel No. 0800 0856 643 Helpline No. 0845 345 4 345

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

When & Where: Mon-Fri 9-5

If you live in England or Wales and want free high-quality legal information to help you deal with your legal problems, Community Legal Service Direct (CLS Direct) can help.

## **Community Transport in Derbyshire**

Derbyshire County Council, County Hall, Matlock, Derbyshire, DE4 3AG

Tel No. 01629 580000 x 6743 Helpline No. 08456 058 058

e-mail: [public.transport@derbyshire.gov.uk](mailto:public.transport@derbyshire.gov.uk) Website: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

When & Where: Variable

Various schemes available contact Ripley 01773 746652, Bakewell 01629 814889, Chesterfield 01246 209668, Clowne 01246 573040, Derby 01332 380738, Erewash 0115 9309134, Glossop 01457 861635, Swadlincote 01283 550764, Ashbourne 01335 300670.

## **Compassionate Friends**

53 North Street, Bristol, BS3 1EN

Tel No. 0845 120 3785 Admin Helpline No. 0845 123 2304 Fax: 0845 120 3786

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

When & Where: Helpline daily 10.00am - 4pm, 6.30 - 10.30pm

Support and friendship, personal, telephone, group support for families when a child has died of any cause and at any age from similarly bereaved.

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

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

Tel No: 01332 363381 Fax: 01332 298345

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

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

## **Condition Management Programme - Chesterfield**

6-8 Corporation St, Chesterfield, S41 7TP

Tel No. 01246 221076 Helpline No. 020 8974 6814 Fax: 01246 221076

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

When & Where: Mon-Fri 9-5

The Condition Management Programme is available to incapacity benefit claimants, providing confidence-building groups in preparation for returning to employment.

## **CONI - Care of Next Infant**

Room C1, Stephenson Wing, Sheffield Children's Hospital, Western Bank, Sheffield Tel No. 0114 276 6452

e-mail: [Coni@sheffield.ac.uk](mailto:Coni@sheffield.ac.uk)

CONI is a programme used by hospitals and community health services to provide practical help and professional support, for every family with their subsequent babies after a cot death.

## **Connexions**

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Park Road, Ripley, Derbyshire, DE5 3EF  
Tel No. 01773 570 939 Helpline No. 0800 269 468 Fax: 01773 570 865  
Website: [www.connexions-derbyshire.org](http://www.connexions-derbyshire.org)  
When & Where: 9 - 5 Mon - Fri  
Service for 13-19 year olds. Personal advisors give information, advice and practical help with anything affecting school, college, work, personal or family life.

### **Contact - Bakewell**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE  
Tel No. 01629 580935  
Website: [www.federationmentalhealth.co.uk](http://www.federationmentalhealth.co.uk)  
When & Where: Monday 8.00 - 9.30 Stanton Day Unit, Newholme Hospital, Bakewell, DE45 1AD  
A self help group discussing problems, games, general companionship.

### **Cotmanhay Enterprise Centre (Erewash Partnership)**

Bennerley Avenue, Cotmanhay, Ilkeston, Derbyshire  
Tel No. 0115 932 8792  
e-mail: [info@erewash-partnership.com](mailto:info@erewash-partnership.com) Education and training courses, careers and job advice, particularly for residents of Cotmanhay.

### **Council for Information on Tranquilisers and Antidepressants (CITA)**

The JDI Centre, 3-11 Mersey View, Waterloo, Liverpool, L22 6QA  
Tel No. 0151 474 9626 Admin Helpline No. 0151 932 0102 Fax: 0151 284 8324  
e-mail: [CITA@Blueyonder.co.uk](mailto:CITA@Blueyonder.co.uk) Website: [www.citawithdrawal.org.uk](http://www.citawithdrawal.org.uk)  
When & Where: Helpline 10am -1pm, Mon – Fri.  
CITA seeks to raise awareness in society of the problems of prescribed drug addiction ie. sleeping pills and antidepressants. It does this by using the media, training workshops, conferences, meetings and literature.

### **Counsel and Care**

Twyman House, 16 Bonny Street. London, NW1 9PG  
Tel No. 020 7241 8555 Helpline No. 0845 300 7585 Fax: 020 7267 6877  
e-mail: [advice@counselandcare.org.uk](mailto:advice@counselandcare.org.uk) Website: [www.counselandcare.org.uk](http://www.counselandcare.org.uk)  
When & Where: Mon - Fri 9 am - 5pm  
National advice service providing advice, information, advocacy and casework for older people and their carers.

### **Counsellors in Primary Care (CPC)**

Queensway, Bognor Regis, West Sussex, PO21 1QT  
Tel No. 01243 870701 Fax: 01243 870702  
e-mail: [cpc@cpc-online.co.uk](mailto:cpc@cpc-online.co.uk) Website: [www.cpc-online.co.uk](http://www.cpc-online.co.uk)  
When & Where: Monday - Friday 9.00am - 5.00pm  
Members are counsellors who work in primary care and who meet defined standards of training and practice.

### **Countryside Agency - Walking for Health**

Natural England, Block 7, Government Buildings, Chalfont Drive, Nottingham NG8 3SN  
Tel No. 0115 929 1191 Fax: 01949 876222

e-mail: dawn.griffiths@naturalengland.org.uk Website: [www.whi.org.uk](http://www.whi.org.uk)  
Walking is set to play a bigger role in creating a healthier nation. This new initiative aims to get more people involved who take little exercise or live in areas of poor health. Find a walk near you.

### **CPA Association**

CPA Service, The Lodge, Walton Hospital, Chesterfield, S40 3HW

Tel No. 01246-515975 Fax: 01246 515976

e-mail: cpa.association@derbysmhservices.nhs.uk Website: [www.cpaa.org.uk](http://www.cpaa.org.uk)

When & Where: Office Hours

The Care Programme Approach Association (CPAA) has been established to support the implementation, operation, and development of the Care Programme Approach. It provides an update on new policy initiatives, a national network, publications and videos, etc.

### **Craft Group**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

e-mail: mainoffice@federationmentalhealth.co.uk

Website: [www.federationmentalhealth.co.uk](http://www.federationmentalhealth.co.uk)

When & Where: Wednesday 1.30pm - 3.00pm Ernest Bailey Community Centre

Self help group where members can try out various craft activities.

### **Crossroads Caring for Carers**

10 Regent Place, Rugby, CV21 2PN

Tel No. 0845 450 0350 Helpline No. 0845 450 6555 Fax: 0845 450 6556

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

A Crossroads service is about giving time and improving the lives of carers by giving them time to be themselves and have a break from their caring responsibilities. Our aim is to provide a reliable service, tailored to meet the needs of each carer.

### **Crossroads (Derby, South Derbyshire & Erewash)**

Room19, Rosehill Business Centre, Normanton Road, Derby, DE23 6RH

Tel No. 01332 344448 Fax: 01332 344462

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

To relieve stresses experienced by carers, children and adults, who have needs as a result of disability, illness or age by offering a respite service through the provision of community based support workers in Derby City and South Derbyshire.

### **Crossroads (Derbyshire North East)**

Chesterfield Miners Welfare, Chester St, Ashgate, Chesterfield, S40 1DL

Tel No. 01246 557541 Fax: 01246 559883

e-mail: crossroadscaring@aol.com Website: [www.crossroads.org.uk/106](http://www.crossroads.org.uk/106)

When & Where: Flexible working hours. 24/7 Office open 9am-2pm

Registered charity providing a trained care worker to go into private homes in the local community to provide relief, support and respite to carers, enabling them to maintain a family member or friend with a physical/mental health problem at home.

### **Crossroads Caring for Carers (Derbyshire Dales)**

Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD

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Tel No. 01629 812664

e-mail: [derbydalesxrds@tiscali.co.uk](mailto:derbydalesxrds@tiscali.co.uk) Website: [www.crossroads.org.uk](http://www.crossroads.org.uk)

When & Where: 24hr answering service.

Provide home-based practical relief and support for people who care for physically or mentally disabled adults, to relieve stress within the household, especially for the carer.

Provide care support workers as and when required.

### **Cruse Bereavement Care**

PO Box 800, Richmond, Surrey, TW9 1UR

Tel No. 020 8939 9530 Admin Helpline No. 0844 477 9400 Fax: 020 8940 1671

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

When & Where: Monday - Friday 9.30 - 5.00 Arranged between client and counsellor

The head office for Cruse which specialises in bereavement care. The aim of Cruse is primarily to offer counselling, literature and publications, which will help people through the natural process of grief.

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

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

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

When & Where: 24 Hour Helpline

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

### **Cruse Bereavement Care - Chesterfield/NE Derbys Branch**

8 Rose Hill, Chesterfield, Derbyshire, S40 1LW

Tel No. 01246 550080

When & Where: Mon 7-8pm and 8.15-9.15pm. Wed 6-7pm and 7-8pm at Rose Hill

Cruse Bereavement Care offers help to all bereaved people. Trained bereavement volunteers are available for regular one-to-one support at Rose Hill, other venues, or in your own home. Leaflets and books are also available to borrow or buy.

### **Cry-sis Support Group Helpline**

B M Cry-sis, London, WC1N 3XX

Tel No. 08451 228669

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

When & Where: 9am- 10pm.

Gives support emotionally and practically to parents of babies who cry incessantly.

Telephone 08451 228669 which will put you in touch with local groups in your area.

### **Day Care Group - Friendship Hall**

Social Services Office, 90 Southgate, Southgate House, Eckington, Sheffield

Tel No. 01246 348600 Fax: 01246 348601

When & Where: Thurs 10am - 2.30pm. Friendship Hall, Berry Avenue, Eckington

Open to all who need help socially, live alone or need transport. Luncheon club, social activities, bingo, raffles, pie and pea supper's, outings etc. Referrals through Duty System for day care assessment.

### **Day Care Group – Killamarsh**

Social Services Office, 90 Southgate, Southgate House, Eckington, Sheffield

Tel No. 01246 348600 Fax: 01246 348601

When & Where: Wednesdays 10.30am - 2.30pm. Nether Green Club, Killamarsh

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Lunch, bingo, raffles, outings, dominoes, cards and singalong etc. For over 60's who are lonely and need social contact. Referrals through Duty System for day care assessment.

## **Debt**

Tricorn House, 51-53 Hagley Rd, Edgbaston, Birmingham, B16 8TP  
Tel No. 0808 808 4000 Helpline No. 0808 808 4000 Fax: 0121 410 6230

Website: [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

When & Where: Mon-Fri 9.00am-9.00pm, Sat 9.30am-1.00pm

National Debtline is a national telephone helpline for people with debt problems. We give expert advice over the telephone and via email, send callers in debt a self help information pack free of charge. The service is free, confidential and independent.

## **Depression Alliance**

Suite 212, Spitfire Studios, 63-71 Collier Street, London, N1 9BE  
Helpline No. 0845 123 2320

e-mail: [information@depressionalliance.org](mailto:information@depressionalliance.org)

Website: [www.depressionalliance.org](http://www.depressionalliance.org)

Depression Alliance is a grassroots, member-led charity that provides information and services to people affected by depression. We campaign to raise awareness of this condition.

## **Derby & Derbyshire Parent Partnership Service**

Community Centre, Schoolboard Lane, Brampton, Chesterfield S40 1DD  
Tel No. 01246 273154 Helpline No. 01246 273154 Fax: 01246 273155

E-mail: [parent-partnership@derbyshire.gov.uk](mailto:parent-partnership@derbyshire.gov.uk)

Website: [www.derbyshireparentpartnership.co.uk](http://www.derbyshireparentpartnership.co.uk)

When & Where Mon – Fri 9am – 5pm

Free, confidential impartial help, advice and support for parents and carers of vulnerable children and young people.

## **Derby Access Group**

PO Box 643, Derby, DE1 1TL

Tel No. 0870 774 3789

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

When & Where: Minicom: 01332 368585

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

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

198 - 200 Village Street, Derby, DE23 8DE

Tel No. 01332 711373 Fax: 01332 711373

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

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

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

## **Derby Asian Women's Training Association**

293 Normanton Road, Derby, Derbyshire, DE23 6UU

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Tel No. 01332 363179 Fax: 01332 363179

When & Where: Mon - Thur 9-3.30pm, some evenings - ring to check

Providing educational and training opportunities for all women. Works in partnership with local colleges.

## **Derby City and South Derbyshire Mental Health Carers Forum**

Tel No. 07731 554300

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

When & Where: Meetings third Friday of each month 12.00 to 2 p.m. DACP, 3rd floor, St Peters House, Gower Street, Derby

Derbyshire Mental Health Carers is a voluntary self help group and the members are all carers. We can offer advice, or if not we can signpost you to someone who can. We can also help you to become involved in the treatment of the person you care for.

## **Derby City Mission (Elderly Care Project)**

Derby City Mission, 32 Quarn Drive, Allestree, Derby, DE22 2NQ

Tel No. 01332 606489

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

'TEATIME' meets weekly every Tuesday from 2.00pm-4.00pm at the above address. It provides a friendly, social activity for the elderly, crafts, quizzes, keep-fit, sing-a-long, bible studies, are just some of the activities.

## **Derby City Partnership Board for People with Learning Disabilities**

Derbyshire Advocacy Service, 3<sup>rd</sup> Floor Kelvin House, London Road, Derby

Tel No. 01332 206505

e-mail: [derbyshireadv@btconnect.com](mailto:derbyshireadv@btconnect.com) Website: [www.derby4all.net](http://www.derby4all.net)

When & Where: Bi Monthly - Revive Health Living Centre

Supporting 'Valuing People Now' Monitoring and ensuring people with learning disabilities are supported and services provided

## **Derby Community Transport**

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

Tel No. 01332 293544 Fax: 01332 203525

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

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

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

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

75 Osmaston Road, Derby, DE1 2JH

Tel No. 01332 366863

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

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

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

## **Derby CVS**

4 Charnwood Street, Derby, DE1 2GT

Tel No. 01332 346266 Fax: 01332 205069

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

When & Where: Mon-Thurs 8.30am-5pm Fri 8.30am-4.30pm Derby CVS supports voluntary and community organisations in Derby. Through: capacity building; recruiting and placing volunteers; training and vocational development and promoting consultation & policy involvement.

## **Derby CVS Volunteer Bureau**

4 Charnwood Street, Derby, DE1 2GT

Tel No. 01332 342272 Fax: 013332 205069

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

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

## **Derby Depression Club**

46 Sancroft Road, Spondon, Derby, DE21 7EV

Tel No. 07891 801467

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

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

Self help group for sufferers of anxiety/depression.

## **Derby Furniture Project**

The Old Pattern Shop, Atlas Works, Litchurch Lane, Derby, DE24 8AA

Tel No. 01332 291121 Fax: 01332 203962

Website: [www.derbyfurnitureproject.co.uk](http://www.derbyfurnitureproject.co.uk)

We are here to help people in need within the Derby (UK) area by providing good quality, recycled essential furniture, electrical goods, bedding and clothing.

## **Derby Housing (National Schizophrenia Fellowship)**

18 St Marks Road, Chaddesdon, Derby, DE21 6AH

Tel No. 01332 367105

We provide low level supported housing in Derby and medium level supported housing in Ashbourne. Accommodation for individuals suffering severe and enduring mental ill health. Each tenant has a support worker, which helps them to live independently in the community.

## **Derby Law Centre**

Balcony B5, The Market Hall, Derby, DE1 2DB

Tel No. 01332 344 557 Fax: 01332 614 755

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

When & Where: Balcony B5, Market Hall, Derby

Derby Law Centre was established in April 1996 to provide a free specialist legal service and to increase awareness of legal rights to Derby's most disadvantaged residents.

## **Derby Night Shelter**

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Glad Tidings Hall, 33 Boyer St, Derby, DE22 3TB  
Tel No. 01332 296952

When & Where: 8.45 pm Glad Tidings Hall, 33 Boyer St., Derby  
In 2002 we responded to pleas from Derby's homeless people and opened a much-needed direct access Night Shelter, which gave the homeless community an emergency shelter for the first time in Derby's history.

### **Derby Shopmobility**

Westfield Derby Basement Car Park, 31 Morledge, Derby, DE1 2AW  
Tel No. 01332 200320

When & Where: Monday-Saturday 9.30am-4.30pm

The service supplies the free loan of battery-powered scooters and electric and manual wheelchairs to enable people with mobility difficulties to get around Derby. Advance booking is recommended.

### **Derby Women's Centre**

4 Leopold Street, Derby, DE1 2HE

Tel No. 01332 341633 Fax: 01332 341633

e-mail: [derbywomcentre@Aol.com](mailto:derbywomcentre@Aol.com) Website: [www.derbywomenscentre.org.uk](http://www.derbywomenscentre.org.uk)

When & Where: Mon - Thurs 9.30am -5pm, Fri 9.30am - 4pm.

An advice information and support centre for women. We offer counselling, therapies, support, pregnancy testing, legal advice, smoking cessation, art groups.

### **Derbyshire Advocacy Service**

Tel No. 01332 206505

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

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

Advocacy support for people with learning disabilities throughout Derbyshire.

### **Derbyshire and Derby City Young Carers Service**

32a Newbold Road, Chesterfield, Derbyshire, S41 7PH Tel No. 01246 207752, and  
3 Leopold St, Derby, DE1 2HE Tel No: 01332 370430

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

When & Where: Flexible

The young carers service works holistically with young people under 18 years of age who have significant and regular caring responsibilities for another person.

### **Derbyshire Appropriate Adult Service**

Unit 1, Penmore House Precinct, Hasland, Chesterfield, S40 0SJ

Tel No. 01246 204715 Fax: 01246 204715

e-mail: [approadults@aol.com](mailto:approadults@aol.com) Website: [www.daas.org.uk](http://www.daas.org.uk)

When & Where: 8am to midnight 365 days a year, all Police stations in Derbyshire.

DAAS provide appropriate adults for vulnerable adults detained in police custody - appropriate adults are there to ensure the rights of V.A.'s as per the police & criminal evidence Act 1984.

### **Derbyshire Association for the Blind**

DAB, 65 Nottingham Road, Derby, DE1 3QS

Tel No. 01332 292262 Helpline No. 07071 881399 Fax: 01332 292262

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

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When & Where: Various

We exist to enable people with sight problems to live independently and with dignity.

### **Derbyshire Autism Services Group**

DASG., 28d High Street, Ripley, Derbyshire, DE5 3HH

Tel No. 01773 741221 Fax: 01773 741220

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

A parent led, parent run, voluntary group. Includes befriending schemes, family support, parent and local groups, short breaks and respite, social groups and social skills.

### **Derbyshire Carers Association**

White House, The Willows, Slack Lane, Ripley, Derbyshire, DE5 3HF

Tel No. 01773 743355 Helpline No. 01332 364444 Fax: 01773 512288

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

When & Where: Vary. Offices throughout county and city

Derbyshire Carers Association offers help and support both on an individual basis through self help to anyone who cares for a relative or friend, young or old, who is disabled due to physical or mental impairment, or by old age.

### **Derbyshire Carers Association - Bolsover - Chesterfield and North East**

Derwent House, Ulverston Road, Newbold, Chesterfield, Derbyshire S41 8EW

Tel No. 01246 222373

When & Where: Telephone for details.

Advice, support, advocacy, signposting. Liaising with other groups, social events, carers forums.

### **Derbyshire Carers Association - Buxton Group**

Carers Association, Jubilee House, 81 Jubilee St, New Mills, High Peak, SK23 4PA

Tel No. 01663 745500

When & Where: Various. For information please telephone

Buxton and Chapel en le Frith Carers groups.

