

Community Update

**For further information or to add any additional information to the document
please contact your Youth and Community Engagement Workers:**

Amber Valley

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Leanne.Parry@derbyshire.gov.uk

We would like to thank everyone for their support regarding the community updates, and we have amended the document with some of the feedback which we have received. This includes a toolbar on each page which will take you directly to the category that you are looking for.

Foodbanks

Money and Welfare

Housing

Mental Health and Wellbeing: Youth

Mental Health and Wellbeing (1)

Mental Health and Wellbeing (2)

Health

Staying Active

Domestic Violence

Sexual Abuse

Addiction

Information for Parents and Carers

Activities for Young People (1)

Activities for Young People (2)

Activities for Young People (3)

Education, Employment and Training

Volunteering

Any other Information (1)

Any other information (2)

Food banks: Amber Valley

Hope for Belper

Opening times- 12pm- 2pm
every Tuesday and Friday ex-
cept for on Bank Holidays



Referrals from partner agencies, but can take
emergency self-referral if partners unavailable

Belper Baptist Church, 71 Bridge St, Belper,
DE56 1BA

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

Oscari Pantry

no referrals needed, but there is a small mem-
bership fee and shop donation fee.

Opening times- Tuesdays 10 till 11.30am and
12.30 till 1.30pm

Address- Oscari, Church of Christ, Colledge
street, Riddings, DE55 4EZ

Website- <https://oscari-100193.square.site/>

Facebook- [https://www.facebook.com/](https://www.facebook.com/Oscarisocial)
[Oscarisocial](https://www.facebook.com/Oscarisocial)

Salcare

Walk-in and referrals from part-
ner agencies



Emergency food for single people
and families – either walk in or be
referred by other agencies (social
care, refuges, drug and alcohol services, etc).

It is helpful if you can bring your own bag.

Location- Salcare, 59 Ray Street, Heanor, DE75 7GF

Opening time-Every Tuesday and Friday from 10am
to 1pm

Email- enquiries@salcare.org.uk

Website- <https://www.salcare.org.uk/food-bank>

St Andrews Foodbank—Langley Mill

Contact number-07552 781656

Address- Anglican Methodist Church, Station Road,
Langley Mill, Derbyshire, NG16 4BP

Website: [https://www.standrewsonline.org.uk/](https://www.standrewsonline.org.uk/notice.php)
[notice.php](https://www.standrewsonline.org.uk/notice.php)

Opening Times- Fridays 1.30pm till 4pm

South Normanton Food Bank

St Michaels and All Angels Church
Church Street
South Normanton
Alfreton
Derbyshire
DE55 2BT
01773 810410

[South Normanton Area Foodbank | Helping
Local People in Crisis](#)

info@southnormantonarea.foodbank.org.uk

Sainsbury's

Food Boxes

'Taste Me, Don't Waste Me' boxes will include a vari-
ety of surplus fresh fruit and vegetables and the box-
es will be sold for £2

Sainsbury's

Money and Welfare: Amber Valley

Confidential Information and Advice

Free, confidential and independent information and advice service for those over 50 or their carers/relatives. Age UK Derby & Derbyshire, 29a Market Place, Heanor, Derbyshire, DE75 7EG.



Call—01773 768240

[Age UK Derby & Derbyshire | Information and Advice Services](#)

Citizens Advice

For free, independent, confidential and impartial advice

Heanor, Belper

Call— 08082787954

[Citizens Advice Bureau \(Belper\) | Profile Page On Amber Valley Info](#)

[Turn2Us - Advice Finder - Citizens Advice Derbyshire Districts \(Heanor\) - Heanor](#)



Amber Valley

Cost Of Living Support

Find support, information, advice, and guidance to help you and your family

- Help for households
- Help with Energy Bills
- Help with rent/ council tax

<https://www.ambervalley.gov.uk/community/cost-of-living-support/>

Contact the team directly on 01773 570222

enquiry@ambervalley.gov.uk



AUTISM PARENT & CARER COURSE 2023 SESSIONS

THE PURPOSE OF THIS COURSE IS TO RAISE AWARENESS ABOUT AUTISM, PROVIDE INSIGHT INTO HOW IT IS EXPERIENCED BY AUTISTIC INDIVIDUALS, AND TO HELP PARENTS AND CARERS LEARN TO SUPPORT AUTISTIC FAMILY AND FRIENDS IN A POSITIVE WAY.