### **Derbyshire Carers Association - Derbyshire Dales**

Derbyshire Carers Association, North Lodge, Newholme Hospital, Bakewell

Tel No. 01629 812132 Helpline No. 01629 812132

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

When & Where: For details please ring

Advice/support groups.

### **Derbyshire Carers Association (Erewash)**

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

Tel No. 0115 9468881

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

When & Where: 9.30am - 5.00pm Weekdays

Support for carers throughout Derbyshire by offering advice and support.

### **Derbyshire Carers Association (Glossop)**

Shirehill Hospital, Bute Street, Old Glossop, Derbyshire, SK13 9PZ

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Tel No. 01457 858383

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

When & Where: 9.30am - 5.00pm Weekdays

Support carers throughout Derbyshire by offering advice and support.

### **Derbyshire Coalition for Inclusive Living (DCIL)**

Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 740246 Fax: 01773 570185

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

When & Where: 9am to 5pm

DCIL is an organisation of disabled people. It works to apply disabled peoples own ideas and experience to developing services and public policies. Disabled People Information Service, Peer Counselling Service, Personal Support Service.

### **Derbyshire County Stop Smoking Service**

Tel No. 0800 0852299

When & Where: Chesterfield, Clay Cross, Eyam, Tibshelf, Buxton, New Mills, Shirebrook, Bolsover, Staveley, etc.

Ring for information about times and venues for support to stop smoking.

### **Derbyshire Dales Community Support Group**

Hannage Brook Medical Centre, Hannage Way, Wirksworth, DE4 4DZ

Tel No. 01629 825170

Support group for people with a mental health illness.

### **Derbyshire Drug and Alcohol Action Team (DAAT)**

Tel No. 01629 580000 x 7236 Website: [www.saferderbyshire.gov.uk](http://www.saferderbyshire.gov.uk)

The DAAT is a county 'umbrella' organisation which commissions and co-ordinates all substance misuse services. The DAAT can provide signposting to all appropriate agencies and services.

### **Derbyshire Federation for Mental Health**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

Website: [www.federationmentalhealth.co.uk](http://www.federationmentalhealth.co.uk)

When & Where: Office hours Mon-Fri, 9-5 Ernest Bailey Community Centre & venue agreed with service user including own home

To support people in the community before and after stays in hospital and during personal crisis. We listen, encourage and talk to individuals, suggest ideas to improve lifestyle, achieve goals. Leaflet available.

### **Derbyshire Housing Aid**

Community Legal Advice Centre, Phoenix Street, Derby, DE1 2ER

Tel No. 01332 287850 Fax: 01332 287863

e-mail: [emma.taylor@housingaid.org.uk](mailto:emma.taylor@housingaid.org.uk)

Registered charity providing advice and advocacy on housing and debt issues. We also have supported shared housing schemes for homeless people who cover a certain criteria. We have a night shelter.

### **Derbyshire Mind Advocacy Service**

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Derbyshire Mind Advocacy Service, Kingsway Hospital, Derby, DE22 3LZ  
Tel No. 01332 623732

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

When & Where: Available Monday - Friday Kingsway Hospital and Heanor Health Centre

Derbyshire Mind Advocacy Service provides independent individual mental health advocacy. Support is offered in relation to a person's use of or wish to access mental health services. Aged 18 years and over.

### **Derbyshire Mind Rosehill Club**

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

Tel No. 01332 772300

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

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

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

### **Derbyshire Positive Support**

Derbyshire Positive Support. PO Box 124, Derby, DE1 9NZ

Tel No. 01332 204 020 Fax: 01332 332 107

When & Where: Monday - Friday 10am - 5pm. Drop-in Weds 10-5 Derby

A support group offering practical and emotional support for anyone infected/affected by HIV/AIDS. Training on prevention.

### **Derbyshire Rape Crisis**

Derbyshire Rape Crisis, PO Box 142, Derby, DE1 1XU

Tel No. 01332 342255 (Admin) Helpline: 01332 37 25 45

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

When & Where: Mon-Fri various times (by appointment)

We exist to counsel and support men, women and young people who have suffered rape, been sexually assaulted or abused, either by a stranger or someone they know, including a member of the family at any point of their life. Leaflet available.

### **Derbyshire Rural Community Council (DRCC)**

DRCC, Church Street, Wirksworth, Derbyshire, DE4 4EY

Tel No. 01629 824797 Fax: 01629 826053

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

The aim of DRCC is to promote rural issues and to ensure the well-being of the people who live and work in rural Derbyshire so that they are not unduly disadvantaged. A rural care development project is hosted by DRCC for Derbyshire Dales Southern parts.

### **Derbyshire Sexual Health Promotion Services**

The CASH Project, 4 Rose Hill, Chesterfield, S40 1LW

Tel No. 01246 559431

e-mail: [cash.project1@btconnect.com](mailto:cash.project1@btconnect.com)

When & Where: By Appointment The Cash Project, 4 Rose Hill, Chesterfield.

The Cash Project provides a range of services around sexual health to the general public, including specific support for the gay, lesbian and bisexual community of Derbyshire, and those people living with or affected by HIV/AIDS.

## **Derbyshire Tenancy Support**

The Old School House, Portland Rd, Langwith, NG20 9HB

Tel No. 01623 746572 Helpline No. 020 8974 6814 Fax: 01623 742000

e-mail: [bolsover.ned@rethink.org](mailto:bolsover.ned@rethink.org) Website: [www.rethink.org.uk](http://www.rethink.org.uk)

Derbyshire Tenancy Support offer Flexible, needs-led floating/tenancy support in service users' own homes to facilitate independence and recovery. Chesterfield and NE Derbyshire areas.

## **Derbyshire Unemployed Workers Centres**

Derbyshire Unemployed Workers, 54 Saltergate, Chesterfield, Derbyshire, S40 1JR

Tel No. 01246 231441 Fax: 01246 551529

e-mail: [info@duwc.org.uk](mailto:info@duwc.org.uk) Website: [www.shu.ac.uk/shucan/duwc/index.htm](http://www.shu.ac.uk/shucan/duwc/index.htm)

When & Where: Mon-Thurs 9 -12noon, 2 - 3.30, Fri 9-12noon

Welfare rights advice, advocacy and representation at tribunals.

## **Derbyshire Voice**

1 Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 744537

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

Derbyshire Voice are a charity that promotes and supports the views of mental health service receivers. We enable people to have real, meaningful involvement in the way that mental health services are both provided and developed throughout the county of Derbyshire.

## **Derbyshire Welfare Rights Service**

Long Close, Cemetary Lane, Ripley, Derbyshire, DE5 3HY

Tel No. 01773 728272 Helpline No. 0845 120 2985 Fax: 01773 728262

e-mail: [welfarerights@derbyshire.gov.uk](mailto:welfarerights@derbyshire.gov.uk) Website: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

When & Where: Helpline Mon - Fri 11am - 4.30pm

Provide advice, advocacy and representation to any Derbyshire resident with social security benefit or tax credit problems, and employment advice.

## **Derbyshire WISH**

Tel No. 0115 8443600/8443601

When & Where: Mon-Fri 8am-8pm,

Domestic abuse support/refuge. After hours 0845 6505599

## **Derwent Rural Counselling Service**

Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD

Tel No. 01629 812710

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

When & Where: Office hrs Mon-Fri 9-5pm answerphone at other times.

General counselling provided by fully qualified experienced counsellors, by appointment.

The service is accredited with the British Association for Counselling & Psychotherapy.

## **DIAL UK**

DIAL UK, St Catherine's, Tickhill Rd, Doncaster, DN4 8QN

Tel No. 01302 310123 Fax: 01302 310404

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

When & Where: Mon - Fri 10am - 4pm.

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DIAL UK is the national organisation for the DIAL network - over 130 disability advice centres run by and for disabled people.

### **Disability & Carers Service (National)**

Midlands Disability Benefits Centre, Five Ways Complex, Islington Row, Middleway, Edgbaston, Birmingham, B15 1SL

Tel No. 0121 6262000 Helpline No. 0800 882200

e-mail: [midlands-dbc-customer-service@dwp.gsi.gov.uk](mailto:midlands-dbc-customer-service@dwp.gsi.gov.uk) Website: [www.dwp.gov.uk](http://www.dwp.gov.uk)

Offers accessibility to disability living allowance, attendance allowance and carers allowance. Entitlement based on extent of personal care and mobility or caring responsibilities resulting from disability or long term illness.

Staff translators / interpreters available to assist with Urdu, Punjabi, Gujerati, Hindi, Somali.

### **Disability Direct**

227 Normanton Road, Derby, DE23 6UT

Tel No. 01332 299449 Fax: 01332 365055

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

When & Where: 9.30am - 4pm

Disability Direct is a fully accessible information and advice service. Information can be provided on most disability issues. Disability Direct produces a bi-monthly newsletter and stages local 'Information Roadshows' as well as attending local events.

### **Domestic Abuse Support Service (DASS)**

Tel No. 01298 71132 Helpline No. 0800 328 1242

e-mail: [darproject@virgin.net](mailto:darproject@virgin.net) Website: [www.darp.org.uk](http://www.darp.org.uk)

When & Where: Mon-Fri 9am-12pm

Confidential Advice; Support; Information and access to emergency transport.

### **Down's Syndrome Association**

Langdon Down Centre, 2a Langdon Park, Teddington TW11 9PS

Tel No. 0845 230 0372 Helpline: 0845 230 0372 Fax: 0845 230 0373

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

When & Where: Tues, Wed and Thurs 10am-4pm

Information and support for people with a learning disability - Down's Syndrome - and their families.

### **Drinkline**

Helpline No. 0800 9178282

When & Where: 9am -11pm Mon - Fri

Confidential alcohol counselling and information service.

### **Drug Helpline**

40 Eastbourne Terrace, London, W2 3QR

Tel No. 0800 776600 Website: [www.talktofrank.com](http://www.talktofrank.com)

Helpline service available.

### **Eating Disorders - The National Centre**

National Ctr - Eating Disorder, 54 New Road, Esher, Surrey, KT10 9NU

Tel No. 01372 469493 Helpline No. 0845 838 2040 Fax: 01372 469550

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e-mail: [ncfed@btclick.com](mailto:ncfed@btclick.com) Website: [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

When & Where: Contact for further details.

National Centre for eating disorders, providing treatment and support for persons affected in particular, by compulsive overeating and bulimia.

### **Eating Disorders Association (beat)**

First Floor, Wensum House, 103 Prince of Wales Road, Norwich, NR1 1DW

Tel No. 0870 770 3256 Admin Helpline No. 0845 634 1414 Fax: 01603 664915

e-mail: [help@b-eat.co.uk](mailto:help@b-eat.co.uk) Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

When & Where: Helpline, Mon-Fri 10.30 - 8.30 Sat 1- 4.30 Youthline (under 18s) 0845 634 7650 Mon-Fri 4.30 - 8.30 Sat 1- 4.30 e mail: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Eating Disorders Association is a national charity providing information, help and support for people affected by eating disorders and in particular anorexia and bulimia nervosa.

### **Eccles Fold Resource Centre**

Eccles Fold Resource Centre, Manchester Road, High Peak, Chapel-En-Le-Frith, SK23 9TJ

Tel No. 01298 308181 Fax: 01298 308 184

When & Where: Tues - All Year 10am - 4.30pm

To provide day care and support to adult clients with dementia/ alzheimer's in order to benefit the client and carers involved.

### **Edit (Enabling Disabled People Through it)**

Unit 14, Imex, Shobhall Road, Burton on Trent, Staffordshire, DE14 2AU

Tel No. 01283 500022 e.mail: [hilary.morgan@burtoncollege.ac.uk](mailto:hilary.morgan@burtoncollege.ac.uk)

EDIT is a registered charity delivering computer skills, training to disabled and disadvantaged people. We also provide 'soft skills' training to further support our clients within an environment and atmosphere that meets the needs of the individual.

### **Elderly Self Help Group - Bolsover**

Bainbridge Hall, Chapel Road, Carr Vale, Bolsover, Chesterfield, S44 6PS

Tel No. 01246 825019

When & Where: Fridays 1.30pm - 3pm Bainbridge Hall

The self help group has been developed just to sit and chat. Outings organised throughout the summer. Wheelchair users need a helper on outings. Most members are recommended by Social Workers & NDHA. We hold weekly raffles and have to rely on donations etc.

### **Emergency Accommodation For Women**

Stepforward, The Civic Centre, Pavilion Road, West Bridgeford, Notts, NG2 5FE

Tel No. 0115 9887100

A 12 bedded quick access hostel for women 16-25yrs. 24hr staff cover providing housing related support. We provide support for a variety of needs listed above but refer to specialist organisations when appropriate.

### **Enable Housing Association Ltd**

95 Sheffield Road, Stonegravels, Chesterfield, Derbyshire, S41 7JH

Tel No. 01246 550515 Fax: 01246 555089

e-mail: [info@enable-group.org.uk](mailto:info@enable-group.org.uk) Website: [www.enableha.co.uk](http://www.enableha.co.uk)

When & Where: Mon - Thurs 9am - 5pm, Fri 9am - 4.30pm.

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We provide housing mainly for people with learning difficulties.

### **English Churches Accommodation**

Tel No. 01773 824066

Provide 12 bed hostel accommodation in Belper and shared supported accommodation in Amber Valley.

### **English Churches Housing Group**

English Churches Housing Group, International House, 124 Osmaston Rd, Derby

Tel No. 0845 1559002

Housing for single people aged 17 plus. Sheltered accommodation for people 55 plus.

### **Epilepsy Action - Head Office**

New Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY

Tel No. 0113 210 8800 Helpline No. 0808 800 5050 Fax: 0113 391 0300

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

When & Where: Helpline Monday-Friday 9am-4.30pm (4pm on Fridays)

The British Epilepsy Association provides help and support for everyone with epilepsy, their families and those who care for them.

### **Erewash Voluntary Action**

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

Tel No. 0115 8508860 Fax: 0115 9309191

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

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

### **Ex-Services Mental Welfare Society**

Head Office, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX

Tel No. 01372 841600 Fax: 01372 841601

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

When & Where: 8am - 5pm

Helping ex-service men and women suffering mental health problems due to their service career. Help with war pensions and appeals. Home visits by network of welfare officers. 3 treatment centres in Scotland, Shropshire and Surrey.

### **Families Anonymous (local groups)**

The Doddington and Rollo Community Association, Battersea, London, SW11 5JE

Tel No. 0207 498 4680 Helpline No. 0845 120 0660 Fax: 0207 498 1990

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

When & Where: Nationwide

Runs self help groups in the UK for families and friends of those with a drug problem.

### **Family Learning Curriculum Offer 2008/09**

e-mail: [louissa.adams@derbyshire.gov.uk](mailto:louissa.adams@derbyshire.gov.uk)

Courses for families.

### **Family Mediation Service**

NCH Family Mediation & Children's Services, 32a Newbold Road, Chesterfield S41 7PH

Tel No. 01246 277422 Fax: 01246 277363

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

When & Where: 9.00am to 5.00pm Mon-Fri

We offer family mediation to couples with children.

### **Family Support Service - Derbyshire**

De Bradelei Mill House, 1st Floor office suite, Chapel Street, Belper, DE56 1AR

Tel No. 01773 825923/46

e-mail: [family.support@barnardos.org.uk](mailto:family.support@barnardos.org.uk) Website: [www.barnardos.org.uk](http://www.barnardos.org.uk)

Arranges and facilitates family group meetings for families with a range of difficulties - to enable the whole family to find a solution. Open to all family members as well as friends.

### **FCH Housing & Care**

25 Queen Street, Irongate, Derby, DE1 3DS

Tel No. 01332 223800 Fax: 01332 297117

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

When & Where: Various

The Association provides and maintains suitable, high quality, affordable homes and gives continuing support to its residents. Derby properties are let via Derby HomeFinder.

### **Fellowship of Depressives Anonymous**

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

Tel No. 0870 774 4320 Fax: 0870 774 4319

Website: [www.depressionanon.co.uk](http://www.depressionanon.co.uk)

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

### **First Steps Derby**

Guinness Trust Common Rooms, Sidney Street, Derby, DE1 2GT

Tel No. 01332 550575

e-mail: [firststepsderby@aol.com](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)

Our aim is to end the emotional isolation of eating disorders by offering help, support and encouragement to individuals.

### **First Steps EDGE (Eating Difficulties Group of Encouragement)**

Guinness Trust Common Rooms, Sidney Street, Derby, DE1 2GT

Tel No. 01332 550575

e-mail: [firststepsderby@aol.com](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)

When & Where: 7-9 pm every 1st & 3rd Thursday Guinness Trust Common Room.

For confidential and non-judgemental help, support and understanding on all eating difficulties and eating disorders.

### **First Steps Parents and Carers Group**

Tel No. 01332 55057

e-mail: [firststepsderby@aol.com](mailto:firststepsderby@aol.com) Website: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)

When & Where: 4th Thursday 7-9pm Guinness Trust Common Room.

Group for Parents and Carers of people with eating disorders.

### **First Steps to Freedom**

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Po Box 476, Newquay, Cornwall, TR7 1WQ  
Tel No. 0845 1202 916 Helpline No. 0845 1202 916  
e-mail: [first.steps@btconnect.com](mailto:first.steps@btconnect.com)

When & Where: Helpline 10am-Midnight each day. Telephone Helpline  
Registered Charity which aims to help people who suffer from phobias, obsessive compulsive disorders, those wishing to come off tranquillizers, or are suffering withdrawal symptoms from tranquillizers, panic attacks. Also help and advice for carers.

### **Focusline**

Tel No. 08000 27 21 27 Helpline No. 08000 27 21 27 Fax: 0115 8447620  
e-mail: [focusline@rethink.org](mailto:focusline@rethink.org) Website: [www.rethink.org.uk](http://www.rethink.org.uk)

When & Where: Weekdays 5pm – 7am Weekends and Bank Holidays 24 Hours.  
Focusline offers confidential support, information and emotional support to the area of Derbyshire. This service is available to any adult who has a mental health problem and to carers.

### **Foundation for the Study of Infant Death**

Artillery House, 11-19 Artillery Row, London, SW1P 1RT  
Tel No. 020 7222 8001 Helpline No. 020 7233 2090 Fax: 020 7222 8002  
e-mail: [office@sids.org.uk](mailto:office@sids.org.uk) Website: [www.sids.org.uk](http://www.sids.org.uk)

When & Where: 9am-11pm Mon-Fri, 6-11pm weekends

The foundation offers befriending as well as advice and support to families bereaved by cot death. There will be someone to listen, to ask about the baby and where possible to offer advice etc.

### **The Foundation for People with Learning Disabilities**

9th Floor, Sea Containers House, 20 Upper Ground, London, SE1 9QB  
Tel No. 020 7803 1100 Fax: 020 7803 1111  
e-mail: [fpld@fpld.org.uk](mailto:fpld@fpld.org.uk) Website: [www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

The Foundation for People with Learning Disabilities works to promote the rights, quality of life and opportunities of people with learning disabilities and their families. We do this by working with people with learning disabilities, their families and the people who support them. We carry out research, promote the rights of people with learning disabilities, improve services and spread knowledge and information. We can't offer advice on an individual basis.

### **Fresh Start Stop Smoking**

Coleman Health Centre, Alvaston, Derby, DE24 8NH  
Tel No. 01332 861174 Freephone No. 08007076870  
e-mail: [fresh.start@derbycitypct.nhs.uk](mailto:fresh.start@derbycitypct.nhs.uk) Website: [www.freshstart.nhs.uk](http://www.freshstart.nhs.uk)

When & Where: Across the city of Derby.  
Advice service and support to quit smoking. Stop smoking specialist advisor.