JULY 24 MONDAY
12:00-14:00. ONLINE.

MONDAY
10:00-12:00. ONLINE. **AUG 28**

SEP 25 MONDAY
12:00-14:00. ONLINE.

MONDAY
10:00-12:00. ONLINE. **OCT 23**

NOV 27 MONDAY
12:00-14:00. ONLINE.

MONDAY
10:00-12:00. ONLINE. **DEC 11**

WANT TO COME ALONG? CONTACT US: TEL - 01332 228 790. EMAIL - AUTISMSERVICE@CITIZENSADVICEMIDMERCIA.ORG.UK

Housing: Amber Valley

Disabled Adaptations

Amber Valley Borough Council are working with Derbyshire County Council to make sure that aids and adaptations are provided for clients that need access to their home or to access services within the home. The service can be accessed through Call Derbyshire. 01629 533190

Homelessness and homeless prevention

You can take a look at more information on this webpage about your own circumstances. If you need any more help you can contact us

housing.solutions@ambervalley.gov.uk or call 01773 84140

Amber Valley Foyer Project

Amber Valley Foyer exists to provide housing and training opportunities to young homeless people (16-24 yrs) in Amber Valley.

<http://www.homelessuk.org>

avprojects@riverside.org.uk



Risk of Eviction

Derbyshire Law Centre are available to take calls: Monday to Friday from 9.30am to 4.30pm
on:Telephone: 01246 550674

Freephone: 0800 707 6990

SMS/Text: 07781482826

Text Box: 018001 01246 550674

Alternatively you can email:
dlc@derbyshirelawcentre.org.uk

Amber Valley BC part fund CallB4UServe to support landlords with queries

helen.scott@derby.gov.uk 01332 641408

[Housing advice in Amber Valley | Categories | Derbyshire Law Centre®](#)



P3—Amber Valley

If you are not rough sleeping, but still experiencing homelessness, for example you are sofa surfing or being threatened with homelessness, it is important for you to get in touch with your local homeless team.

[Derbyshire Outreach Team \(DOT\) - P3 \(p3charity.org\)](#)

E: housing.solutions@ambervalley.gov.uk

P: 01773 570222



PEOPLE
POTENTIAL
POSSIBILITIES

Amber Trust

Social care charity promoting mental wellbeing and offering housing support

01773 742051

Mental Health & Emotional Wellbeing for young people: Amber Valley

Infinite Wellbeing

Our aim is to share knowledge and tools for managing wellbeing, so children, adults, and families can understand, maintain, and improve their wellbeing, and enjoy the best in life.



[Wellbeing programmes and activities | Infinite Wellbeing | England \(infinite-wellbeing.co.uk\)](#)

NHS Derbyshire Healthcare

Amber Valley Team

Ripley Town Hall (first floor)
Market Place
Ripley
DE5 3BT
Call 0300 123 2678

[Amber Valley team :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)

Compass

We help you build your skills to cope with: Low mood; sadness, low motivation; Mild to moderate anxiety; worries, irrational fears and concerns; Common challenging behaviours: angry outbursts, pushing boundaries, frustration and distress Family and peer relationship difficulties; Difficulty adjusting to change and transition; Difficulty managing emotions.

Compass Changing Lives comprises of nine Mental Health Support Teams in Derby, Erewash, Bolsover, the Derbyshire Dales, Chesterfield and the Amber Valley.

[Compass Changing Lives - Compass \(compass-uk.org\)](#)



CAMHS Amber Valley

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

Rivermead, Goods Road, Belper, Derbyshire DE56 1UU
01773 880554

LGBT+ Collective

Free One2One Support , Information, Guidance virtual (In person can be arranged) No minimum age limit (consent/ referral needed by a professional or parent/guardian)

- Mental Health
- Identity
- Discrimination
- Anything else.

info@lgbtcollective.co.uk

lgbtcollective.co.uk



Callums Voice CIC

- Improving public understanding of Autism and mental health conditions.

- Empowering children and young people with Autism and mental health conditions to build on their strengths to achieve their potential.

- Promoting good mental health for children, young people and families.

Room 10, Alfreton House

High Street

Alfreton

Derbyshire

DE55 7HH

Tel: 01773 688026

Email: admin@callumsvoice.org.uk



Amber Trust

Amber Trust is a well established social care charity specialising in offering accommodation and support services to adults with mental ill health or those who are at risk of social exclusion.

7-11 Wellington Street,
Ripley, Derbyshire

info@ambertrust.co.uk

Amber Valley Adult Recovery

The Amber Valley Neighbourhood team provides mental health support to adults regardless of age; this support is based on individuals' needs. The team will work with you to help you find both short-term and longer-term ways to improve your mental health, and to focus on healthy living and behaviours.

0300 123 2673

Rethink

01773 734 989

Community Support Group

The Croft, Ripley



Amber Valley Walking Together

Amber Valley Walking Together work with individuals, groups and organisations to set up and manage local walks for health as part of the wider Walk Derbyshire model.

<https://www.ambervalley.gov.uk/ambervalleywalkingtogether>

mindfulwalks22@aol.com



Amber Valley Association for Mental Health LTD.

Mental Health Information and support

Belper—DE56 2UA

01773 599599

CVS Mancave

Tuesdays 10am men only group, providing a place of skill sharing and informal learning

01773 512076

Men in Sheds

Peer support for men in Swanwick

Saturdays 10am

Wednesdays 3:30pm

Thursdays 3:30pm

01773609603



Infinite Wellbeing

Heanor Women's and Men's—Wellbeing support groups



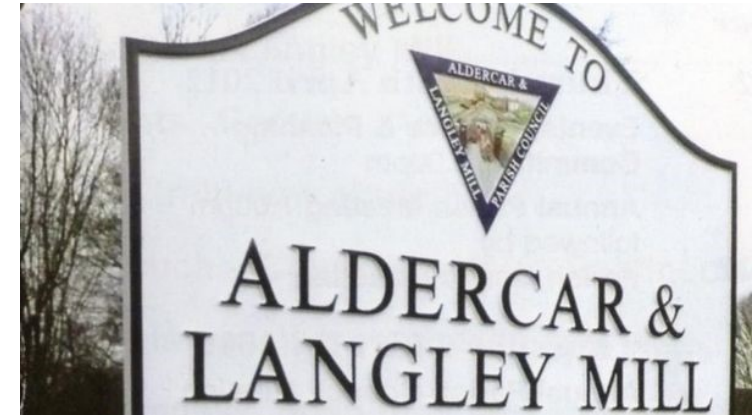
Women's group Mondays 9-11

[Wellbeing programmes and activities | Infinite Wellbeing | England \(infinite-wellbeing.co.uk\)](#)

Aldercar and Langley Friends

Community meet ups, walks and activities in Aldercar and Langley Mill

www.meetup.com/aldercar-langley-friends/



LGBT+ Collective

Over 18's fortnightly meet ups in Alfreton

One to One Support

lgbtcollective.c.uk



Find your nearest GP

Find a GP - NHS (www.nhs.uk)



Find nearest Hospital / Clinic

<https://www.nhs.uk/services/independent-sector-provider/amber-valley-health-ltd/DT5>

Derbyshire Health Team

Ripley Town Hall (first floor)

Market Place

Ripley

DE5 3BT

0300 123 2673—mon-fri 9-5pm



Dementia Café

Meet and Chat with others who understand

- Alfreton 3rd Monday each month
- Ripley 3rd Thursday each month
- Belper 4th Monday each month



How to find an NHS Dentist

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



101

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

101



Healthwatch

Telephone support line for people looking access health or care services

01773 880786

enquiries@healthwatchderbyshire.co.uk

[Home | Healthwatch](#)



Live Life Better Derbyshire

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

01629 538200

asch.llbd.info@derbyshire.gov.uk

[Home - Live Life Better Derbyshire](#)