### **Friendly Group**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE  
Tel No. 01629 580935

When & Where: First Monday of each month, 2pm - 4pm Whitworth Institute, Darley Dale, Matlock.

This group organises social activities, trips, meals out etc. Most members have suffered bereavement, and the group provides social contact and emotional support.

## **Gamblers Anonymous**

PO Box 5382, London, W1A 6SA

Tel No. 020 7351 3060 Helpline No. 020 7384 3040

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

A self help fellowship of men and women, who have joined together to do something about their own gambling problem. Gam-Anon offers friendship, practical help, comfort and understanding to parents, husbands and wives of compulsive gamblers.

## **Gay & Bisexual Men's Group (Reach Out)**

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 207704 Fax: 01332 207704

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

Social support, advice and information for gay and bisexual men and those questioning their sexuality, living and working in Derby and Derbyshire.

## **Gingerbread - An Association for Lone Parent Families**

307 Borough High Street, London, SE1 1JH

Tel No. 020 7403 9500 Helpline No. 0800 018 4318 Fax: 020 7403 9533

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

Self help support group, meetings, support, activities, outings for lone parents.

## **Green Health Partnership**

The Gardens, The Field, Shipley, Heanor, DE75 7JH

Tel No. 01159 307404

e-mail: [GHP@rethink.org](mailto:GHP@rethink.org)

When & Where: Mon - Fri 10.30 - 3.30 Shipley Country Park Partnership between Rethink and Derbyshire. Takes referrals from Amber Valley and Erewash. The aim is to provide active learning and supportive environment that encourages personal development.

## **H-O-S-T. Helping Our-Selves Therapy**

14 Turnbull Close, Boythorpe, Chesterfield, S40 2WA

Tel No. 01246 234723

When & Where: Every Tuesday 1pm - 4pm Tontine Road Community Centre.

Self help therapy group - talking about problems in a group situation. Social interactions with members by trips out for meals, theatre, seaside and garden centres etc.

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

36 St James Road, Normanton, Derby, DE23 HQX

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

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

When & Where: 9am to 9pm

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

## **Hallmark Community Housing Association Ltd**

8 Charnwood Street, Derby, DE1 2GT

Tel No. 01332 614700 Fax: 01332 614701

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

Hallmark provides good quality housing, including sheltered housing, for all household

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types, with a particular emphasis on meeting the needs of people from the minority communities.

### **Headway - Chesterfield**

Disability Services, Unit 15, Bolsover Business Park, Woodhouse Lane, Bolsover S44 6BD

Tel No. 07940 729544

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

When & Where: 2nd Wednesday each month 7pm - 9pm West Street Centre, West Street, Chesterfield

Support each other in coping with the consequences of brain injury, either as a survivor, family member, or worker. Liaison with Primary Care Trusts covering North Derbys, Social Services, GPs and local authorities to promote the needs of brain injury survivors.

### **Hearing Voices Network**

79 Lever Street, Manchester, M1 1FL

Tel No. 0845 122 8641 Helpline No. 0845 122 8642

e-mail: [info@hearing-voices.org](mailto:info@hearing-voices.org) Website: [www.hearing-voices.org](http://www.hearing-voices.org)

When & Where: 10am-4pm Mon-Fri This is a support network for people who hear voices. They produce literature and organise meetings and conferences. There are self help groups throughout the country. Contact the head office for more information.

### **Hearing Voices Network (Chesterfield )**

Nedcash Office, Holywell House, Holywell Street, Chesterfield

Tel No. 01246 540750 e-mail: [derbyshirehearingvoices@yahoo.co.uk](mailto:derbyshirehearingvoices@yahoo.co.uk)

When & Where: Second Thursday in month 2.00pm-4.00pm

Service - user run support group

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

44 Leopold Street, Derby

Tel No. 01332 623732 Helpline No. 0845 122 8642

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

When & Where: Tuesdays 3.15pm-4.30pm 44, Leopold Street, City Centre, Derby

Service - user run support group.

### **Hearing Voices Network (Long Eaton)**

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

Tel No. 07770 835810 e-mail: [derbyshirehearingvoices@yahoo.co.uk](mailto:derbyshirehearingvoices@yahoo.co.uk)

When & Where: Wednesdays 12.30pm - 1.30pm

Service - user run support groups.

### **Hearing Voices Network (Ripley)**

The Croft Slack Lane, Ripley, Derbyshire

Tel No. 01773 728290 e-mail: [derbyshirehearingvoices@yahoo.co.uk](mailto:derbyshirehearingvoices@yahoo.co.uk)

When & Where: 2nd Monday in the month 11.30am - 12.30pm

Service - user run support groups.

### **High Peak Self Help Forum**

c/o The Grapevine Café, 15 Scarsdale Place, Buxton, SK17 6EF

Tel No. 01298 72283

Self help forum set up to help Self Help Groups access funding etc.

### **High Peak Writers**

The Grapevine Café, 15 Scarsdale Place, Buxton, SK17 6EF

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Tel No. 01298 72283

When & Where: Tuesdays fortnightly 6.30pm - 8.30pm The Grapevine Cafe, Buxton  
This group is predominately used by service users but is open to anyone who wants to join. It is fully supportive of all levels of writing capabilities and can be constructive in helping people develop themselves as writers of short story, prose or poetry.

### **Home-Start UK (local branches)**

2 Salisbury Road, Leicester, LE1 7QR

Tel No. 0116 233 9955 Fax: 0116 233 0232

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

When & Where: 9.00am-5.00pm

Volunteers offer support, friendship and practical support to young families with at least one child under 5 years of age who are experiencing difficulties and stress.

### **Home-Start Amber Valley**

Vicarage Mews, Off Coast Hill, Crich, Matlock Derbyshire, DE4 5EU

Tel No. 01773 857033 Fax: 01773 857033

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

### **Home-Start Bolsover District and Clay Cross Area**

Homestart, Assembly Hall, Hilltop, Bolsover, Chesterfield, Derbyshire, S44 6NG

Tel No. 01246 827214 Fax: 01246 241600

e-mail: [home.start@onetel.com](mailto:home.start@onetel.com)

When & Where: Mon - Fri 9am - 12.30pm. Answerphone at other times. Support given in families own homes.

### **Home-Start Derby**

152 Peartree Road, Derby, DE23 6QE

Tel No. 01332 206646 Fax: 01332 206646

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

When & Where: Flexible, Families own home

### **Home-Start Erewash**

6 Heanor Road, Ilkeston, Derbyshire, DE7 8DX

Tel No. 0115 930 4640 Fax: 0115 932 7271

e-mail: [homestarterewash@supanet.com](mailto:homestarterewash@supanet.com)

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

### **Homeless UK**

Website: [www.homelessuk.org](http://www.homelessuk.org)

A website about services that help homeless people and those at risk of homelessness. Advisors and the public can use it to find information about services across the UK, including hostels, day centres and other advice and support services.

### **HOPElineUK**

Lodge House, Thompson Park, Ormerod Road, Burnley, BB11 2RU

Tel No. 01282 432555 Helpline No. 0870 170 4000 Fax: 01282 432777

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

HOPELineUK is a confidential telephone helpline service providing support to anyone concerned that a young person they know may be at risk of suicide. HOPELineUK is staffed by trained professionals who can discuss your needs in coping.

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

PO Box 5134, Derby, DE1 9WJ

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Tel No. 01332 518988 Fax: 01332 518988

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

When & Where: Vary wherever needed - Yorks, Notts, Lincs, Leicestershire, Derbyshire.

To provide support and advice to anyone with anything to do with Huntington's Disease, regardless of role. Carry out training, conferences, family visits, patient care development etc.

### **Hyperactive Children's Support Group (HACSG)**

71 Whyke Lane, Chichester, West Sussex, PO19 7PD

Tel No. 01243 539966 Fax: 01243 539966

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

When & Where: Telephone for local contacts

HACSG aims to support parents with children suffering from Hyperactivity/ADHD/Allergies, and to provide information to professionals, with an interest in these problems, to undertake research, and encourage alternatives to medicine.

### **Immigration Service Commission (OISC)**

5th Floor, Counting House, 53 Tooley Street, London, SE1 2QN

Tel No. 020 7211 1500 Helpline No. 0845 000 0046 Fax: 020 7211 1553

Website: [www.oisc.gov.uk](http://www.oisc.gov.uk)

We can give you advice about who can help you with immigration issues. This office sets the standards and decides who can give you advice about immigration. We can recommend who can advise you.

### **JAMI - Jewish Association for Mentally ill**

16a North End Road, London, NW11 8HJ

Tel No. 0208 458 2223 Fax: 020 8458 1117

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

When & Where: 9.30am - 5.30pm

JAMI provides services and support to sufferers from severe mental illness and their carers.

### **Job Centres**

Website: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

#### **Job Centre - Alfreton**

Tannery House, King Street, Alfreton

Tel No. 01773 724700

#### **Job Centre - Belper**

54 King Street, Belper

Tel No. 01773 723000

#### **Job Centre - Bolsover**

Units 6-8 Cavendish Walk, Bolsover, Chesterfield, Derbyshire, S44 6DB

Tel No. 01246 344500

#### **Job Centre - Buxton**

84-86 Spring Gardens, Buxton, Derbyshire, SK17 6BU

Tel No. 01298 306900

#### **Job Centre - Chesterfield**

Markham House, Markham Road, Chesterfield, Derbyshire, S40 1TG

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Tel No. 01246 343100

### **Job Centre – Clay Cross**

Bridge Street, Clay Cross, Chesterfield, Derbyshire, S45 9EF

Tel No. 01246 344900

### **Job Centre – Derby (Normanton)**

10, Normanton Road, Derby, DE1 2GW

Tel No. 01332 714300

### **Job Centre – Derby (St Peters)**

St Peters House, Gower Street, Derby, DE1 1SB

Tel No. 01332 714300

### **Job Centre – Derby (Wardwick)**

1-5 The Wardwick, Derby, DE1 1HA

Tel No. 01332 714300

### **Job Centre - Heanor**

Howitt Buildings, High Street, Heanor

Tel No. 01773 723200

### **Job Centre - Ilkeston**

58 South Street, Ilkeston, Derbyshire

Tel No. 0115 944 8000

Website: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

### **Job Centre - Matlock**

The Phoenix Centre, 2 Lime Grove Walk, Matlock, Derbyshire, DE4 3FD

Tel No. 01629 773000

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

### **Job Centre Plus – Disability Employment**

Disability Employment Advisor, Job Centre Plus, Tannery House, King Street, Alfreton, DE55 7AF

Tel No. 01773 724700 Fax: 01773 724750

e-mail: [valerie.clements@jobcentreplus.gsi.gov.uk](mailto:valerie.clements@jobcentreplus.gsi.gov.uk)

Incorporating the Disability Services Team and disability employment advisors.

### **Job Centre - Shirebrook**

233 Station Road, Shirebrook, Notts, NG20 8AF

Tel No. 01623 585900

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

### **Job Centre - Staveley**

Devonshire Building, Duke Street, Staveley, Chesterfield, Derbyshire, S43 3NU

Tel No. 01246 344800

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

### **Job Centre - Swadlincote**

7 The Delph Centre, Market Street, Swadlincote, Derbyshire, DE11 9DA

Tel No. 01283 233500

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

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## **Karma Nirvana**

Tel No. 01332 604098 Helpline No. 07952 856869

e-mail: [jasvinder\\_sanghera@refuge.org.uk](mailto:jasvinder_sanghera@refuge.org.uk) Website: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

When & Where: Mon-Fri: 9.30am-5pm

A specialist South Asian women's project offering a bi-lingual service that provides a range of support, including a refuge to South Asian women and children experiencing domestic violence.

## **Kidscape**

2 Grosvenor Gardens, London, SW1W 0DH

Tel No. 020 7730 3300 Helpline No. 0845 1205 204 Fax: 020 7730 7081

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

Our helpline is for the use of parents, guardians or concerned relatives and friends of bullied children.

## **Langley Mill & Aldercar Community Resource Centre**

43 Cromford Road, Langley Mill, Nottingham, NG16 4EF

Tel No. 01773 535232 Fax: 01773 539402

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

When & Where: Mon - Fri 09:00-21:00 (weekends by arrangement)

Langley Mill and Aldercar Community Resource Centre was established in 1997, the organisation maintains a multi-purpose centre for the community of Langley Mill, Aldercar and surrounding areas. A 3 story local premises has been developed into a centre.

## **Lauren's Link**

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

Tel No. 01332 362 744

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

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

## **Lesbian and Bisexual Women's Group (Women's Zone)**

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 207704 Fax: 01332 207704

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

## **Lesbian, Gay, Bisexual and Transgender Support Service**

The LGB&T Pavilion Centre, 2-3 Friary Street, Derby, DE1 1JF

Tel No. 01332 349333 Helpline No. 01332 349333 Fax: 01332 207704

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

Support, advice, advocacy and information for Lesbian Gay Bisexual & Transgender people, friends, families and professionals living and working in Derby and Derbyshire.

## **Life Matters (Alfreton Advice and Counselling Centre)**

4 Church Street, Alfreton, Derbyshire, DE55 7AH

Tel No. 01773 522477

Website: [www.life-matters.org.uk](http://www.life-matters.org.uk)

Specialises in debt advice, money management, counselling and general information.

## **Life UK**

LIFE House, Newbold Terrace, Leamington Spa, CV32 4EA

Tel No. 01926 421587 Fax: 01926 336497

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

We provide a nationwide care service for pregnant women, unsupported mothers, women with problems relating to pregnancy, fertility or infertility, or suffering from the effects of abortion.

## **Long Eaton Shop Mobility**

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

Tel No. 0115 9465392

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

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

## **Luncheon Club - Doe Lea**

Shirevale Resources Centre, Rockley Way, Shirebrook, Derbyshire, NG20 8PD

Tel No. 01623 588020

When & Where: Wednesday 12.30pm - 3.30pm Doe Lea Community Centre

Lunch Club run mainly by volunteers supported by Social Services. The day consists of a hot meal and bingo, raffle, and outings occasionally.

## **Making Space Carer Support Workers**

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

Website: [www.makingspace.co.uk](http://www.makingspace.co.uk)

If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.

### **Making Space Carer Support Co-ordinator- Amber Valley & Clay Cross**

CMHT, 2nd Floor, North Mill, Bridgefoot, Belper, DE56 1YD

Tel No. 01773 826040 email: [Maxine.Smith@makingspace.co.uk](mailto:Maxine.Smith@makingspace.co.uk)

### **Making Space Carer Support Co-ordinator - Black and Minority Ethnic Carers**

CMHT, St James' House, Mansfield Road, Derby, DE1 3AD

Tel No. 01332 547990 e-mail: [Kuljit.Tambur@makingspace.co.uk](mailto:Kuljit.Tambur@makingspace.co.uk)

### **Making Space Carer Support Co-ordinator- Chesterfield**

CMHT, Brimington Clinic, Church Street, Brimington, S43 1JG

Tel No. 01246 555360 e-mail: [Crystie.Smith@makingspace.co.uk](mailto:Crystie.Smith@makingspace.co.uk)

### **Making Space Carer Support Co-ordinator- Dales South and South Derbyshire**

CMHT, Bank Gate, 13-14 Rink Drive, Swadlincote, DE11 8JL

Tel No. 01283 219118 e-mail: [Lincoln.Mignott@makingspace.co.uk](mailto:Lincoln.Mignott@makingspace.co.uk)

### **Making Space Carer Support Co-ordinator- Erewash**

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

Tel No. 0115 930696 e-mail: [Mary.Brown@makingspace.co.uk](mailto:Mary.Brown@makingspace.co.uk)

### **Making Space Carer Support Co-ordinator- High Peak & Dales North**

CMHT, Wye House, Newholme Hospital, Baslow Road, Bakewell, DE45 1AD

Tel No. 01629 761600 Vacancy covered by Dawn Longden-Whiting

### **Making Space Carer Support Co-ordinator- N.E. Derbyshire**

CMHT, Killamarsh Clinic, Parkside Shopping Centre, Killamarsh, Sheffield, S21 1FY

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Tel No. 0114 2474886 e-mail: [Heather.Sewell@makingspace.co.uk](mailto:Heather.Sewell@makingspace.co.uk)

**Making Space Carer Support Co-ordinator- Derby City**

CMHT, St James' House, Mansfield Road, Derby, DE1 3AD

Tel No. 01332 547990 - Vacancy covered by Maxine and Kuljit

**Making Space Area Manager**

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

**MDF The Bipolar Organisation**

Castle Works, 21 St George's Road, London, SE1 6ES

Tel No. 08456 340 540 Helpline No. 08456 340 540 Fax: 020 7793 2639

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

When & Where: Mon - Fri 9am - 5pm. Friday 9am - 5pm Local groups throughout the UK.

Has a network of local self help groups for people with manic depression and their families. A selection of books, booklets, leaflets and videos available upon request. Groups focus on manic depression. Access to groups is confidential.

**Medical Foundation for the Care of Victims of Torture**

111 Isledon Road, London, N7 7JW

Tel No. 020 7697 7777 Fax: 020 7697 7799

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

When & Where: 9.30am - 6.30pm with appointment.

The Foundation provides survivors of torture in the UK with medical treatment, social assistance and psychotherapeutic support. It also documents evidence of torture and provides training for health professionals.

**Mencap**

123 Golden Lane, London, EC1Y 0RT

Tel No. 020 7454 0454 Helpline No. 0808 808 1111 Fax: 020 7608 3254

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

Mencap is the UK's leading learning disability charity working with people with a learning disability and their families and carers.

**Mental Health Action Group**

Kingsway Hospital, Derby, DE22 3LZ

Tel No. 01332 362221 X 3454

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

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

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

**Mental Health Foundation**

9th Floor, Sea Containers House, 20 Upper Ground, London, SE1 9QB

Tel No. 020 7803 1101 Fax: 020 7803 1111

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

Work at the Mental Health Foundation covers children, adults of working age, people in later life and public mental health. We bring together teams that research, develop services, influence policy, provide information, involve public and patients.

## **Mind - Derby**

127-129 Clarence Rd, Derby, DE23 6LS

Tel No. 013 3277 2300 Fax: 013 3276 8600

e-mail: [wendybeer@derbymind.freeseve.co.uk](mailto:wendybeer@derbymind.freeseve.co.uk) Website: [www.mind.org.uk](http://www.mind.org.uk)

Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

## **Mind - Sheffield**

Lawton Tongue House, 57 Wostenholme Rd, Sheffield, SE7 1LE

Tel No. 011 4258 4489 Fax: 011 4250 0729

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

Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

## **Multiple Sclerosis Society of GB and N Ireland**

372 Edgware Road, London, NW2 6ND

Tel No. 020 8438 0700 Helpline No. 0808 800 8000 Fax: 020 8438 0701

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

When & Where: Office hours 9am - 5pm Monday - Friday

The MS Society funds research into the cause/cure for MS. The Society provides leaflets, education, conferences. Local branch support for anyone affected by Multiple Sclerosis.

## **NACRO (National Association for the Care and Re-settlement of Offenders)**

169 Clapham Road, London, SW9 0PU

Tel No. 020 7582 6500 Fax: 020 7735 4666

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

At Nacro, the crime reduction charity, we make society safer by finding practical solutions to reducing crime. Since 1966 we've worked to give ex-offenders, disadvantaged people and deprived communities the help they need to build a better future.

## **Narcotics Anonymous**

202 City Road, London, EC1V 2PH

Tel No. 020 7251 4007 Helpline No. 0845 3733366 Fax: 020 7251 4006

e-mail: [ukso@ukna.org](mailto:ukso@ukna.org) Website: [www.ukna.org](http://www.ukna.org)

Narcotics Anonymous is a completely voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs have been used.