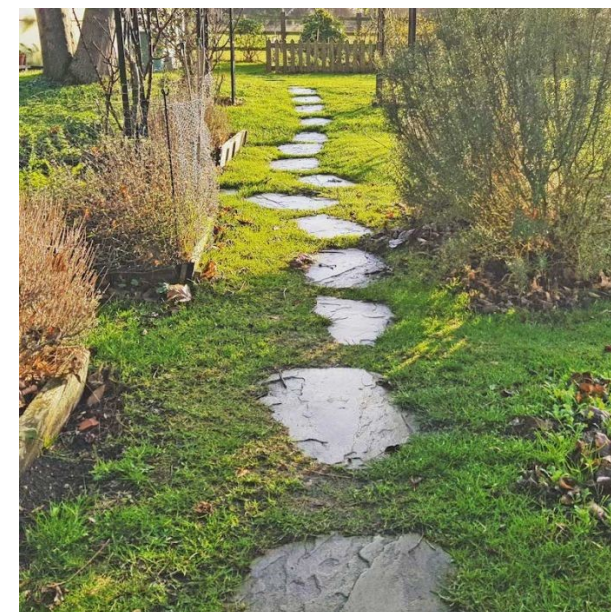
Stepping Stone Day Centre

01773710939

Mon-fri

Community Hall, Ilkeston Road, Heanor DE75 7AG

Meet new people in retirement, enjoy good company, tea and coffee, meals available.



Sen Fit CIC



Fitness, Health and Well-being service for those with Special Educational Needs and Disability

Group Sessions, one to One, Information and guidance , holiday activities etc...

[SEN-Fit cic | Derby | Facebook](#)

Belper Leisure Centre

Youth Classes: Swimming Club, Canoeing, Belper Sports FC, Belper Sports

Ladies FC, Kickboxing, Kids Gym Classes, Tae Kwon-Do, Dodgeball, Volleyball

[Belper Leisure Centre](#)



Ripley Leisure Centre

Active—Play and Bounce, Family Swimming, Junior Gym Sessions,

[Ripley Leisure Centre | Ripley – Places Leisure](#)

Alfreton Leisure Centre

Trampolining, Gymnastics, Play and Bounce

[Children | Alfreton Leisure Centre | Alfreton – Places Leisure](#)

William Gregg Leisure Centre—Heanor

Play and Bounce, Swimming

[William Gregg VC Leisure Centre | Heanor – Places Leisure](#)

Full Power Fitness

01773 531934

Youth Boxing/ Gym

[Full Power Fitness – Full Power](#)

Infinite Wellbeing

Fun and Fit—

Tuesday 1:30, wed 9:30 and 1:30, thur 9:30 and Friday 9:£0

[Live Life Better Derbyshire](#)



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

[Getting active - Live Life Better Derbyshire](#)

GOGA (Get Out Get Active)



[Get Out, Get Active Amber Valley | Facebook](#)

[Get Out Get Active - Home](#)

Amber Valley School Sports Partnership



We work alongside schools, community groups, leisure providers, national and government authorities to achieve our aim of improving the lives of local people.

[Upcoming Events – Amber Valley School Sport Partnership CIO \(avssp.co.uk\)](#)

Domestic Abuse: Amber Valley

Salcare

Freedom Programme
Group for women who
want to learn more

about the reality of
domestic abuse.

Phone—01773765899

Community Room,

59 Ray Street

Heanor DE75 7GF



ELM Foundation

Amber Valley: Accommo-
dation: Communal and dis-
persed accommodation -
Women, Men and their

children Community Based support - Adults
Community Based Support - Children and
young people

Contact through Derbyshire Domestic Abuse
Support Line: 08000 198 668 email: derbyshire-

dahelpline@theelmfoundation.org.uk Mobile

Text for deaf and hard of hearing 07534

617252



Avedass

Domestic Violence —Information and Support

59 Ray Street

Heanor

Derbyshire

DE75 6GF

01773530043

Safer Derbyshire

We work in partnership
to make Derbyshire a

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



[Domestic abuse \(saferderbyshire.gov.uk\)](http://saferderbyshire.gov.uk)

Derbyshire Constabulary

Advice and Information around Domestic Abuse

[Advice about domestic abuse | Derbyshire Constabulary](http://www.derbyshire.police.uk)



Women's Aid

women's aid
until women & children are safe

Use the Tool below
to find Domestic
Abuse Support Services in the area of Ere-
wash

[Women's Aid Directory - Women's Aid
\(womensaid.org.uk\)](http://womensaid.org.uk)

Derbyshire WISH YPVA Service

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

Phone 01773 765900

**Email: [DerbyshireWISHrefer-
rals@ncha.org.uk](mailto:DerbyshireWISHreferrals@ncha.org.uk)**



Sexual Abuse: Amber Valley

Sexual Health Matters

Use our online services via the Your Sexual Health Matters website

www.yoursexualhealthmatters.org.uk

Contact: Lauren Atack

Sexual Health Promotion Practitioner (South Derbyshire, Erewash and Amber Valley)