## **National AIDS Helpline**

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

When & Where: 24 hours a day.

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

## **National Association for People Abused in Childhood**

42 Curtain Rd, London, EC2A 3NH

Tel No. 0800 085 3330 Helpline No. 0800 085 3330

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

When & Where: weekdays and evenings, various times.

NAPAC is the National Association for people abused in childhood. We are a registered charity which provides support and information for people abused in childhood. Includes listings, of local support groups.

### **National Autistic Society**

393 City Road, London, EC1V 1NG

Tel No. 020 7833 2299 Helpline No. 0845 0704004 Fax: 020 7833 9666

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

We champion the rights and interests of all people with autism and aim to provide individuals with autism and their families with help, support and services that they can access, trust and rely upon and which can make a positive difference to their lives.

### **National Centre for Independent Living**

4th Floor, Hampton House, 20 Albert Embankment, London, SE1 7TJ

Tel No. 0207 587 1663 Fax: 0207 582 2469

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

NCILs primary aim is to promote independent living. This means disabled people having control and choice over our own lives. To do this we give support and information around Direct Payments and individual budgets.

### **National Institute of Adult Continuing Education (NIACE)**

Renaissance House, 20 Princess Rd West, Leicester. LE1 6TP

Tel No. 0116 204 4200 Fax: 0116 204 4201

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

NIACE exists to encourage more and different adults to engage in learning of all kinds.

We campaign for, and celebrate the achievements of adult learners, young and old, and in all their diversity.

### **National Phobics Society**

Zion CRC, 339 Stretford Road, Hulme, Manchester, M15 4ZY

Tel No. 0870 122 2325 Helpline No. 0870 1222325 Fax: 0161 226 7727

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

When & Where: Call for details or send SAE to address above.

We offer advice, counselling, and support to those suffering from anxiety disorders, including phobias, panic attacks, obsessive compulsive disorders. Self help literature, contacts, quarterly report available. Self help groups, clinical hypnotherapy service.

### **National Schizophrenia Fellowship Helpline**

28 Castle Street, Kingston-upon-Thames, Surrey, KT1 1SS

Tel No. 0845 456 0455 Helpline No. 020 8974 6814

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

### **NEDCASH**

The Annexe, Holywell Health Centre, Holywell Street, Chesterfield, S41 7SH

Tel No. 01246 540 750

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

When & Where: Bi-Monthly Self Help Forum – Venues vary

Service user run mental health self help organisation. Supports and promotes mental health self help groups, provides volunteering opportunities, self-help resources and

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involvement in consultation in mental health and other service provision.

## **Network**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: Wednesday 6pm – 8pm Stanton Day Unit, Newholme Hospital.

Discussing problems, general companionship.

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

PO Box 6256, Swadlincote, Derbyshire, DE11 0YN

Tel No. 01283 229854

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

When & Where: Daily drop in session at the Voluntary Services Centre in Swadlincote

Mon – Fri 10am – 12noon, Mon – Thurs 1pm – 4pm

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

## **Nextstep Derbyshire**

Godkin House, Park Road, Ripley, Derbyshire, DE5 3EF

Tel No. 01773 746174 Helpline No. 0800 269468

e-mail: [simon.edwards@connexions-derbyshire.org](mailto:simon.edwards@connexions-derbyshire.org)

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

When & Where: Generally 9am-4pm Mon-Fri (by appointment) Various connexions centres across Derbyshire.

Provides individual career guidance interview, variety of careers information and guidance software programmes, careers library, psychometric testing. Available to adults over 20 years of age in Derbyshire, with the equivalent of less than 5 GCSE's.

## **NHS Direct**

Tel No. 0845 4647 Helpline No. 0845 4647

Website: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

When & Where: 24 hours a day every day

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

## **No Panic (local groups)**

93 Brands Farm Way, Randlay, Telford, Shropshire, TF3 2JQ

Tel No. 01952 590005(office) Helpline No. 0808 808 0545 Fax: 01952 270962

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

When & Where: Helpline: 10am-10pm

The relief and rehabilitation of those people suffering from panic attacks, phobias, obsessive compulsive disorders, related anxiety disorders and tranquilliser withdrawal, and to provide support to sufferers and their families and or carers.

## **North Derbyshire Alcohol Advice Service**

Bayheath House, Rose Hill West, Chesterfield, S40 1JF

Tel No. 0845 308 4010 Fax: 01246 274507

e-mail: [nderbysalcoholadvice@ukonline.co.uk](mailto:nderbysalcoholadvice@ukonline.co.uk) Website: [www.alcoholadnd.info](http://www.alcoholadnd.info)

When & Where: Mon-Fri 9am - 4.30, Tues & Thurs 9am - 8pm Bayheath House  
Helpline, counselling, groupwork, advice and information for anyone adversely affected by an alcohol problem.

### **North Derbyshire Forum for Mental Health Carers**

C/O Friends Meeting House, Ashgate Road, Chesterfield

Tel No. 01629 581251 Website: [www.derbysmentalhealthcarers.co.uk](http://www.derbysmentalhealthcarers.co.uk)

When & Where: Last Wednesday Every Month.

Help, support, information for carers of all ages. Meeting once a month. Committee meeting bimonthly and six support groups monthly, with stress relief sessions.

### **North Derbyshire Forum for Mental Health Carers - Buxton and Whaley Bridge**

Methodist Hall, Market Place Buxton Derbyshire Tel No. 01298 23980

When & Where: Ring Dawn on 01629 55592 for more information

### **North Derbyshire Forum for Mental Health Carers - Chesterfield**

Friends Meeting House, Ashgate Road Chesterfield Tel No. 01246 220686

When & Where: 2.00am - 4.00pm Garden Room, Miners Welfare Building.

### **North Derbyshire Forum for Mental Health Carers - Dronfield**

Civic Hall, Civic Centre Dronfield Derbyshire Tel No. 01246 414030

When & Where: 2pm - 4pm Shaun Hadley Room, Civic Hall, Civic Centre, Dronfield.  
drop-in centre no need to make appointment. 2nd Monday of the month

### **North Derbyshire Forum for Mental Health Carers-Clay Cross**

Clay Cross Social Centre, Chesterfield, Derbyshire Tel No. 01246 269065

When & Where: 10.30am - 1.00pm First Wednesday each month. Clay Cross Social Centre. Drop in centre, no need to make appointment. Including Buffet Lunch.

### **North Derbyshire Forum for Mental Health Carers-Matlock**

Ernest Bailey House, New Street Matlock Derbyshire Tel No. 01629 734564

When & Where: 2.30pm-4.00pm Ernest Bailey House, New Street, Matlock

### **North Derbyshire Forum for Mental Health Carers - Bolsover**

Bainbridge Hall, Carr Vale, Bolsover,+ Derbyshire Tel No. 01246 827904

When & Where: 10am - 12noon Bainbridge Hall, Carr Vale, Bolsover.

### **North Derbyshire Women's Aid**

West Bank House, Albion Road, Chesterfield, S40 1LL

Tel No. 01246 540444 Helpline No. 01246 540444 Fax: 01246 540464

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

When & Where: Mon-Fri 10am-4pm West Bank House, Albion Road, Chesterfield

We offer information, advice and access to temporary accommodation, ongoing support and aftercare (via floating support) our two refuges and advice and drop in centres, for women and children who are suffering/fleeing from domestic abuse.

### **Northern Counties Housing Association Limited**

Unit 2, Holmewood Business Park, Chesterfield Road, Holmewood, Derbyshire

Tel No. 0845 605 9000

When & Where: 8.00am – 8.00pm

We provide housing for all sectors of the population. We have people with mental health problems where there is a support package with a reputable 3rd party. We work closely with Social Services, Mental Health teams, health authority etc.

### **NSPCC Child Protection Helpline**

Public Enquiry Point, 42 Curtain Road, London, EC2A 3NH

Tel No. 0808 800 5000 Helpline No. 0808 800 5000 Fax: 0207 825 2750

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

When & Where: 24 hours a day.

The NSPCC Child Protection Helpline is a free 24 hour service which provides counselling, information and advice to anyone concerned about a child at risk of abuse.

### **NSPCC Parentline Plus**

Helpline No. 0808 800 2222

The helpline is for anyone who may need support or help in parenting.

### **One to One Support Services**

Tel No. 0845 4391182 Fax: 01246 271000

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

[www.OnetoOneSupportServices.co.uk](http://www.OnetoOneSupportServices.co.uk)

When & Where: Based in Chesterfield - Various costs according to service required.

One to One is an accredited teaching centre via CACDP and provides a range of courses both in house and nationally accredited. These are in the areas of sensory impairment, communication, challenging behaviours and early year's management. We provide support services to children and families, adults and older persons. As well as standard services we specialise in supporting people with additional needs. We have a consultancy service available for early years, sensory impairment and business management.

### **Osmaston Information Centre**

Osmaston Information Centre, 45 Varley Street, Allenton, Derby, DE24 8DE

Tel No. 01332 732552 Fax: 01332 732552

When & Where: Mon-Thurs 9.30am-3.30pm & Fri 9.30am-12noon.

The centre provides advice and information on welfare benefits to members of the public.

### **Overeaters Anonymous**

Overeaters Anonymous, PO Box 19, Stretford, Manchester, M32 9EB

Tel No. 07000 784985

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

When & Where: 24 hour answerphone

The only requirement is a desire to stop eating compulsively. Welcome all.

### **P3 The Social Inclusion Charity - Erewash**

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

Tel No. 0115 9306661

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

### **P3 The Social Inclusion Charity - Swadlincote**

11 High Street, Swadlincote, Derbyshire, DE11 8JE

Tel No. 01283 551144 Fax: 01283 551188

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

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

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## **Padley Development Centre**

68 Rutland Street, Derby, DE23 8PR  
Tel No. 01332 774480 Fax: 01332 774480  
e-mail: [pdc@padleygroup.com](mailto:pdc@padleygroup.com)

When & Where: 9am-3pm Wed/Thurs/Fri Padley Development Centre  
Offers therapeutic activities in pottery, arts & crafts, woodwork and expressive arts, pre-employment and vocational training to people from the Derby area who are disadvantaged through learning disability, mental health problems & are long term unemployed.

## **PALS (Patients advice and liaison Service)**

St James House, Mansfield Road, Derby, DE1 3AD  
Tel No. 0800 0272128  
e-mail: [PALS@derbysmhservices.nhs.uk](mailto:PALS@derbysmhservices.nhs.uk)

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

When & Where: Mon-Fri 9am-5pm. Answerphone service at other times.  
Pals can tell you about Mental Health and Learning Disability service's, listen to, and support you with any problems you may have. Help you ask questions about your care. Tell you about help and support groups. PALS Officers make regular visits to wards.

## **Parentline Plus**

520 Highgate Studios, 53-79 Highgate Road, KentishTown, London, NW5 1TL  
Tel No. 020 7284 5500 admin Helpline No. 0808 800 2222 Fax: 020 7284 5501  
Website: [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

When & Where: 24hrs, 7days a week

Parentline is the national network of helplines for parents under stress. Local groups available. Ring for information.

## **Parkinson's Disease Society of the UK**

215 Vauxhall Bridge Road, London, SW1V 1EJ  
Tel No. 020 7931 8080 Helpline No. 0808 800 0303 Fax: 020 7233 9908  
e-mail: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk) Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

When & Where: Mon-Fri 8am - 6pm

Parkinson's Disease Society produce a range of useful information to help people with Parkinson's Disease, and their relatives. The Society has a network of local branches which can give help, advice and support.

## **Pathways to Work (Job Centre Plus)**

Markham House, Markham Road, Chesterfield, S40 1TG  
Tel No. 01246 343 199  
e-mail: [stephen.ibbotson@jobcentreplus.gsi.gov.uk](mailto:stephen.ibbotson@jobcentreplus.gsi.gov.uk)

Teams of specialist personal advisors, DEA's and work psychologists to offer support and guidance to help people back into work.

## **Peak and Dales Advocacy**

Peaks & Dales Advocacy, 16 Eagle Parade, Buxton, SK17 6EQ  
Tel No. 01298 79539 Fax: 01298 70713  
e-mail: [padaf@btconnect.com](mailto:padaf@btconnect.com) Website: [www.Peaksanddalesadvocacy.org.uk](http://www.Peaksanddalesadvocacy.org.uk)

When & Where: 9.30am - 5pm Office: 16 Eagle Parade Buxton

We are a generic, independent advocacy organisation with a specific, free, one to one  
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mental health project helping people with mental health needs, to have a voice and be listened to by service providers and other key people.

### **Peartree Language & Communications Service**

Peartree Road, Derby, DE23 6QD

Tel No. 01332 368221 Fax: 01332 205388

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

When & Where: 9am - 5pm Peartree Clinic or other venues

Fully trained interpreters in many languages. Urdu, Punjabi, Hindu, Gurjurati, Bosnian, Albanian, Italian, Kurdish, Arabic, Polish, Russian, Farsa, French and Turkish.

### **Persian Cultural Association (PCA)**

Tel No. 01332 298605 Fax: 01332 298605

### **Personality Plus - the personality disorder website**

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

CSIP, the Department of Health and the Home Office have launched this web site to provide information, resources, and learning opportunities about personality disorder.

### **Phoenix Group**

Chesterfield CMHT, Chesterfield Community Centre, Tontine Road, Chesterfield

Tel No. 01246 347555

When & Where: Monday 7pm - 9pm Burns Close Community Centre, Burns Close, Grangewood

Weekly, social evening at Burns Close Community Centre. Once a month trip out in the minibus for pub meals and social drink. Self help group giving support to each other.

### **Positively Women**

347-349 City Road, London, EC1V 1LR

Tel No. 020 7713 0444 admin Helpline No. 020 7713 0222 Fax: 020 7713 1020

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

When & Where: Mon - Fri 10am - 4pm. Local groups available.

Positively Women offers peer support for women living with HIV and AIDS in addition to providing information on HIV issues for women. Offers creche facilities, support groups and posters, newsletter and volunteer programme, also self help group.

### **Progress 2work**

Phoenix Enterprises, Hayfield House, Devonshire Street, Chesterfield, S41 7ST

Tel No. 01246 211800 Fax: 01246 563896

e-mail: [aasher@phoenixent.org.uk](mailto:aasher@phoenixent.org.uk)

When & Where: 9am - 4.30pm Hayfield House and outreach services

Helping former drug misusers, and those accessing treatment, into employment, training, and education.

### **Psychosexual Service**

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

Tel No. 01332 207283

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

Psychosexual therapy assessment and treatment service.

## **RAFT (Relatives and Friends Together)**

Bayheath House, Rose Hill West, Chesterfield, Derbyshire, S40 1JF

Tel No. 01246 206514/204344

e-mail: [nderbysalcoholadvice@ukonline.co.uk](mailto:nderbysalcoholadvice@ukonline.co.uk) Website: [www.alcoholadnd.info](http://www.alcoholadnd.info)

When & Where: Mon/Weds/Fri 9am-4.30pm. Tues/Thurs 9am-8pm

Provide information, advice and support to relatives and friends of people with alcohol problems. One-to-one counselling, helpline, group support, training to statutory and voluntary agencies.

## **Relative/Carers Support Group**

Tel No. 01246-277271 ext:257

When & Where: first Tuesday of the month, 7-9pm Hartington Unit, Chesterfield & N.Derbyshire Royal Hospital, Calow, Chesterfield S44 5BL

A support group for people caring for someone with serious mental health problems.

## **RapeCrisis - England and Wales**

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

This website aims to provide the basic information that survivors of sexual violence, friends and family need, to assess the services they need.

## **Re-Solv - The Society for the Prevention of Solvent and Volatile Substance Abuse**

30A High Street, Stone, Staffordshire, ST15 8AW

Tel No. 01785 817885 Helpline No. 01785 810762

e-mail: [information@re-solv.org](mailto:information@re-solv.org) Website: [www.re-solv.org](http://www.re-solv.org)

When & Where: Helpline Mon - Fri 9am - 5pm. Not public holidays

Working towards the prevention of solvent abuse and volatile substance abuse through information provision. Staff/volunteers can also refer onto other organisations that provide additional services, for example counselling.

## **Reach Out Project**

9 Mundy Street, Heanor, Derbyshire, DE75 7EB

Tel No. 01773 717212 Fax: 01773 530515

e-mail: [julie.wozniczka@barnardos.org.uk](mailto:julie.wozniczka@barnardos.org.uk)

When & Where: 9am-5pm 9 Mundy street, Heanor

Reach Out provides flexible and responsible support service to young people aged 16-21 having a range of issues, predominantly to young people who have been in the care system, but also to others who are vulnerable.

## **Reactions to Rape, Sexual Abuse and Assault**

PO Box 336, Manchester, M60 2BS

Tel No. 0161 273 4591 Helpline No. 0161 273 4500 Fax: 0161 273 4591

e-mail: [mrcrasacs@btconnect.com](mailto:mrcrasacs@btconnect.com) Website: [www.manchesterrapecrisis.co.uk](http://www.manchesterrapecrisis.co.uk)

When & Where: Tues - Fri 10am - 4pm The Parkhurst Centre, Nelson Street, Manchester M13 9WP

We are here to listen and support women who have suffered rape, been sexually abused as a child or have experienced some other kind of sexual violence. We can provide information about pregnancy testing, abortion and VD, HIV and AIDS etc

## **Refugee Council**

London

Tel No. 020 7346 6700 Helpline No. 020 7346 6777

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

Refugee Council advice lines provide impartial advice on the asylum process, support and entitlements to refugees and asylum seekers, and those who work with them such as refugee community organisations and local authorities.

## **Relate - Chesterfield & North Derbys**

Othen House, 7 Sheffield Road, Chesterfield, Derbyshire, S41 7LL

Tel No. 01246 231010 Helpline No. 0800 093 5264

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

When & Where: 7 Sheffield Rd, Chesterfield

Relationship counselling, psychosexual therapy, Family counselling. In Chesterfield by appointment only Mon - Thurs daytime, Mon - Thurs evenings, Sat morning.

## **Relate - Derby & Southern Derbyshire**

Family House, 62 Friar Gate, Derby, DE1 1DJ

Tel No. 01332 349177 Fax: 01332 349177

e-mail: [relate.derby@talk21.com](mailto:relate.derby@talk21.com) Website: [www.relate.org.uk](http://www.relate.org.uk)

When & Where: Thurs 9.30-9.00pm, Fri 9.30-1pm, Sat 9.30-1pm Counselling sessions in Derby & Belper.

Services include: relationship counselling, domestic violence, psychosexual therapy, family counselling, and young people counselling. Sessions available in Derby and Belper. Self referral.

## **Relatives and Residents Association**

24 The Ivories, 6-18 Northampton Street, London, N1 2HY

Tel No. 020 7359 8148 Helpline No. 020 7359 8136 Fax: 020 7226 6603

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

When & Where: Mon - Fri 9.30-4.30

The Relatives & Residents Association exists for older people needing, or living in, residential care, and the families and friends left behind. Relatives often need a listening ear.

## **Relative/ Carers Support Group**

Tel No. 01246 277271 ext: 2572

When & Where: 1<sup>st</sup> Tuesday of the month, 7pm – 9pm Hartington Unit, Chesterfield & North Derbyshire Royal Hospital, Calow, Chesterfield

A support group for people caring for someone with serious mental health problems. The group is facilitated by Bob Gardner, Nurse Consultant and is attended by relatives/carers, staff from Making Space (an organisation who provide support for carers) and staff from the In Patient Unit. The group regularly has guest speakers.

## **Release Legal Emergency and Drug Service**

388 Old Street, London, EC1V 9LT

Tel No. 020 7729 5255 Helpline No. 0845 450 0215 Fax: 020 7729 2599

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

Release Legal Emergency & Drug Service deal with all drug problems - illegal and prescribed. We deal with all criminal law - specialise in drugs law. Available 10am -

5.30pm.

### **Retail Trust**

Eborn House, The Leylands Estate, Broadway, Derby, DE22 1AY  
Tel No. 01332 554200  
Provide sheltered housing, nursing home and day care.

### **Rethink Derby Support Group**

63 Duffield Rd, Derby, DE22 1AA  
Tel No. 01332 616082 Helpline No. 020 8974 6814  
Website: [www.rethink.org.uk](http://www.rethink.org.uk)  
When & Where: Thurs 6.00pm-8.00pm; weekly 63 Duffield Rd, Derby  
A group for carers and users

### **Rethink Tenancy Support**

The Old School House, Cockshut Lane, Langwith, Derbyshire NG20 9HR  
Tel No. 01623 746572

### **Revolving Doors Agency (Mental Health Charity)**

The Turnmill, Units 28 and 29, 63 Clerkenwell Rd, London, EC1M 5NP  
Tel No. 020 7253 4038 Fax: 020 7553 6079  
e-mail: [admin@revolving-doors.co.uk](mailto:admin@revolving-doors.co.uk) Website: [www.revolving-doors.co.uk](http://www.revolving-doors.co.uk)  
Revolving doors agency is the UK's largest charity concerned with mental health and the criminal justice system. We run practical schemes in police stations, prisons, and courts to support people who have 'fallen through the net' of mainstream services.

### **Royal College of Psychiatrists**

Royal College of Psychiatrists, 17 Belgrave Square, London, SW1X 8PG  
Tel No. 020 7235 2351 Fax: 020 7245 1231  
e-mail: [rcpsych@rcpsych.ac.uk](mailto:rcpsych@rcpsych.ac.uk) Website: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)  
The Royal College of Psychiatrists is the professional and educational body for psychiatrists in the United Kingdom and the Republic of Ireland. We promote mental health by: Setting standards and promoting excellence, research and education, etc.

### **Safeguarding Children Advice Lines**

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

### **SAIL (Sexual Abuse and Incest Line)**

PO Box 8, Chesterfield, Derbyshire, S40 1NY  
Tel No. 01246 556114  
e-mail: [email@sail1.freemove.co.uk](mailto:email@sail1.freemove.co.uk)  
When & Where: Monday-Thursday, morning, afternoon, some evenings, centre of Chesterfield - discreet address  
Face to face counselling, for women who have experienced childhood sexual abuse.

### **Salvation Army**

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

### **Salvation Army - Staveley**

Staveley Corps, Wharf Lane, Staveley, S43 3TZ  
Tel No. 01246 810252 :

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### **Salvation Army - Belper**

Market Place, Belper, Derbyshire, DE56 1FZ  
Tel No. 01773 825654  
e-mail: [belper.corps@salvationarmy.org.uk](mailto:belper.corps@salvationarmy.org.uk)

### **Salvation Army - Chesterfield**

Chesterfield Corps, Newbold Methodist Church, Grassmere Close, Chesterfield  
Tel No. 01246 234627 e-mail: [chesterfield.corp@salvationarmy.org.uk](mailto:chesterfield.corp@salvationarmy.org.uk)

### **Salvation Army - Ripley**

25 Heath Street, Ripley, Derbyshire, DE5 3EN  
Tel No. 01773 741932

### **Samaritans (local groups)**

The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF  
Tel No. 020 8394 8300 Helpline No. 08457 909090

e-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org](http://www.samaritans.org)

When & Where: 24/7

Support by listening for those feeling lonely, despairing or contemplating suicide.

### **Samaritans - Chesterfield**

Samaritans, 2 Rose Hill, Chesterfield, Derbyshire, S40 1LW  
Tel No. 01246 270000 Helpline No. 08457 909090 Fax: 01246 232407

e-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org.uk/chesterfield](http://www.samaritans.org.uk/chesterfield)

When & Where: 24 hours / 365 days a year 2 Rose Hill, Chesterfield S40 1LW

Samaritans is a registered charity founded in 1953 which offers 24 hour confidential emotional support to anyone in emotional distress in the UK and Republic of Ireland.

### **Samaritans - Derby**

110 Burton Road, Derby, DE1 1TG  
Tel No. 01332 364444

e-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org/~derby](http://www.samaritans.org/~derby)

When & Where: Open to visitors 9am-10pm Sun to Fri 110 Burton Road, Derby

Provide emotional support in confidence for those going through personal crisis, some may have feelings of suicide.

### **Samaritans - Mansfield and District**

Samaritans, 1A Grove St, Mansfield, Notts, NG18 1EL  
Tel No. 01623 422224 Helpline No. 08457 909090

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

When & Where: Centre 10am - 9pm 1A Grove Street, Mansfield

Befriending of those who are despairing, those who are passing through personal crisis and in danger of taking their own lives. Personal callers welcome 10am-9pm.

### **Samaritans - Sheffield**

Samaritans, 272 Queens Road, Sheffield, S2 4DL  
Tel No. 0114 276 7277 Helpline No. 08457 909090

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

When & Where: 365 days a year, 24 hours a day 26 Rockingham Lane, Sheffield

Provision of confidential emotional support for people who are experiencing feelings of distress and despair, including those which may lead to suicide.

### **SANDS - Stillbirth and Neonatal Death Charity**

28 Portland Place, London, W1B 1LY

Tel No. 020 7436 7940 Helpline No. 020 7436 5881 Fax: 020 7436 3715

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

When & Where: Office is open 10am to 5pm Monday to Friday

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Sands is working to support bereaved parents and families, and to press for improvements in care during pregnancy and when a baby has died.

## **SANELINE**

1st Floor, Cityside House, 40 Alder Street, London, E1 1EE

Tel No. 0207 375 1002 office Helpline No. 0845 767 8000 Fax: 0207 375 2162

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

When & Where: 12pm - 11pm Everyday

SANE is a national mental health charity which aims to raise awareness of mental illness and campaign to improve services, initiate and fund research into the causes of serious mental illness through its research centre.

## **SARAC (Sexual and Domestic Abuse and Rape Advice Centre)**

SARAC, PO Box 3, Burton Upon Trent, Staffordshire, DE14 1BB

Tel No. Helpline No. 01283 517185

e-mail: [staff@sarac.org.uk](mailto:staff@sarac.org.uk)

When & Where: Variable by appointment Burton Upon Trent

SARAC offers free and confidential support and counselling services to women and men survivors of child sexual abuse, rape or any other form of sexual violence or domestic violence.

## **Scope (formally The Spastic Society) (local groups)**

Scope Response, PO Box 833, Milton Keynes, MK12 5NY

Tel No. 0808 800 3333

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

When & Where: Helpline open 9am-7pm weekdays & 10am-2pm Saturday

Scope is a national charity about Cerebral Palsy. For disabled people achieving equality. Helpline is first point of contact & provides in depth information, advice & support on all areas of Cerebral Palsy and disability. We have a range of services.

## **Scottish Association for Mental Health**

Cumrae House, 15 Carlton Court, Glasgow, G5 9JP

Tel No. 0141 568 7000 Fax: 0141 568 7001

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

When & Where: Info Service Mon-Fri 2pm-4.30pm

Information about any aspect of mental health.

## **Scropton Riding for the Disabled Centre**

The Riding Centre, Scropton, Derbyshire, DE65 5PL Tel No. 01283 812753

e-mail: [scroptonrda@aol.com](mailto:scroptonrda@aol.com) Website: [www.scroptonequestrian.com](http://www.scroptonequestrian.com)

The organisation provides riding and carriage-driven tuition for people with disabilities. It encourages them to participate with able-bodied people where possible, and to provide mental and physical therapy using the horse as a medium.

## **Seasonal Affective Disorder Association**

SAD Association, PO Box 989, Steyning, BN44 3HG

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

Information about Seasonal Affective Disorder (SAD). Offers advice and support to members.

## **Senior Line**

207-221 Pentonville Road, London, N19UZ

Tel No. 020 7278 1114 Helpline No. 0808 800 6565 Fax: 020 7278 1116

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

Senior Line is Help the Aged's free service for senior citizens, their relatives and carers and friends. Advice workers can assist with choices in later life, welfare, housing, nursing homes, practical help and insurance.

## **SHARP**

83a Wyle Cop, Shrewsbury, SY1 1UT

Tel No. 01743 245365 Helpline No. 01743 245365

e-mail: [sharphilary@yahoo.com](mailto:sharphilary@yahoo.com) Website: [www.s-h-a-r-p.org.uk](http://www.s-h-a-r-p.org.uk)

When & Where: 9am-9pm 7days a week

Support Help and Advice for relatives and friends of prisoners. Free and confidential help, advice, support and friendship is available for the relatives and friends of those serving sentences, awaiting trial or facing the prospect of legal action.

## **Shaw Trust**

6 Broadgate House, Westlode Street, Spolding, Lincs, PE11 2AF

Tel No. 01775 712 414 Fax: 01775 712525

e-mail: [debbie.brackner@shawtrust.org.uk](mailto:debbie.brackner@shawtrust.org.uk) Website: [www.shawtrust.org.uk](http://www.shawtrust.org.uk)

Offer a confidential tailored service to help people who have experienced mental health problems to enter or re-enter the world of work.

## **SHE (Self Help Eckington)**

Killamarsh Clinic, Parkside Shopping Centre, Killamarsh, Nr Sheffield, S21 1FY

Tel No. 0114 247886

When & Where: Monday 12 - 2 Eckington Library

Self help group, for people who are experiencing or recovering from mental health problems, support meetings, social outings etc.

## **Sheffield Rape and Sexual Abuse Counselling Service**

PO BOX 34, Sheffield, S1 1UD

Tel No. 0114 2447936 Fax: 0114 2618990

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

When & Where: Tues, Weds, Thurs, Fri Confidential address

We offer support and counselling to women who have suffered rape / sexual abuse.

## **SHIFT**

11-13 Cavendish Square, London, W1G 0AN

Tel No. 0845 223 5447

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

Shift is a five year initiative (2004-2009) in England to tackle stigma and discrimination surrounding mental health issues, including employment. Our aim is to create a society where people who experience mental health problems enjoy the same rights.

## **Shirevale Resource Centre (Elderly)**

Shirevale Resource Ctre, Rockley Way, Shirebrook, Derbyshire, NG20 8PD

Tel No. 01623 588020

When & Where: 7 days a week Shirevale, Glapwell & New Houghton Centres

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Day Service provision including meal.

## **SignHealth**

5 Baring Rd, Beaconsfield, Bucks, HP9 2NB

Tel No. 01494 687600 Fax: 01494 687622

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

We provide services for deaf people with mental health problems. These include supported housing, outreach services, a training centre, and an advocacy service.

## **Social Evening Events (SEE) Group**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE

Tel No. 01629 580935

When & Where: Thursday 7-9pm Ernest Bailey Community Centre

All members of the group contribute to organising a varied programme of social activities which have included such things as film nights, treasure hunt, quiz nights, meal at local pub etc.

## **South Derbyshire CVS**

48 Grove Street, Swadlincote, Derbyshire, DE11 9DD

Tel No. 01283 550163 Fax: 01283 552168

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

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

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

## **South Derbyshire Mental Health Association**

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

Tel No. 01283 222881

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

When & Where: Various Bank House

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

## **Southern Derbyshire Dales Car Scheme**

Ashbourne Business Centre, Ashbourne, Derbyshire, DE6 1GF

Tel No. 01332 344700

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

When & Where: Mon-Fri & Weekends by prior arrangement.

Door to door transport for elderly, disabled, vulnerable people to medical and hospital appointments, support groups and social therapeutic activities.

## **SPODA**

104 Saltergate, Chesterfield, S40 1NE

Tel No. 01246 224832 Fax: 01246 224835

e-mail: [admin@spoda.co.uk](mailto:admin@spoda.co.uk) Website: [www.spoda.org.uk](http://www.spoda.org.uk)

Support and advice to anyone whose life is affected by someone else's drug use.

## **STAR**

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CMHT, Chesterfield Community Centre, Tontine Road, Chesterfield, S40 1QU  
Tel No. 01246 347555

When & Where: Wednesday 2pm - 4pm St Marks Church Hall, St Marks Road,  
Brampton

Members of the group provide mutual support for each other within the group at the Church Hall, and on day trips. At the hall people may raise an issue which would be discussed informally - discussion on world events, play card games, dominos, day trips on Wednesdays.

## **Step Forward**

St James Centre, Malcolm Street, Derby, DE23 8LU

Tel No. 01332 604086 Fax: 01332 604061

e-mail: [stepforwardha@stepforward.wanadoo.uk](mailto:stepforwardha@stepforward.wanadoo.uk)

When & Where: 8.30am - 3.30pm term time only St James Centre, Malcolm Street.

A voluntary organisation providing individual year long learning programmes for 14/16 year olds. One to one support, counselling, life skills, education.

## **Stepping Stones**

Community Hall, Ilkeston Road, Heanor, Derbyshire, DE75 7AG

Tel No. 01773 710939

When & Where: Open Mon-Fri 9am-2.30pm Ilkeston Road, Heanor, Derbys

Day-care service for adults of varying ages including people who are frail, elderly or lonely. People living alone, in residential care, survivors of strokes, people with learning difficulties and other disadvantaged groups.

## **Supporting People**

Derbyshire County Council, County Hall, Matlock DE4 3AG

Tel No. Call Derbyshire 08456 058 058

Housing Support.

## **Support Group**

25 Charlesworth Crescent, Furness Vale, High Peak, SK23 7PR

Tel No. 01663 743160

When & Where: Wednesday 1.30pm - 3.30pm Liberal Hall, Hurstlea Road, New Mills.

Support group for people with mental health difficulties or that feel isolated. Arts & crafts, social interaction, somewhere to go, people to talk to.

## **Sure Start Children's Centres**

### **Chesterfield and North Derbyshire**

Alice's View, North Wingfield, 01246 852228

Clown's Nursery, Stretton Road, Clay Cross, 01246 250044

Gladys Buxton Community Education Centre, Oakhill Road, Dronfield,  
01246 415006

Stonebroom Primary School, High Street, Stonebroom

The Grange, Family Support Centre, 88 Southgate, Eckington

Birdholme, Derby Road, Chesterfield, 01246 283030

Brampton Primary School, School Board Lane, Chesterfield,  
01246 239215

South Lodge, Queen's Park, Boythorpe, Chesterfield, 01246 283030

Church Street, Brimington, Chesterfield, 01246 271548

Holme Hall Primary School, Taddington Road, Chesterfield, 01246 237075e

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Old Whittinton Miners Welfare, Station Lane, Old Whittington, 01246 345345  
Welbeck Road, Bolsover, 01246 588320  
Ringer Lane, Clowne, 01246 810518  
Gypsy Lane, Creswell, 01909 708269/01623 588320  
Stubbin Wood School, Burlington Avenue, Langwith Junction,  
01623 742795/01623 588320  
Park Road, Shirebrook, 01623 746648/01623 588320

### **South Derbyshire**

Newhall Sure Start Children's Centre, 70-72 Elmsleigh Drive, Midway, Swadlincote,  
01283 211157/01283/213198  
Castle Gresley Sure Start Children's Centre, Mount Pleasant Road, Castle Gresley,  
Swadlincote, 01283 217774  
Etwall Sure Start Children's Centre, John Port School, Main Street, Etwall,  
01283 734111

### **Erewash**

Cotmanhay Sure Start Children's Centre, Beaville Drive, Cotmanhay, Ilkeston,  
01629 531949  
Kirk Hallam Sure Start Children's Centre, Kenilworth Drive, Kirk Hallam, Ilkeston 01629  
531576  
Long Eaton Sure Start Children's Centre, c/o Long Eaton Family Support Centre, Lime  
Terrace, Long Eaton, 01629 532620  
Sandiacre Sure Start Children's Centre, c/o Ladycross Infant School, Victoria Road,  
Sandiacre, 01629 531952

### **Amber Valley**

Alfreton Sure Start Children's Centre, Grange Street, Alfreton, 01773 521346  
Belper Sure Start Children's Centre, Community Centre, Alder Road, Belper,  
01773 826651  
Heanor Sure Start Children's Centre, Roper Avenue Marlpool, Heanor,  
01773 530892  
Ironville Sure Start Children's Centre, Cinder Bank, Ironville, 01629 532601  
Langley Mill Sure Start Children's Centre, Bailey Brook Drive, Langley Mill,  
01773767982  
Ripley Sure Start Children's Centre, Sandham Lane, Ripley, 01773 748050  
Somercotes Sure Start Children's Centre, Somercotes Infant School, Victoria Street,  
Somercotes, 01773 604843

### **Derby City**

Beckett Sure Start Children's Centre, 35 Stockbrook Street, Derby,  
01332 380134  
Derwent Sure Start Children's Centre, Beaufort Community Primary School, Hampshire  
Road, Derby 01332 206724  
Derwent Sure Start Children's Centre, Derwent Stepping Stones St Marks Road, 01332  
372245  
Spondon Sure Start Children's Centre, Asterdale Primary School, Borrowash Road,  
Spondon, Derby, 01332 662323  
Rosehill Sure Start Children's Centre, The Big Building, 17-19 Lower Dale Road, 01332  
641315  
Osmaston/Allenton Sure Start Children's Centre, 60 Cockayne Street North, Allenton,  
01332 715 620

Mackworth / Morley Sure Start Children's Centre, Reigate Primary School, Reigate Drive, Mackworth, 01332 208 175  
Mackworth / Morley Sure Start Children's Centre at Step-In Family Centre, Stepping Lane, Derby, 01332 203 867  
Mackworth / Morley Sure Start Children's Centre at Ashgate Nursery School, 18 Stepping Lane, Derby, 01332 208 175  
Austin / Sunnyhill Sure Start Children's Centre, Homelands, Browning Street, Old Normanton, Derby, 01332 718 841  
Sinfin Children & Young People Centre, Sinfin Lane, Sinfin Moor, Derby, 01332 718 787

North Chaddesden Sure Start Children's Centre, 3 Audrey Drive, Chaddesden, 01332 670 634  
Boulton(Oakwood) Sure Start Children's Centre, 47b Holbrook Road, Alvaston, 01332 574 902

### **Survivors**

PO Box 142, Sheffield, S1 3HG

Tel No. 01142 796333

When & Where: Helpline: Mon 6-8pm Answerphone at other times  
Counselling for male sexual abuse/rape survivors and their partners.

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

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

el No. 01283 218089

When & Where: Every Wednesday Newhall Adult Centre.

Organise weekly Gateway Club. We also organise fund raising activities for our members, trips and xmas party and any other occasions of interest.

### **Swadlincote Youth Information Shop**

14 West Street, Swadlincote, Derbyshire, DE11 9DE

Tel No. 01283 217666

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

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

### **Talk to Frank**

Helpline No. 0800 776600

e-mail: [frank@talktofrank.com](mailto:frank@talktofrank.com) Website: [www.talktofrank.com](http://www.talktofrank.com)

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

### **Thanet Phobic Group**

47 Orchard Road, Westbrook, Margate, Kent, CT9 5JS

Tel No. 01843 833720 Helpline No. 01843 231783 Fax: 01843 833720

e-mail: [thanetphobicgroup@lineone.net](mailto:thanetphobicgroup@lineone.net)

When & Where: Occasional social engagements - Varied.