Phone: 07768036923



SV2– Supporting Victims of Sexual Abuse

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

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

01773 746115

help@sv2.org.uk

[SV2 - Supporting Victims of Sexual Violence - Home](#)



Sexual Abuse Support– GOV.uk

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

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

[Sexual abuse support – Support for victims-survivors of sexual abuse](#)

Salcare

Sexual Abuse Information and Support

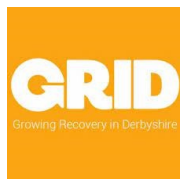
<https://www.salcare.org.uk/>



Recovery Plus Specialist

leading group work around the themes of addiction / recovery / mental health. There is the opportunity for one to one sessions and Support Workers who can support with practical issues i.e. housing, food, appointments. Also CAB will support with benefits, debt issues etc.

recoveryplus@thebrookcc.co.uk



[Recovery Plus Specialist Worker | The Brook Community Church and Centre](#)
(growingrecoveryinderbyshire.co.uk)

Drug and Alcohol Rehab in

Amber Valley

Find drug and alcohol rehab or outpatient treatment in Amber Valle

[Drug & Alcohol Rehab in Amber Valley - Rehab 4 Addiction](#)



Change, Grow and Live- CGL

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

01773 303646 to contact the CGL

Derbyshire@cgl.org.uk

[Find a Change Grow Live service near you](#)



Change Grow Live

Derbyshire Recovery Partnership

We are here in a friendly and non-judgemental way to help you address your substance misuse problem.

Our workers are trained to treat your primary addiction whilst using a holistic approach to help you address other areas of your life that may also have a negative impact.

Ripley- 01773 744594

Derbyshire Recovery Partnership



Active Partners Trust

The Active Partners Trust have some resources which they are happy to put together as packs which would be suitable for individuals of varying ages.

jon.sparkes@activepartnerstrust.org.uk

[Junction Arts | Junction Arts - Discover Arts Award Online now!](#)



HAF - Holiday Activity and Food

<https://itsaboutmederbyshire.co.uk/>

Free holiday clubs for young people eligible for free school meals— information available on website



HOW TO BOOK

STEP 1

1. Go to www.itsaboutmederbyshire.co.uk and click **BOOK NOW**
2. Enter your criteria E.g Location, participant age, date and click **SEARCH**
To view the session details click **MORE INFORMATION**
3. Once you've found a holiday club you like, click and choose a date and time that works for you **BOOK NOW**
4. Enter your child's details- you can add more than one child
You may need to add 'Supplementary Information'. Please write 'none' in any fields that do not apply.

Repeat to add more sessions!

STEP 2

1. Once you have chosen all your sessions, go to your cart and click **CHECKOUT**
2. To complete your booking you will need to create a log-in. You can then view/ edit and add any additional bookings at any time by logging in.

Create a Log-In

- Add your details
- Sign up for session reminders
- Enter your child's details
- Sign up to our 'It's About Me' newsletter

STEP 3

1. Click **COMPLETE BOOKING**

No longer able to attend your session?
Please contact the organiser if you are unable to attend one of your booked activities. Places are limited and the venue will be able to open up the space for other children and young people.



Service and Support for parents and carer's

[Services and support for parents -](#)

[NHS \(www.nhs.uk\)](http://www.nhs.uk)

Brighteyes Soft Play & Café – The Genesis Centre

Soft play opening times:

Monday 9:00am till 6:00pm
Tuesday – 9:00am till 5:00pm
Wednesday – 9:00am till 3:00pm
Thursday – 9:00am till 5:00pm
Friday – 9:00am till 5:00pm
Saturday – 10:00am till 5:00pm
Sunday – 10:00am till 4:00pm

Prices

Babies – £1.50
Children 1 & Over – £4.50

Café opening times:

Mon to Fri – 9:00am – 5:00pm
Sat – 10:00am till 7:00pm
Sun – 10:00am till 4:00pm

For any more information contact brighteyes directly on 01773 417014
brighteyes192019@outlook.com
<https://www.facebook.com/Bright-Eyes-Soft-play>
<https://www.genesis-centre.co.uk/soft-play/>

01773 417014 or brighteyes192019@outlook.com

Soft Play - Genesis Enterprise & Community Hub (genesis-centre.co.uk)

Our location:

34 – 46 King Street
Alfreton
Derbyshire
DE55 7DQ

Details taken from The Genesis Centre Website.