We are a support group (mainly by post). We supply information to trainee nurses etc and moral support and advice to all sufferers of stress.

## **The Advocacy Project**

Advocacy Project, 91 Upper Parliament Street, Liverpool, L8 7LB

Tel No. 0151 709 9442 Fax: 020 7709 0004

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

When & Where: 9am - 5pm

The Advocacy Projects offers community based service supporting and encouraging black and ethnic minorities to challenge inappropriate procedures, practices and treatments within the mental health system. Makes professionals aware of difficulties.

## **The Association for Post-Natal Illness**

145 Dawes Road, Fulham, London, SW6 7EB

Tel No. 020 7386 0868

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

When & Where: Monday to Friday - 10.00 a.m. - 2.00 p.m.

The Association for Post-Natal Illness is the leading organisation in its field, it was established in 1979 to: Provide support to mothers suffering from post-natal illness, increase public awareness of the illness, and to encourage research into it.

## **The Challenging Behaviour Foundation**

The Old Courthouse, New Road Avenue, Chatham, Kent ME4 6BE

Tel No. 01634 838739 Helpline No: 0845 602 7885

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

The Challenging Behaviour Foundation wants to see children and adults with severe learning disabilities, who are described as having challenging behaviour, having the same life opportunities as everyone else, including home life, education and leisure. All information, resources and support are free to family carers. Family carers experiencing challenging behaviour can now access individual information and support from the Challenging Behaviour Foundation Family Support Worker on 0845 602 7885.

## **The Croft Mental Health Day Service (Rethink)**

The Croft, Slack Lane, Ripley, Derbyshire, DE5 3HF

Tel No. 01773 513508 Fax: 01773 513196

e-mail: [thecroft@rethink.org](mailto:thecroft@rethink.org)

When & Where: 6 day a week organisation + evening The Croft

A day centre situated in Ripley which provides a range of social and activity groups both at The Croft and within the local community. The social groups focus on reducing isolation and loneliness and enables members to share experiences.

## **The Grapevine Community Cafe**

The Grapevine Community Cafe, 15 Scarsdale Place, Buxton, SK17 6ES

Tel No. 01298 72283

When & Where: Mon – Fri 12noon – 5pm Sat & Sun 12.noon – 4pm The Grapevine Community Cafe

To provide a supportive and non-judgemental environment for everyone to meet others, mix socially and if interested become involved in various groups and activities. A community cafe for everyone.

## **The Henmore Centre**

The Henmore Centre, King Edward Street, Ashbourne, Derbyshire

Tel No. 01629 32648

When & Where: Monday, Wednesday, Thursday Henmore Centre

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The Henmore Centre is a Community Centre and Daycare Services for older people with mental health problems and physical disabilities.

### **The Horizon Group**

United Reformed Church, Long Eaton Green, Long Eaton, Nottinghamshire  
Tel No. 0115 9723560 (Secretary/Committee)

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

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

### **The Mental Health Action Group (MHAG )**

The Mental Health Action Group, Kingsway Hospital, Derby, DE22 3LZ

Tel No. 01332 362221ext 3454

e-mail: mhactiongroup@yahoo.co.uk

When & Where: 2nd Wed of Month 2.00pm-4.00pm Various, rotating around Southern Derbyshire.

MHAG is an independent group run by past and present mental health service users.

Its purpose is to campaign for improvement in the services that people experience, both at local and national level.

### **The National Association for Children of Alcoholics (NACOA)**

NACOA, PO Box 64, Fishponds, Bristol, BS16 2UH

Tel No. 01179 248005 Helpline No. 0800 358 3456 Fax: 01179 422928

e-mail: admin@nacoa.org.uk Website: [www.nacoa.org.uk](http://www.nacoa.org.uk)

NACOA was founded because of concern for the plight of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.

NACOA offers advice, information and support to children of alcoholics.

### **The National Autistic Society**

393 City Road, London, EC1V 1NG

Tel No. 020 7833 2299 Helpline No. 0845 070 4003 Fax: 020 78339666

e-mail: nas@nas.org.uk Website: [www.autism.org.uk](http://www.autism.org.uk)

When & Where: Freephone national number is available 24 hours.

The national Autistic Society (NAS) Autism Helpline provides impartial, confidential information, advice and support for people with autism (including aspergers) and their families.

### **The Prince's Trust - Derbyshire**

Derby College, Orange Block, Prince Charles Avenue, Mackworth, Derby, DE22 4LR

Tel No. 01332 851763 Fax: 01332 851766

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

When & Where: Normal office hours County wide

As well as our 12 week TEAM programme, we assist in business start-ups for 18-30 year olds. We also have an xl programme which targets 14-16 year olds, which is a confidence and esteem building programme.

### **The Princess Royal Trust for Carers**

Southend Road, Woodford Green, Essex, IG8 8HD

Tel No. 0844 800 4361 Fax: 0844 800 4362

e-mail: info@carers.org Website: [www.carers.org](http://www.carers.org)

The Princess Royal Trust for Carers is the largest provider of comprehensive carers

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support services in the UK.

### **The Rural Stress Information Network**

The Arthur Rank Centre, Stoneleigh Park, Kenilworth  
Tel No. 02476853060 Fax: 024 7641 4808  
e-mail: [admin@arthurrankcentre.org.uk](mailto:admin@arthurrankcentre.org.uk)  
Support for farmers in isolated rural locations.

### **The Space**

12 The Spot, Osmaston Road, Derby, DE1 2JA  
Tel No. 01332 364445  
When & Where: Mon-Thurs 12-5pm, Fri 11am-4pm, Sat 11am-2pm  
The SPACE offers information, advice, counselling and support to people between the ages of 12 and 25. The services provided by the project workers include sexual health, drugs, housing, education, welfare rights, careers, training and employment.

### **The Volunteer Centre - Chesterfield & NE Derbyshire**

35 Rose Hill, Chesterfield, Derbyshire, S40 1TT  
Tel No. 01246 276777 Fax: 01246 276777  
e-mail: [info@chesterfieldvc.org.uk](mailto:info@chesterfieldvc.org.uk) Website: [www.chesterfield.org.uk](http://www.chesterfield.org.uk)  
When & Where: Mon-Fri - 9am - 5pm 35 Rose Hill Chesterfield.  
Volunteer Centre offers information on volunteer opportunities with about 150 charities registered with us. We can support people into volunteering or give them information on the organisations themselves.

### **The Volunteer Centre - Derbyshire Dales**

Ashbourne Business Centre, Dig St, Ashbourne, DE6 1GF  
Tel No. 01335 348602 Fax: 01335 348640  
e-mail: [info@vcdd.org.uk](mailto:info@vcdd.org.uk) Website: [www.vcdd.org.uk](http://www.vcdd.org.uk)  
All around the Derbyshire Dales, volunteers are helping make life in our communities richer and happier. Volunteers don't get paid for what they do, but they can get a lot out of the experience in other ways.

### **Thursday Group**

Ernest Bailey Community Centre, New Street, Matlock, DE4 3FE  
Tel No. 01629 580935  
When & Where: Thursday 10am - 1.30pm Ernest Bailey Community Centre, Matlock  
The Thursday group meets once a week. It's a very informal group and you can come and go as you like. We talk about anything and support each other with problems we may have.

### **Together: Working for Wellbeing**

Together National Office, 12 Old Street, London, EC1V 9BE  
Tel No. 020 7780 7300 Fax: 020 7780 7301  
e-mail: [contactus@together-uk.org](mailto:contactus@together-uk.org) Website: [www.together-uk.org](http://www.together-uk.org)  
When & Where: 9.30pm - 5.30pm Mon - Fri  
Provide a range of community based services for people with mental health needs and their carers. Contact head office for details of services and locations. Regional Office in Rochdale on 01706 640 027

## **Triumph Over Phobia (Top UK)**

PO Box 3760, Bath, BA2 3WY

Tel No. 0845 600 9601

e-mail: [info@triumphoverphobia.co.uk](mailto:info@triumphoverphobia.co.uk) Website: [www.triumphoverphobia.com](http://www.triumphoverphobia.com)

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

## **Tuesday Group**

Eccles Fold Resource Centre, Manchester Road, High Peak, SK23 9TJ

Tel No. 01298 308181

When & Where: Tues. 10am - 4pm Eccles Fold Resource Centre

Day Care for Clients with Mental Health, Dementia, Alzheimer's, providing stimulation, interaction and promoting social skills.

## **UK Council for Psychotherapy**

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

A searchable directory of Psychotherapists and Psychotherapeutic Counsellors who are registered with the UK Council for Psychotherapy.

## **Unit 10**

Unit 10, Ground Floor, 2/4 Corporation Street, Chesterfield, S41 7TP

Tel No. 01246 236080 Fax: 01246 236080

e-mail: [louise.brewer@derbyshire.gov.uk](mailto:louise.brewer@derbyshire.gov.uk)

When & Where: Mon-Fri 12.30pm- 5pm. Sexual Health Sat 1pm-4pm 2/4 Corporation St, Chesterfield S41 7TP

Information and advice on a range of issues for 13 - 25 year olds. Drop in. No appointments necessary, except for counselling.

## **Victim Support**

Cramer House, 39 Brixton Road, London, SW9 6DZ

Tel No. 020 7735 9166 Helpline No. 0845 3030900 Fax: 020 7582 5712

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

When & Where: Mon-Fri 9am-9pm. Sat&Sun 9am-7pm. 9am-5pm bank hol

Victim Support have trained staff and volunteers based in 362 local schemes and branches, providing emotional support, information and practical help to people who have suffered crimes ranging from burglary to the murder of a relative.

## **Victim Support - Amber Valley / Erewash**

Town Hall, Market Place, Heanor, Derbyshire, DE75 7AA

Tel No. 01773 719 500 Fax: 01773 769 817

e-mail: [ken.nicholson@vs.derbyshire.org](mailto:ken.nicholson@vs.derbyshire.org) Website: [www.victimsupport.org](http://www.victimsupport.org)

Provides services to residents of: DE5, DE55, DE56, DE75, NG10, DE7, DE72

## **Victim Support - Chesterfield and district**

193 St John's Road, Newbold, Chesterfield, S41 8PE

Tel No. 01246 260 299 Fax: 01246 260 699

e-mail: [lynne.philips@vsderbyshire.org](mailto:lynne.philips@vsderbyshire.org) Website: [www.victimsupport.org](http://www.victimsupport.org)

Provides services to residents of: S40, S41, S42, S43, S44, S45, S18, S31, NG18

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

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

Tel No. 01332 349 956 Fax: 01332 349 956

e-mail: [ken.nicholson@vsderbyshire.org](mailto:ken.nicholson@vsderbyshire.org) Website: [www.victimsupport.org](http://www.victimsupport.org)

Provides services to residents of: DE1, DE2, DE3, DE11, DE13, DE15, DE21, DE22, DE23

## **Victim Support - High Peak / Dales**

1 Mersey Bank Road, Hadfield, Glossop, Derbyshire, SK13 1PL

Tel No. 01457 862150 Fax: 01457 864857

e-mail: [karen.birchenough@vsderbyshire.org](mailto:karen.birchenough@vsderbyshire.org) Website: [www.victimsupport.org](http://www.victimsupport.org)

Provides services to residents of: SK13, SK17, SK22, SK23

## **Victim Support Derbyshire - Dales Branch**

Askew House, 2 Oat Hill, Derby Road, Wirksworth, DE4 4AQ

Tel No. 01629 825864 Fax: 01629 823748

e-mail: [lynda.dickens@vsderbyshire.org](mailto:lynda.dickens@vsderbyshire.org)

When & Where: Office: Weekdays 9am-8pm + 24hr answerphone. Askew House, 2 Oat Hill, Derby Road, Wirksworth

Provides a comprehensive service to victims of crime. Leaflet available. 24 Hour answerphone service available.

## **Voluntary Community Mental Health Support (VCMHS - Older People)**

Heanor Health Centre, Wilmot Street, Heanor, Derbyshire, DE75 7EF

Tel No. 01773 718798 Fax: 01773 718798

e-mail: [jeckman@redcross.org.uk](mailto:jeckman@redcross.org.uk)

When & Where: office hours 9am-5pm Mondays Amber Valley. Fridays Erewash Volunteer Support (includes social groups)/visiting service for over 60 year olds experiencing mental health problems at particular times of crisis in Amber Valley. Referral through Amber Valley MH Agencies.

## **Volunteer Centre Buxton & District**

Volunteer Centre Buxton & District, 16 Eagle Parade, Buxton, SK17 6EQ

Tel No. 01208 23970 Fax: 01298 70713

e-mail: [sue@buxtonvc.org.uk](mailto:sue@buxtonvc.org.uk)

When & Where: M-F: 9.00-4.00 W:9.00-1.00 16 Eagle Parade, Buxton

## **Volunteering England**

Regents Wharf, 8 All Saints St, London, N1 9RL

Tel No. 0845 305 6979 Fax: 020 7520 8910

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

Volunteering England promotes volunteering as a powerful force for change both for those who volunteer and the wider community. The website offers resources for those who work with, manage, or want to be a volunteer.

## **Walbrook Housing Association**

1 Prospect Place, Millenium Way, Pride Park, Derby, DE24 8HG

Tel No. 01332 253200

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e-mail: [enquiries@walbrook.org.uk](mailto:enquiries@walbrook.org.uk) Website: [www.walbrookgroup.co.uk](http://www.walbrookgroup.co.uk)

### **William Donald Clinic**

London Road, Derby

Tel No. 01332 254681

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

### **Women's Aid**

Head Office, PO BOX 291, Bristol, BS99 7WS

Tel No. 0117 944 4411 Helpline No. 0808 2000 247 Fax: 0117 924 1703

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

Women's Aid is the national domestic violence charity that helps over 320,000 women and children every year. We work to end violence against women and children, and co-ordinate and support over 500 domestic and sexual violence services across the country

### **Women's Aid - Glossop**

PO Box 22, Glossop, Derbyshire, SK13 8AE

Tel No. 01457 856675 Helpline No. 0800 389 8307

e-mail: [help@glossopwa.fsnet.co.uk](mailto:help@glossopwa.fsnet.co.uk) Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

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

Provide support to women and children experiencing domestic abuse. We have community based services including outreach, floating support, children's aftercare and counselling. We also run a refuge for women and children seeking safe accommodation/support.

### **Working Links - Derby**

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

Tel No. 01332 341685 Fax: 01332 298324

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

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

### **Y A P P & R - Young Alert Parkinson's Partners and Relatives Group**

215 Vauxhall Bridge Road, London, SW1V 2EJ

Tel No. 020 7931 8080 Helpline No. 0808 800 0303 Fax: 020 7233 9908

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

### **Young Gay Men Talking**

4 Brighton Road, Horsham, West Sussex, RH13 5BA

Tel No. 01403 210202 Fax: 01403 211001

e-mail: [info@avert.org](mailto:info@avert.org) Website: [www.avert.org/resource.htm](http://www.avert.org/resource.htm)

AVERT is an international HIV and AIDS charity based in the UK, with the aim of AVERTing HIV and AIDS worldwide.

### **Young Minds Parents Information Service**

48-50 St John Street, London, EC1M 4DG

Tel No. 020 7336 8445 Helpline No. 0800 018 2138 Fax: 020 7336 8446

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

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Free confidential telephone service providing information and advice for any adult with concerns about the mental health of a child or young person.

### **Young Minds Services**

48-50 St John Street, London, EC1M 4DG

Tel No. 020 7336 8445 Fax: 020 7336 8446

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

When & Where: Office hours Mon-Fri 9.30am-5.30pm

Young Minds is committed to improving the mental health of all babies, children and young people. A parents information service. Consultancy and training service plus a wide range of publications. Also publishes a bi-monthly magazine.

### **Young people and self-harm**

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

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

Please take care as you browse.

### **Young Women's Housing Project**

PO Box 303, Pond Street, Sheffield, S1 1YD

Tel No. 0114 2680580 Fax: 0114 2669451

e-mail: [jsmith@ywhp.fsnet.co.uk](mailto:jsmith@ywhp.fsnet.co.uk)

When & Where: 9-5 office cover weekdays, night workers covering evenings, accommodation in Sheffield area.

Medium to long term supported accommodation for young women aged 16 - 25 yrs and their children who are homeless due to sexual abuse. Women vulnerable to abuse.

## Derbyshire Mental Health Services NHS Trust

	TEAM	PROPERTY	FULL POSTAL ADDRESS	POSTCODE	TEL NBR
Amber Valley	Adults Amber Valley CMHT	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD	01773 826040
Amber Valley	Amber Valley CAMHS	Rivermead	Unit 1, Goods Road, Belper, Derbys	DE56 1UU	01773 880554
Amber Valley	Amber Valley Learning Disabilities Team	Alfreton Primary Care Centre	Church Street, Alfreton, Derbyshire	DE55 7AH	01773 546963
Amber Valley	Learning Disability In patient	Bingham House	Alfreton Park, Alfreton, Derbyshire	DE55 7AL	01773 834407
Amber Valley	Learning Disability In patient	Treeview/Oaklodge Bungalows	Bingham House, Alfreton Park, Alfreton, Derbyshire	DE55 7AL	01773 520328
Amber Valley	Older Adults Amber Valley CMHT	Babington Hospital	Babington Hospital, Belper, Derby	DE56 1WH	01773 881218
Amber Valley	Young Persons Substance Misuse Service	Godkin House	Park Road, Ripley, Derbyshire	DE5 3EF	01773 571595
Chesterfield	Reception	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512563
Chesterfield	CMHT-Old Age	Lea Hurst Day Hospital	Walton Hospital, Whitecotes Lane, Chesterfield	S40 3HW	01246 515594
Chesterfield	Chesterfield CMHT	Brimington Clinic	Church Street, Brimington, Chesterfield	S43 1JG	01246 555360
Chesterfield	Chesterfield CMHT	Tontine Road	Chesterfield Community Centre, Tontine Road, Chesterfield	S40 1QU	01246 340300
Chesterfield	Chesterfield CMHT - Dept of Old Age Psychiatry	Walton Hospital	Walton Hospital, Whitecotes Lane, Chesterfield	S40 3HW	01246 515964

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Chesterfield	Chesterfield Community Mental Health Team	St Mary's Gate	42 St Mary's Gate, Chesterfield	S41 7TH	01246 340500
Chesterfield	Crisis Assessment & Home Treatment Team	Castleton Day Unit	Hartington Unit, Chesterfield & North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512568
Chesterfield	E.C.T.	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512562
Chesterfield	In patient Services	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512563
Chesterfield	Learning Disabilities Inpatients	Ash Green	Ashgate Road, Chesterfield	S42 7JE	01246 565000
Chesterfield	Medical Secretaries/Post Grad Secretaries	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513648
Chesterfield	Mental Health Act	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512591
Chesterfield	North Derbyshire Adult Rehabilitation Service	Cobden Road Team base:	29 Cobden Road, Chesterfield 31 Longcroft Court, Birchwood Crescent, Grangewood, Chesterfield,	S40 4TD S40 2HT	01246 551904 01246 230187
Chesterfield	North Derbyshire Alcohol Advice Service	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	08453084010
Chesterfield	North Derbyshire Community Drug Team	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	01246 277388 01246 556083
Chesterfield	North Derbyshire Drug Intervention Programme Team	Bayheath House	Rose Hill West, Chesterfield	S40 1JF	01246 229844
Chesterfield	Out patient Services	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512563
Chesterfield	Psychiatric Unit	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512563
City	Assertive Outreach Team - South	St Kathryns House	1st Floor, Mansfield Road, Derby	DE1 3AD	01332 331832
City	Assessment and Treatment Team	St Pauls House	14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 228950
City	Beeches Unit (Mother & Baby Unit)	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623824 or ext 3828
City	City South CAMHS	Town House	123-125 Green Lane, Derby	DE1 1RZ	01332 292724
City	Cognitive Team	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	Collaborative Care Team	St James House, 3rd Floor	Mansfield Road, Derby	DE1 3AD	01332 547976
City	Criminal Justice Liaison	Hawthorns	Mill Hill Lane, Derby	DE23 6SB	01332 295610
City	Day Hospital	Dovedale Day Hospital	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254886
City	Day Hospital	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254818

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City	Derby City Community Mental Health Services	St James House	Mansfield Road, Derby	DE1 3AD	01332 547900
City	Derby City Community Team for Adults with Learning Disabilities	St Pauls House	1st Floor, 14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 256613
City	Derby City Crisis Resolution & Home Treatment Team	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623900
City	Derby City Specialist Alcohol Service	St James House	Mansfield Road, Derby	DE1 3AD	01332 547900
City	Derby City Specialist Drug Misuse Services	Bradshaw Clinic	1 Charnwood Street, Derby	DE1 2GX	01332 221708
City	Derby North CAMHS	The Mill	Lodge Lane, Derby	DE1 3HB	01332 291794
City	Dr Hartmann	Wilson Close	15/16 Wilson Close, Mickleover, Derby	DE3 5DT	01332 518975
City	Early Intervention Service South County & City Teams	Quarnmill House	Stores Road, Derby	DE 21 4XF	01332 291446
City	In Patient Older Adult	Cromford	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3702
City	Inpatients Older Adult (Functional)	Ward 41	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 258041
City	Inpatients Older Adult (Functional)	Ward 45	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 258045
City	Learning Disability Inpatient	73 Leaper Street	c/o Milner House, Watson Street, Derby	DE1 3PJ	01332 366764
City	Learning Disability Inpatient	Churchview	Parker Street, Derby	DE1 3HX	01332 298384
City	Learning Disabilities HQ	St Pauls House	14 Enterprise Way, Jubilee Business Park, Stores Road, Derby	DE21 4BB	01332 228950
City	Learning Disability Inpatient	Craigmore	307 Burton Road, Derby	DE23 6AG	01332 341193
City	Learning Disability Inpatient	Kufena	355 Burton Road, Derby	DE23 6AH	01332 294322
City	Learning Disability Inpatient	Magnolia/Milner	Milner House, Watson Street, Derby	DE1 3PJ	01332 366764
City	Mental Health Liaison Team	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254701
City	Out patients	Resource Centre	Derbyshire Royal Infirmary, London Road, Derby	DE1 2QY	01332 254623
City	Psychology	Oaklands	103 Duffield Road, Derby	DE22 1AE	01332 292740
City	Psychotherapy	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	Psychotherapy	Rykneld	Bedford Close, Bedford Street, Derby	DE22 3PF	01332 207283

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City	Psychotherapy	Temple House	Mill Hill Lane, Derby	DE23 6SA	01332 364512
City	Rehab in patient	Audrey House	Vernon Street, Derby	DE1 1FT	01332 293223
City	Social Inclusion Rehabilitation and Recovery Team	63 Duffield Road	63 Duffield Road, Derby	DE22 1AA	01332 717507
City	South Country Crisis Assessment & Home Treatment	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623902
City	Radbourne Unit	Day Area	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 362221
City	Ward 32	Radbourne Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623834 or ext 3813
City	Ward 35	Radbourne Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623835
City	Ward 36	Radbourne Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623886 or ext 3834
City	Young Persons Specialist Service	Norman House	First Floor, Norman House, Mews Entrance, Friargate, Derby	DE1 1NU	01332 777090
Erewash	Erewash CAMHS	Century House	100 Nottingham Road, Long Eaton, Nottingham	NG10 2BZ	01159 464568
Erewash	Erewash CMHT	Brooklands	Park Avenue, Ilkeston, Derbys	DE7 5DH	01159 308696
Erewash	Erewash Learning Disabilities Community Team	Outlook	99 Briar Gate, Long Eaton, Nottingham	NE10 4BQ	01629 531872
Erewash	Learning Disability	The Manse	50 Wharnccliffe Road, Ilkeston, Derbyshire	DE7 5GF	0115 9306389
Erewash	Older Adults	Chatsworth Ward	Kingsway Hospital, Derby	DE22 3LZ	01332 623344
Erewash	Older Adult Day Service	Woodside Ward	Ilkeston Community Hospital, Ilkeston, Derbys	DE7 8LN	01159 305522 Ext 269
High Peak&Dales	County Alcohol Services	Unity Mill House	Derwent Street, Belper, Derbys	DE56 1WN	01773 829966
High Peak&Dales	County Drug Services	28 Bank Road	28 Bank Road, Matlock, Derbys	DE4 3NF	01629 55519
High Peak&Dales	Crisis Assessment & Treatment Team	Chapel Health Centre	Thornbrook Road, Chapel en le Frith, Derbyshire	SK23 ORG	01298 814784
High Peak&Dales	Crisis Assessment Treatment Team	Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 512831
High Peak&Dales	Derbyshire Dales CMHT	The Ritz Building	27-29 Causeway Lane, Matlock, Derbys	DE4 3AR	01629 761600
High Peak&Dales	Early Intervention Team North	The Ritz Building	27-29 Causeway Lane, Matlock Derbys	DE4 3AR	01629 814716
High Peak&Dales	High Peak CMHT	Corbar View	1-3 Fountain Street, Buxton, Derbys	SK17 6HU	01298 22321

High Peak&Dales	High Peak CMHT	New Mills Clinic	Hyde Bank Road, New Mills, High Peak, Derbyshire	SK22 4BP	01663 747087
High Peak&Dales	High Peak CMHT Older Adults	Buxton Health Centre	1st floor, Buxton Health Centre, Bath Road, Buxton, Derbyshire	SK17 6HH	01298 213386
High Peak&Dales	Management Base	Wye House	Newholme Hospital, Baslow Road, Bakewell, Derby	DE45 1AD	Contact via The Ritz Number
High Peak&Dales	North Derbyshire Assertive Outreach Team	34 High Street	34 High Street, Staveley, Chesterfield	S43 3UX	01246 473013
High Peak&Dales	North Derbyshire Dales CMHT	Newholme Hospital	Newholme Hospital, Baslow Road, Bakewell, Derbys	DE45 1AD	01629 761600
North Eastern Derbyshire	Bolsover CMHT	The Old Vicarage	High Street, Bolsover, Chesterfield	S44 6HS	01246 827904
North Eastern Derbyshire	Bolsover CMHT Older Adult	Blue Room, Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Clay Cross CMHT	Clay Cross Social Services	High Street, Clay Cross, Chesterfield	S45 9JB	01629 537234
North East Derbyshire	Clay Cross CMHT Older Adult	Blue Room Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Client Base, (Bolsover CMHT)	1 Wilson Avenue	1 Wilson Avenue, Clowne	S43 4NH	Ask for Bolsover CMHT 01246 827904
North Eastern Derbyshire	Glossop Mental Health Project	33 Charles Street	33 Charles Street, Glossop, Derbyshire	DE13 7DG	01629 532686
North Eastern Derbyshire	Killamarsh CMHT	Killamarsh Clinic	Parkside Shopping Centre, Killamarsh, Sheffield	S21 1FY	0114 247 4886
North Eastern Derbyshire	Killamarsh CMHT Older Adult	Blue Room, Hartington Unit	Chesterfield and North Derbyshire Royal Hospital, Calow, Chesterfield	S44 5BL	01246 513015
North Eastern Derbyshire	Shirebrook Health Centre	Shirebrook Health Centre	Patchwork Row, Shirebrook, Notts	NG20 8AL	01623 742420
South Derbyshire	Derbyshire Dales and South CAMHS Child & Family	Ryedale	Unit 10, Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 214903
South Derbyshire	South Derbyshire Dales CMHT	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825170
South Derbyshire	South Derbyshire Dales Community Learning Disabilities Team	Hannage Brook Medical Centre	Hannage Way (off Water Lane), Wirksworth, Matlock, Derbys	DE4 4JG	01629 825400
South Derbyshire	South Derbyshire CMHT	Bankgate Resource Centre	Unit 13-15 Rinkway Industrial Estates, Rink Drive, Swadlincote, Derbys	DE11 8JL	01283 219118
South Derbyshire	South Derbyshire CMHT Older Adult	Cadley View	Robian Way, Swadlincote, Derbys	DE11 9DH	01283 551796
South Derbyshire	Southern Derbyshire Community Learning Disabilities Team	Bretby Business Park	Building 1A, 162 Ashby Road, Burton on Trent, Staffs	DE15 0YZ	01283 238085
Kingsway	Day Services Occupational	Albany	Kingsway Hospital, Derby	DE22 3LZ	01332 623291
Kingsway	Rahabilitation & Recovery	Cherry Tree Close	Kingsway Hospital, Derby	DE22 3LZ	01332 623714

Kingsway	Intensive Care PICU	Intensive Care Unit	Kingsway Hospital, Derby	DE22 3LZ	01332 623715
TRustwide	Adult North Business Unit	84 Whitecotes Lane	Chesterfield	S40 3HW	01246 515696
Trustwide	Adult South Business Unit	Radbourne Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 623954
Trustwide	Chief Executives Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3737
Trustwide	Clinical Effectiveness & Compliance Team	Winster/Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3415
Trustwide	Communications Dept	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543
Trustwide	County Alcohol Team	Unity Mill House	Derwent Street, Belper	DE56 1WN	01773 829966
Trustwide	CPA Service	The Lodge	Walton Hospital, Chesterfield	S40 3HW	01246 515974
Trustwide	Derbyshire Eating Disorder Service	North Mill	2nd Floor, Bridgefoot, Belper, Derbys	DE56 1YD	01773 881467
Trustwide	Emergency & Forensic Care Business Unit	Psychiatric Unit	Derby City General Hospital, Uttoxeter Road, Derby	DE22 3NE	01332 295610 or ext 3954
Trustwide	Finance and IT	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3601
Trustwide	Human Resources	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3664
Trustwide	Information Management	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3639
Trustwide	Learning and Development Service	Kingsway House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3679
Trustwide	Mental Health Act	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3330 & 3493
Trustwide	Older Adults Business Unit	Kingsway	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3666
Trustwide	PFI Projects	1 <sup>st</sup> Floor, Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 623762
Trustwide	Public Relations Office	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543
Trustwide	Records Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3572
Trustwide	Risk Management	Kingsway Hospital	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3568
Trustwide	Trust HQ	Bramble House	Kingsway Hospital, Derby	DE22 3LZ	01332 362221 ext 3543

## Derby City Council Social Services Base Listing

### Social Services

2nd Floor Norman House  
Friargate  
Derby  
Telephone: 01332 256740  
Fax: 01332 256727  
Minicom: 01332 256767

### Social Services

Sussex Circus  
Chaddesden  
Derby  
Telephone: 01332 717777  
Fax: 01332 717188  
Minicom: 01332 206182

### Social Services

Stanley Road  
Alvaston  
Derby  
Telephone: 01332 717777  
Fax: 01332 718099  
Minicom: 01332 751681

### Social Services

27 St Mary's Gate  
Derby  
Telephone: 01332 716924  
Fax: 01332 716920  
Minicom: 01332 716709

### Social Services

71-73 Rosehill Street  
Derby  
Telephone: 01332 717777  
Fax: 01332 717188  
Minicom: 01332 206184

## Derbyshire County Council Social Services Base Listing

### Amber Valley Area Office

Long Close  
Cemetery Lane  
Ripley DE5 3HY  
Tel: 08 456 058 058  
Fax: 01773 728111  
Textphone: 01773 570864  
Email: [ambervalley.socialservices@derbyshire.gov.uk](mailto:ambervalley.socialservices@derbyshire.gov.uk)

### Bolsover Area Office

Oxcroft Lane,  
Bolsover S44 6DJ

### Alfreton Social Services Area Sub Office

The Firs  
High Street  
Alfreton DE55 7FU  
Tel: 08 456 058 058  
Textphone: 01773 571807

### Shirebrook Social Services Area Sub Office

Byron Street  
Shirebrook NG20 8PJ

Tel: 08 456 058 058  
Fax: 01246 348415  
Textphone: 01246 823105  
Email: [bolsover.socialservices@derbyshire.gov.uk](mailto:bolsover.socialservices@derbyshire.gov.uk)

**Creswell Neighbourhood Centre**

Old Colliery Offices  
Colliery Lane  
Creswell  
Worksop S80 4BX  
Tel: 08 456 058 058  
Fax: 01909 708229  
Textphone: 01909 708209

**Staveley Social Services Area Sub Office**

19 High Street  
Staveley S43 3UU  
Tel: 08 456 058 058  
Fax: 01246 348057  
Textphone: 01246 277249

**High Peak and North Dales Area Office**

Talbot Street  
Glossop SK13 9DG  
Tel: 08 456 058 058  
Fax: 01457 728850  
Textphone: 01457 861898

**Chapel en le Frith Social Services Sub Office**

Cromwell House  
High Street  
Chapel en le Frith SK23 OHD  
Tel: 08 456 058 058  
Fax: 01298 308150  
Textphone: 01298 812556

**North East Derbyshire Area Office**

Clay Cross  
Chesterfield  
S45 9JB  
Tel: 08 456 058 058  
Fax: 01246 348889  
Textphone: 01246 861852  
Email: [nederbyshire.socialservices@derbyshire.gov.uk](mailto:nederbyshire.socialservices@derbyshire.gov.uk)

**South Derbyshire and South Dales Area Office**

Civic Way  
Swadlincote  
DE11 0AQ  
Tel: 08 456 058 058  
Fax: 01283 238100  
Textphone: 01283 226901  
Email: [sdalessderbyshire@derbyshire.gov.uk](mailto:sdalessderbyshire@derbyshire.gov.uk)

Tel: 08 456 058 058  
Fax: 01623 588035  
Textphone: 01623 588040

**Chesterfield Area Office**

West Street  
Chesterfield S40 4TZ  
Tel: 08 456 058 058  
Fax: 01246 347867  
Textphone: 01246 277249  
Email: [chesterfield.socialservices@derbyshire.gov.uk](mailto:chesterfield.socialservices@derbyshire.gov.uk)

**Erewash Area Office**

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

**Buxton Social Services Sub Office**

Kents Bank Road  
Buxton SK17 9HJ  
Tel: 08 456 058 058  
Fax: 01298 308050  
Textphone: 01298 23942  
Email: [highpeakandnorthdales@derbyshire.gov.uk](mailto:highpeakandnorthdales@derbyshire.gov.uk)

**Derbyshire Dales Area Office**

Portland House  
Clifton Road  
Matlock Bath  
Matlock DE4 3PL  
Tel: 08 456 058 058  
Fax: 01629 772324  
Textphone: 01629 57439  
Please note this office has no staffed duty system for visits or appointments but can provide advice.

**Eckington Social Services Area Sub Office**

Southgate House  
90 Southgate  
Eckington  
Sheffield  
S21 4FT  
Tel: 08 456 058 058  
Fax: 01246 348601  
Textphone: 01246 348602

**Derbyshire District, Borough, City and County Councils**

**Amber Valley Borough Council**

Tel: 01773 570222  
Amber Valley Housing

**Erewash Borough Council**

Tel: 0115 9072244  
Erewash Housing (3 Valleys Housing)

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Tel: 01773 573100

**The District of Bolsover**

Tel: 01246 240000

The District of Bolsover Housing Information

Tel:01246 242424

**North East Derbyshire District Council**

Tel: 01246 231111

North East Derbyshire District Council Housing Information

Tel: 01246 217661/217662/217663

**Derbyshire Dales District Council**

Tel: 01629 761100

Derbyshire Dales District Council Housing Information

Tel: 01629 761311

**South Derbyshire District Council**

Tel: 01283 221000

South Derbyshire District Council Housing Information

Tel: 01283 595778

Tel: 0844 77 003500

**Chesterfield Borough Council**

Tel: 01246 345345

Chesterfield Borough Council Housing Information

Tel: 01246 345177

**High Peak Borough Council**

Tel: 01663 751751

High Peak Community Housing Information

Tel: 0845 1298075

**Derby City Council**

Tel: 01332 293111

Derby City Council Housing Information

Tel: 01332 256483

**Derbyshire County Council**

Tel: 08456 058 058

County Hall Matlock

### GP Information for Derbyshire County

Area	Practice	Telephone
High Peak	<b>Medical Practice</b> Butts Rd, Bakewell, DE45 1ED	0844 477 3408
High Peak	<b>Lime Grove Medical Centre</b> Lime Grove Walk, Matlock, DE45 3FD	01629 581586
High Peak	<b>Thornbrook Surgery</b> Thornbrook Rd, Chapel-en-le-Frith, High Peak, SK23 0RH	01298 812725
High Peak	<b>Ashenfell</b> Baslow, Bakewell, DE45 1SP	01246 582216
High Peak	<b>The New Surgery</b> Parke Rd, Tideswell, Buxton, SK17 8NS	01298 871396
High Peak	<b>The Surgery</b> Church St, Eyam, Hope Valley, S32 5QH	01433 630836
High Peak	<b>Imperial Road Surgery</b> Matlock, DE4 3NL	01629 583465
High Peak	<b>The Surgery</b> Dig Street, Hartington, Nr. Buxton, SK17 0AQ	01298 84315
High Peak	<b>Elmwood Medical Centre</b> 7 Burlington Rd, Buxton, SK17 9AY	01298 23019
High Peak	<b>Evelyn Medical Centre</b> Marsh Avenue, Hope, S33 6RJ	01433 621557
High Peak	<b>Darley Dale Medical Centre</b> Two Dales, Darley Dale, Matlock, DE4 2SA	01629 733205
High Peak	<b>Arden House Medical Practice</b> 15/17 New Mills Rd, Hayfield, High Peak, SK22 2JG	01663 745030 / 01663 742543
High Peak	<b>Goyt Valley Medical Practice</b> Chapel St, Whaley Bridge, High Peak, SK23 7SR	01663 732911
High Peak	<b>Buxton Medical Practice</b> 2 Temple Road, Buxton, SK17 9BZ	01298 23298
High Peak	<b>Stewart Medical Centre</b> 15 Hartington Rd, Buxton, SK17 6JP	01298 22338

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High Peak	<b>Sett Valley Medical Centre</b> Hyde Bank Rd, High Peak, SK22 4BP	01663 743483
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Area	Practice	Telephone
Chesterfield	<b>Ash Lodge Medical Centre</b> 73 Old Road, Chesterfield, S40 2RA	01246 232962
Chesterfield	<b>Newbold Surgery</b> 3 Windermere Road, Newbold, Chesterfield, S41 8DU	01246 277381
Chesterfield	<b>Holywell House Surgery</b> Holywell Street, Chesterfield, S41 7SD	01246 273075
Chesterfield	<b>Rectory Road Medical Centre</b> Rectory Road, Staveley, Chesterfield, S43 3UZ	01246 472296
Chesterfield	<b>Whittington Moor Surgery</b> Scarsdale Road, Whittington Moor, Chesterfield, S41 8NA	08444 773305
Chesterfield	<b>Avondale Surgery</b> 3 – 5 Avondale Road, Chesterfield, S40 4TF	01246 232946
Chesterfield	<b>The Brimington Surgery</b> Church Street, Brimington, Chesterfield, S43 1JG	01246 273224
Chesterfield	<b>Chatsworth Road Medical Centre</b> Chatsworth Road, Chesterfield, S40 3PY	01246 568065
Chesterfield	<b>Avenue House Surgery</b> 109 Saltergate, Chesterfield, S40 1LE	01246 244040
Chesterfield	<b>The Medical Centre</b> 1 Tennyson Avenue, Chesterfield, S40 4SN	01246 270505
Chesterfield	<b>The Maples Medical Centre</b> Barnfield Close, Staveley, Chesterfield, S43 3UL	01246 472309
Chesterfield	<b>Hasland Surgery</b> 82 St Philips Drive, Hasland, Chesterfield, S41 0RG	01246 278008
Chesterfield	<b>Whittington Medical Centre</b> High Street, Old Whittington, Chesterfield, S41 9JZ	01246 455440
Chesterfield	<b>Calow &amp; Brimington Medical Practice</b> Foljambe Road, Brimington, Chesterfield, S43 1DD	01246 220166
Chesterfield	<b>Hasland Medical Centre</b> 1 Jepson Road, Hasland, Chesterfield, S41 0NZ	01246 277973
Chesterfield	<b>Leyfield Surgery</b> 2 Eckington Road, Staveley, Chesterfield, S43 3XZ	01246 473321