Correct at 19/01/2023 and subject to change. Before attending a group, we suggest you check that it is still running at the days and times noted.

Activities for Children and young People:

Amber Valley

Blend Youth Project



Check out Social Media, and their website for there weekly schedule.

Youth Groups - Ripley and Crich,
Youth Drop in's—Heanor and Ripley
Outreach—Belper Parks Estate,
[Blend Youth Project](#)

The Old Farm Bus

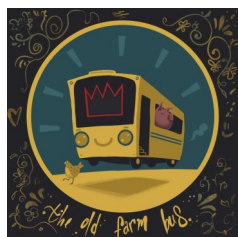
Youth Group/ Events, Family events for all ages—Belper and Ripley ,

[The Old Farm Bus | Facebook](#)

AYUP -

Alfreton Youth Umbrella Provision

- Free Youth Club
- Friday's 5-7pm
- Alfreton Leisure Centre



Coat Hangers Youth Club—Langley Mill

c.robinson10@yahoo.com

Childrens Saturday Club—Ripley

Supporting Children and young people between 8 and 14 who have been diagnosed with Autism, 10-12 spaces are available

for each session. 10 am—

4pm every other Saturday

01773 741221—

enquiries@derbyshireautismservices.org Unit 3a, Unicorn Business Park, Ripley, DE5 3EH-

Find your local Scouts group

07843933773

Scouts.org.uk



Creative Arts and Crafts

10 workshops available for family art projects over the summer holidays

Creativeartsbelper.co.uk

LGBT+ Collective

Fortnightly, Free, Inclusive youth clubs

Belper, Heanor, Alfreton, Ripley, Matlock, Swadlincote (dates and times available on website or on social media)

youthclub@lgbtcollective.co.uk

[LGBT COLLECTIVE » A new LGBT provision for Derbyshire groups, support and events](#)



Activities for Children and young People (2)

Brightness Soft Play and Café

Open 7 days a week—Soft Play,
 Babies £1.50
 Children 1 and over £4.50
 01773 417014
 brighteyes192019@outlook.com

Bears - Breastfeeding

Heanor Children Centre, Roper Avenue,
 Heanor
 01629 532616



Breastfeeding support group at Heanor Children's Centre

Dates the Heanor BEARS group will take place at Heanor Children's Centre 9.30 - 11.00a.m.

6 th June
20 th June
4 th July
18 th July
Weekly from 25 th July to 5 th September
19 th September
Sessions will be weekly from 26 th September

For telephone support, call to speak to a B.E.A.R.S volunteer in confidence on 07776 495900

Heanor Children's Centre
 Roper Avenue
 Heanor
 DE75 7BZ
 Tel: 01629 532616



Brightness Soft Play and Café

Open 7 days a week—Soft Play,
 Babies £1.50
 Children 1 and over £4.50
 01773 417014
 brighteyes192019@outlook.com

Bears - Breastfeeding

Heanor Children Centre, Roper Avenue,
 Heanor
 01629 532616

Infinite Wellbeing

Rhyme Time
 Monday 10-:30, Tuesday 12:30, Wednesday 12:30, Thursday 12:30, Friday 11am
 Infinite Wellbeing Community Centre,
 Market Street
 Heanor
 DE75 7NR

Fleet Arts

Providing various community art groups and projects in Amber Valley for all age groups



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

Sensory Imagination

Junk Modelling Craft Club at Bonsall, kicking off on Thursday 27th July, from 13:00 till 15:00. Parents are asked to stay, enjoy the creative chaos, and marvel at the masterpieces their children create. We provide all the materials; you bring your imagination and creativity.

<https://www.sensoryimagination.com/all-groups-1>

Activities for Children and young People (3)

Infinite Wellbeing

Free Multi- Activity Youth sessions

From 5pm

Monday, Wednesday and Friday's

Working with local youth providers to pro-

vide a wide range of youth activities

Monday, Wednesday, Friday's 5-9pm

Infinite Wellbeing Community Centre,

Market Street

Hearon

DE75 7NR

Infinite-wellbeing.co.uk/book-online



Hearon & Langley Mill - Local Baby and Toddler Groups

(Some sessions do not run during school holidays- please check)

Name and Address	Day/Time	Age	Cost
Boogie Beats Langley Mill Children's Centre Bailey Brook Drive, Langley Mill NG16 4FS Tel: 01629 533677 emma@boogiebeat.co.uk	Monday 02:00- 02:45 (Term Time only)	0-5yrs	Free
Baby Sensory Marpool Reform Church Chapel Street, Marpool, Hearon, Derbyshire DE75 7NA Tel: 07554996492 noltsnorth@babysensory.co.uk	10:00- 11:00 11:30- 12:30 (Need to book)	0-13months	£7.25 per session
Aldercar Toddler Group Aldercar Infant and Nursery School Godkin Drive, Langley Mill NG16 4GL Tel: 01773 713428	Tuesday 9:00-11:00 (Need to book)	0-3yrs	£2 (one adult to attend per child due to space)
Swimming in the Baby Pool sessions William Gregg Leisure Centre, Hands Road, Hearon, DE75 7HA Please call and check, as times sometimes change Tel: 01773 537940	Tuesday 11:00- 12:15 Wednesday 12:00- 1:30 Thursday 12:00- 1:00	3 months+	£4.80+ per adult. Children under 3yrs old are free. £3.40- children over 3yrs old.
Hearon B.E.A.R.S Group Breastfeeding Support Group Hearon Children's Centre Roper Avenue, Marpool, Hearon, Derbyshire DE75 7BZ Tel: 01629 533677 Tel: 07776495900 (B.E.A.R.S)	Tuesday 09:30- 11:00am	For parents who are breastfeeding and children	Free

Continued over the page ➡

Tiny Talk Baby Signing St Andrew's Church, Station Road, Langley Mill NG16 4BP	Tuesday 10:15- 11:15	0-2yrs	£6.50 per session.
Brinsley Primary & Nursery School Moor Road, Brinsley NG16 5AZ Teacher: Kimberley Gavuzzi Tel: 07794881317 www.tinytalk.co.uk/kimberleygavuzzi kimberleygavuzzi@tinytalk.co.uk	Wednesday 10:30- 11:30		Email/call for enquiries.
Hearon Weenies 16 Wilmot Street, Wilmot Street Centre, Hearon, DE75 7EF Tel: 01773 533050	Wednesday 10:00- 2:00	0-5yrs	£2.50 for first child. £1 per extra child.
Tots New Horizon Church 1 Linkmel Road, Langley Mill NG16 3RZ Tel: 01773 252888	Wednesday 10:00- Midday	0-5yrs	£1.50 per child
Story and Rhyme Time Hearon Library Ilkeston Road, Hearon, DE75 7DX Tel: 01629 533795	Thursday 11:00-11:30	0-5yrs	Free
Hokey Cokey Club Marpool United Reformed Church, Chapel Street, Marpool, Hearon, Derbyshire, DE75 7NA, Tel: Val Smith 01773 715205	Friday 9:30- 11:30	0-5yrs	£2 for an adult and one child and then additional 50p for extra adult or child over 6m old.
Ohaná Baby Classes Hearon Miners Welfare 50 Ilkeston Road Hearon Derbyshire DE75 7DT Tel: 07572609607 natasha@ohanababyclasses.co.uk www.ohanababyclasses.co.uk	Wednesdays 10.00-10.45am and 11.15-12.00pm.	0-13 months	Cost £7 a class for block bookings. £7.50 for PAYG.

Correct at 19/01/2023 and subject to change. Before attending a group, we suggest you check that it is still running at the days and times noted.

Derbyshire Adult Community Education



Online directory:

[Adult community education - Derbyshire County Council](#)

Courses offering different qualifications and study levels

We offer a range of courses offering different qualifications and study levels, and support and guidance to help you make the right decision.

[Adult community education - Derbyshire County Council](#)

DCC Learning for 14 – 19 Year Olds

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

[Learning for 14 to 19-year-olds \(derbyshire.gov.uk\)](#)

[Learning for 14 to 19-year-olds - Derbyshire County Council](#)