Area	Practice	Telephone
North East Derbyshire	<b>The Surgery</b> 186 North Wingfield Rd, Grassmoor, Chesterfield, S42 5ED	01246 852995
North East Derbyshire	<b>The Surgery</b> 2 Gomersal Lane, Dronfield, S18 1RU	01246 296600
North East Derbyshire	<b>Dronfield Health Centre</b> High Street, Dronfield, S18 1PY	01246 412242
North East Derbyshire	<b>The Surgery</b> 1A Welbeck Drive, Wingerworth, Chesterfield, S42 6SN	01246 276590
North East Derbyshire	<b>Clowne Health Centre</b> Recreation Close, Clowne, Chesterfield, S43 4PL	01246 819444
North East Derbyshire	<b>Blue Dykes Surgery</b> Eldon Street, Clay Cross, Chesterfield, S45 9NR	01246 862468
North East Derbyshire	<b>Staffa Health</b> 189 Birkinstyle Lane, Stonebroom, Alfreton, Derbyshire, DE55 6LD	08444 711896

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North East Derbyshire	<b>Ashover Primary Care Centre</b> Milken Lane, Ashover, Chesterfield, S45 0BA	01246 590711
North East Derbyshire	<b>The Village Surgery</b> 108 Victoria Road, Pinxton, Nottinghamshire, NG16 6NH	01773 810207
North East Derbyshire	<b>Shires Health Care</b> 18 Main Street, Shirebrook, Mansfield, NG20 8DG	01623 742464
North East Derbyshire	<b>Blackwell Medical Practice</b> 6 Gloves Lane, Blackwell, Alfreton, DE55 5JJ	08444 771840
North East Derbyshire	<b>Creswell Primary Care Centre</b> Welbeck Street, Creswell, Worksop, S80 4HA	01909 721094
North East Derbyshire	<b>Moss Valley Medical Practice</b> Gosber Road, Eckington, Sheffield, S21 4BZ	01246 432131
North East Derbyshire	<b>Emmett Carr Surgery</b> Abbey Place, Renishaw, Sheffield, S21 3TY	01246 430200
North East Derbyshire	<b>St Lawrence Road Surgery</b> 17-19 St Lawrence Road, North Wingfield, Chesterfield, S42 5LH	01246 851029
North East Derbyshire	<b>High Street Surgery</b> 117 High Street, Clay Cross, Chesterfield, S45 9DZ	01246 862237
North East Derbyshire	<b>Barlborough Medical Practice</b> 7 Worksop Road, Barlborough, Chesterfield, S43 4TY	01246 819994
North East Derbyshire	<b>Oakhill Medical Practice</b> Oakhill Road, Dronfield, S18 2EJ	01246 296900
North East Derbyshire	<b>Crags Health Care</b> 174 Elmtun Road, Creswell, Worksop, S80 4DY	01909 721623
North East Derbyshire	<b>Castle Street Medical Centre</b> Castle Street, Bolsover, Chesterfield, S44 6PP	01246 822983
North East Derbyshire	<b>North Wingfield Medical Centre</b> Chesterfield Road, North Wingfield, Chesterfield, S42 5ND	01246 851035
North East Derbyshire	<b>The Surgery</b> Welbeck Road Health Centre, Bolsover, Chesterfield, S44 6DF	01246 823742
North East Derbyshire	<b>The Friendly Family Surgery</b> Welbeck Road, Bolsover, Chesterfield, S44 6DE	01246 826815
North East Derbyshire	<b>Killamarsh Medical Practice</b> 209 Sheffield Road, Killamarsh, S21 8DZ	0114 2510000
North East Derbyshire	<b>Gosforth Valley Medical Centre</b> Gorsey Brigg, Off Pentland Rd, Dronfield Woodhouse, S18 8UE	01246 419040

<b>Area</b>	<b>Practice</b>	<b>Telephone</b>
Amber Valley	<b>Appletree Medical Practice</b> 47A Town Street, Duffield, Belper, Derbyshire, DE56 4GG	08444 773476
Amber Valley	<b>The Arthur Medical Centre</b> Four Lane Ends, Main Street, Horsley Woodhouse, Derbys, DE7 6AU	01332 880249
Amber Valley	<b>Brooklyn Medical Practice</b> 65 Mansfield Road, Heanor, Derbyshire, DE75 7AL	01773 712552
Amber Valley	<b>Crich Medical Practice</b> Bulling Lane, Crich, Matlock, Derbyshire, DE4 5DX	01773 852966
Amber Valley	<b>Green Lane Surgery</b> 2 Green Lane, Belper, Derbyshire, DE56 1BZ	01773 823521
Amber Valley	<b>Ivy Grove Surgery</b> Church Farm Centre, Steeple Drive, Ripley, Derbyshire DE5 3TH	08454 567789
Amber Valley	<b>Jessop Medical Practice</b> Church Farm Centre, Steeple Drive, Ripley, Derbyshire, DE5 3TH	01773 602707

Amber Valley	<b>Kelvingrove Medical Centre</b> 28 Hands Road, Heanor, Derbyshire, DE75 7HA	01773 713201
Amber Valley	<b>Leabrooks Medical Centre</b> 27 Swanwick Road, Leabrooks, Derbyshire, DE55 1LJ	01773 602746
Amber Valley	<b>Limes Medical Centre</b> Limes Avenue, Alfreton, Derbyshire, DE55 7DW	01773 833133
Amber Valley	<b>The Park Surgery</b> 60 Ilkeston Road, Heanor, Derbyshire, DE75 7DX	01773 531011
Amber Valley	<b>Ripley Medical Centre</b> Derby Road, Ripley, Derbyshire, DE5 3HR	01773 742170 /01773 747486
Amber Valley	<b>Riversdale Surgery</b> 59 Bridge Street, Belper, Derbyshire, DE56 1AY	01773 822386
Amber Valley	<b>Somercotes Medical Centre</b> 22 Nottingham Road, Somercotes, Derbyshire, DE55 4JJ	01773 602141
Amber Valley	<b>Parkside Surgery</b> Church Street, Alfreton, Derbyshire, DE55 7BD	01773 546900

Area	Practice	Telephone
South Dales and Derbyshire	<b>The Surgery</b> Clifton Road, Ashbourne, Derbyshire, DE6 1RR	01335 342666
South Dales and Derbyshire	<b>Brailsford &amp; Hulland Medical Practice</b> The Green, Brailsford, Derbyshire, DE6 3BX	01335 360328
South Dales and Derbyshire	<b>The Poplars</b> 13 Linton Road, Castle Gresley, Derbyshire, DE11 9HU	01283 217592
South Dales and Derbyshire	<b>Wellbrook Medical Centre</b> Welland Road, Hilton, Derbyshire, DE65 5GZ	01283 732406
South Dales and Derbyshire	<b>The Surgery</b> 46-48 High Street, Newhall, Swadlincote, Derbyshire, DE11 0HS	01283 217092
South Dales and Derbyshire	<b>Overseal Surgery</b> 1 Hallcroft Avenue, Overseal, Swadlincote, Derbyshire, DE12 6JF	01283 760595
South Dales and Derbyshire	<b>Prestwood House Surgery</b> 74 Midway Road, Midway, Swadlincote, DE11 7PG	01283 212375
South Dales and Derbyshire	<b>Swadlincote Surgery</b> Darklands Road, Swadlincote, Derbyshire, DE11 OPP	01283 551717
South Dales and Derbyshire	<b>Willington Surgery</b> 4 Repton Road, Willington, Derbyshire, DE65 6BX	01283 703318
South Dales and Derbyshire	<b>The Surgery</b> Burton Road, Woodville, Swadlincote, Derbyshire, DE11 7JG	01283 217036
South Dales and Derbyshire	<b>Ashbourne Health Centre</b> Compton, Ashbourne, Derbyshire, DE6 1DA	01335 343784
South Dales and Derbyshire	<b>Hannage Brook Medical Centre</b> Hannage Way, Water Lane, Wirksworth, Derbyshire, DE4 4JG	01629 822434

Area	Practice	Telephone
Erewash	<b>Eden Surgery</b> Cavendish Road, Ilkeston, Derbyshire, DE7 5AN	0115 944 4081
Erewash	<b>Gladstone House Surgery</b> Gladstone Street, West Ilkeston, Derbyshire, DE7 5QS	0115 932 0248
Erewash	<b>West Hallam Medical Centre</b> West Hallam Village, Ilkeston, Derbyshire, DE7 6GR	0115 932 5462
Erewash	<b>Old Station Surgery</b>	0115 930 1055

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	Heanor Road, Ilkeston, Derbyshire, DE8 8ES	
Erewash	<b>Ilkeston Health Centre</b> South Street, Ilkeston, Derbyshire, DE7 5PZ	0115 932 2968
Erewash	<b>Littlewick Medical Centre</b> 42 Nottingham Road, Ilkeston, Derbyshire, DE7 5PR <b>The Dales</b> West Hallam, Ilkeston, DE7 8GR	0115 932 5229 0115 944 0320
Erewash	<b>Ilkeston Health Centre</b> South Street, Ilkeston, Derbyshire, DE7 5PZ	0115 932 2933
Erewash	<b>Adam House Medical Centre</b> 85-91 Derby Road, Sandiacre, Nottingham, NG10 5HZ	0115 949 1194
Erewash	<b>The Surgery</b> 41 Wharfedale Road, Long Eaton, NG10 3HG	0115 946 2690
Erewash	<b>Golden Brook Practice</b> Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 7995
Erewash	<b>Charlton House Practice</b> Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 0109
Erewash	<b>Moir Medical Centre</b> Regent Street, Long Eaton, Nottingham NG10 1QQ 165 Wilmot Street, Long Eaton, NG10 3EL2 Bank Road, Toton, NG9 6HD	0844 477 1759
Erewash	<b>Highfields Medical Centre</b> 86 College Street, Long Eaton, Nottingham, NG10 4NP	0115 973 4502
Erewash	<b>Aitune Practice</b> Long Eaton Health Centre, Midland Street, Long Eaton, NG10 1RY	0844 415 7985

### GP Information for Derby City

Area	Practice	Telephone
Derby City	<b>Alvaston Medical Centre</b> 14 Boulton Lane, Alvaston, Derby, DE24, 0GE	08444 994 770
	<b>Shardlow Surgery</b> 39 London Road, Shardlow, Derby, DE72 2BE	01332 799924
	<b>Aston Surgery</b> 8 Bell Avenue, Aston on Trent	01332 792888
Derby City	<b>Ascot Medical Centre</b> 690 Osmaston Road, Derby, DE24 8GT 18 Gilbert Street, Alvaston, Derby, DE24 OLB	01332 348845 01332 571345
Derby City	<b>Brook Medical Centre</b> 183 Kedleston Road, Derby, DE22 1FT	01332 291991/01332 340576
Derby City	<b>Chapel Street Medical Centre</b> 10 Chapel Street, Spondon, Derby, DE21 7RJ	0844 477 0920
	<b>Mayfield Road Medical Centre</b> 6 Mayfield Road, Chaddesden, Derby, DE21 6FW	0844 477 0930
Derby City	<b>Charnwood Surgery</b> 5 Burton Road, Derby, DE1 1TH	08444 778585
	<b>Mackworth Surgery</b> 5 Tuffnell Gardens, Mackworth, Derby, DE22 4DY	08444 773056
Derby City	<b>Clarence Road Surgery</b> 63-65 Clarence Road, Derby, DE23 6LR	01332 768912
Derby City	<b>Dale Medical Centre</b> 30 Lower Dale Road, Derby, DE23 6WY	01332 346226

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Derby City	<b>Derby Lane Medical Centre</b> 30 Derby Lane, Derby, DE23 8UA	01332 773243
Derby City	<b>Derwent Medical Centre</b> 26 North Street, Derby, DE1 3AZ	01332 292939
Derby City	<b>Derwent Valley Medical Centre</b> 81 Sitwell Street, Spondon, Derby, DE21 7FH 20 St Marks Road, Derby, DE21 6AT	01332 673905 01332 224588
Derby City	<b>Friar Gate Surgery</b> Agard Street, Derby DE1 1DZ	01332 294040
Derby City	<b>Hema Medical Centre</b> Kedholme Lane, Alvaston, Derby, DE24 0RY	01332 571677
Derby City	<b>Hollybrook Medical Centre</b> Hollybrook Way, Heatherton Village, Littlover, Derby, DE23 3TX  <b>Sinfin Medical Centre</b> Arleston Lane, Sinfin, Derby, DE24 3DS	01332 523300/01332 523311  01332 770909
Derby City	<b>Jay Bee Medical Centre</b> 25 Charnwood Street, Derby, DDE1 2GU	01332 342711
Derby City	<b>Lister House</b> 53 Harrington Street, Derby, DE23 6EL  <b>Oakwood Medical Centre</b> Danebridge Crescent, Oakwood, Derby, DE21 2HT	01332 281220  01332 281000
Derby City	<b>Littleover Medical Centre</b> 640 Burton Road, Derby, DE23 6EL	01332 207100
Derby City	<b>Macklin Street Surgery</b> 90 Macklin Street, Derby, DE1 1JX  <b>Park Farm Surgery</b> Park Farm Drive, Allestree, Derby, DE22 2RP	01332 559402  01332 551021
Derby City	<b>Meadowfields Practice</b> Fellows Lands Way, Chellaston, Derby, DE73 6SW  <b>Uppermoor Practice</b> Coleman Health Centre, Coleman Street, Allenton, Derby	01332 700455  01332 861180
Derby City	<b>Melbourne Health Care Centre</b> Penn Lane, Melbourne, Derbyshire, DE73 8EF  <b>Hightrees Health Care Centre</b> 2 Manor Road, Chellaston, Derby, DE73 6PY	01332 862124/01332 862054  01332 721650/01332 720077
Derby City	<b>Mickleover Medical Centre</b> Vicarage Road, Mickleover, Derby, DE3 0HA	01332 513283
Derby City	<b>Mickleover Surgery</b> 10 Cavendish Way, Mickleover, Derby DE3 9BJ	01332 519160
Derby City	<b>Normanton Medical Centre</b> 151 St Thomas Road, Derby, DE23 8RH	01332 765100
Derby City	<b>Oakwood Surgery</b> 380 Bishops Drive, Oakwood, Derby, DE21 2DF	01332 281220
Derby City	<b>Osmaston Surgery</b> 212 Osmaston Road, Derby, DE23 8JX	01332 346433
Derby City	<b>Overdale Medical Practice</b> 207 Victoria Avenue, Borrowash, Derbyshire, DE72 3HG 1 Bridge Street, Breaston, Derbyshire, DE72 3DS	01332 280800 01332 872217
Derby City	<b>Park Farm Medical Centre</b> 3 Park Farm Centre, Allestree, Derby, DE22 2QN	01332 559402 01332 344909

	<b>Vernon Street Surgery</b> 10 Vernon Street, Derby, DE1 1FR	
Derby City	<b>Park Lane Surgery</b> 2 Park Lane, Allestree, Derby, DE22 2DS	01332 552461
Derby City	<b>Park Medical Practice</b> Maine Drive, Chaddesden, Derby, DE21 6LA 46 Derby Road, Borrowash, Derbyshire, DE72 3HA	08444 773495
Derby City	<b>Parkfields Surgery</b> 1217 London Road, Alvaston, Derby, DE24 8QJ	0844 477 3758
Derby City	<b>Peartree Medical Centre</b> 159 Peartree Road, Derby, DE23 8NQ	01332 360692
Derby City	<b>Vernon Street Medical Centre</b> 13 Vernon Street, Derby, DE1 1FW  <b>Middleton Avenue Surgery</b> Middleton Avenue, Littleover, Derby, DE23 6DN	01332 332812/01332 331692  01332 265778
Derby City	<b>Vidya Medical Centre</b> 12 Charnwood Street, Derby, DE1 2GU  <b>Nightingale Surgery</b> Sinfin Moor Health Centre, Littleover, Derby, DE23 3DS	01332 345406  01332 272220
Derby City	<b>The Village Community Medical Centre</b> Browning Street, Derby, DE23 8AL	01332 777070
Derby City	<b>Wellside Medical Centre</b> 3 Burton Road, Derby, DE1 1TH 31 Humbleton Drive, Mackworth, Derby, DE22 4AU	01332 737777 01332 340850
Derby City	<b>Wilson Street Surgery</b> 11 Wilson Street, Derby, DE1 1PG  <b>Taddington Road Surgery</b> Taddington Road, Chaddesden, Derby, DE22 4JU	01332 344366  01332 675085

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# INFOLINK Entry Form

## Derbyshire Mental Health Resource Database

The Mental Health Resource Database contains information about services, groups, resources, and activities that are available to people in Derbyshire to promote their mental health. The information is available to advice centres, service providers, voluntary groups, service users and carers in the form of list and booklets. It may also be available electronically in the future. We are collecting information, and would be grateful for your help. Please fill in the questionnaire below for each activity etc. that you are the contact for. A separate form should be filled in for each activity/group/service etc.

**Title**.....

**Agency/Employer**

Statutory  (Name).....

Voluntary  (Name).....

Other  (Name).....

**Area/s Covered: (tick any that apply)**

Chesterfield	<input type="checkbox"/>	South Derbyshire	<input type="checkbox"/>	National	<input type="checkbox"/>
North East Derbyshire	<input type="checkbox"/>	Derbyshire Dales North	<input type="checkbox"/>	Erewash	<input type="checkbox"/>
Bolsover	<input type="checkbox"/>	Derbyshire Dales South	<input type="checkbox"/>	Derby City	<input type="checkbox"/>
High Peak	<input type="checkbox"/>	Amber Valley	<input type="checkbox"/>	Derbyshire	<input type="checkbox"/>
Other	<input type="checkbox"/>				

**Description of activity:**

.....  
 .....  
 .....

**Meeting**

**Day/Dates/Times:**.....

**Venue:**.....

**Cost:** (if any).....

**Contact**

**name:**.....

**Address:**.....

.....

**Telephone No.:**.....

**Fax No.:**.....

**Helpline No.:**.....

**Website address:**.....

**E-mail address:**.....

**I understand that this information will be made widely available to members of the public, statutory agencies, voluntary bodies, etc. N.B. If you are operating from a private address, and do not wish your name and/or private address to be publicly available, you might consider arranging for another agency to be a mailing address or contact point for you.**

**Signed:**..... **Date:** .....

**Please return completed form to:- Janice Rhodes, CPA Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield S40 3HW,  
Tel/Fax: 01246 515974 e-mail: [cpa@derbysmhservices.nhs.uk](mailto:cpa@derbysmhservices.nhs.uk)**