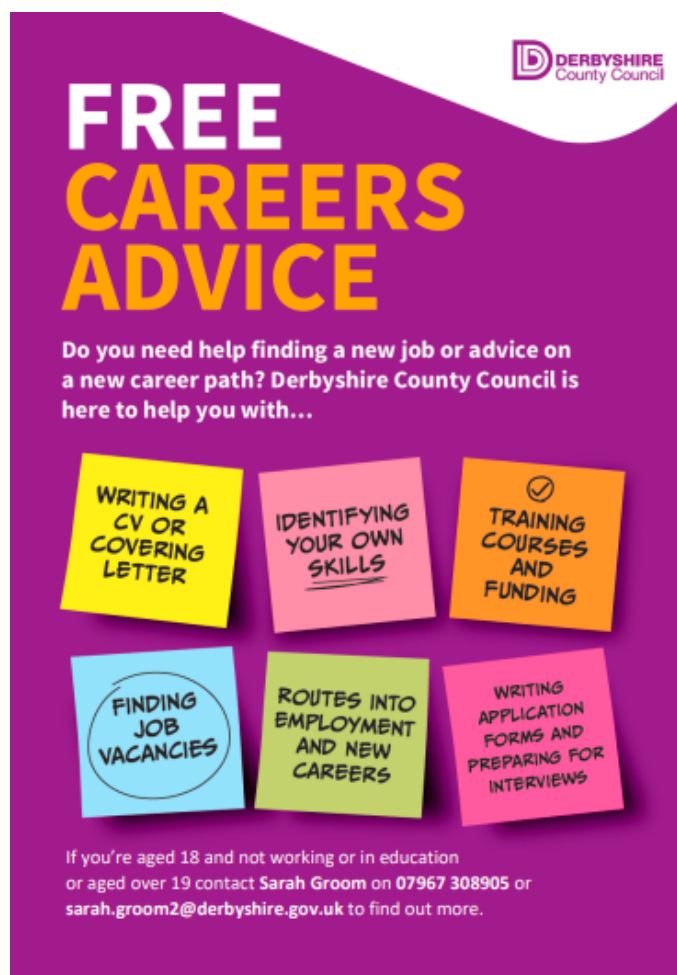
Build your confidence and gain real skills for work or to help you with further study.

Derbyshire Careers

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

Sarah.groom2@derbyshire.go.uk

07967 308905



FREE CAREERS ADVICE

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

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

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

DCC Disability Employment Service

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

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

Tel: 01629 532440

email: disabilityemploymentservice@derbyshire.gov.uk

Volunteering: Amber Valley

Youth and Community Engagement Workers



If you are interested in volunteering with children, young people or families for Derbyshire County Council Children's Services,

please contact: Mikey or Rebecca

Mikey.Heald@Derbyshire.gov.uk Rebecca.Patrick@Derbyshire.gov.uk

Amber Valley CVS

<https://avcvs.org/>



LGBT+ Collective

One2One—web based volunteers

Volunteer Youth Workers for youth clubs, events and holiday clubs

lgbtcollective.co.uk

Derbyshire Time Swap

SWAP YOUR TIME WITH INDIVIDUALS AND ORGANISATIONS IN DERBYSHIRE

[HOME](#) | [Derbyshire Time Swap](#) | [Swap your time with others](#)



DERBYSHIRE
TIME SWAP

VOLIFE Amber Valley

[Today's opportunities – AMBER VALLEY VOLIFE \(volifeambervalley.com\)](#)

VOLIFE
Amber Valley



WEEKLY BAKING CLASSES

130-230PM, WEDNESDAY, HOME EDUCATORS, 4-14 YRS
10-11AM, THURSDAY, BUSY BAKERS, 2-4 YRS
130-230PM, THURSDAY, BUSY BAKERS, 2-4 YRS
10-11AM, FRIDAY, BUSY BAKERS, 2-4 YRS
10-11AM & 1130-1230PM, SATURDAY, CHEFLETS, 5-12 YRS



Bottled Up Blokes



Football Sessions Mondays 7:30pm - 8:30pm Tibshelf Community School

These sessions will be small sided games led by that weeks BUB Captains.

The idea is to get men socialising, laughing and exercising to help with their physical and mental health.

Tibshelf Community School
Tibshelf, Derbyshire, DE55 5LZ



Online booking essential only at bottledupblokes.com.
Small donation of £1.50 required. Limited Availability



18+



ALFRETON OVER 18'S LGBT+ DROP IN GROUP

THIS IS A FREE INCLUSIVE GROUP FOR OVER 18'S WE WELCOME ANYONE WHO IDENTIFIES/ QUESTIONING AS LGBT+ AS WELL AS ALLIES.



ALFRETON TEA ROOMS.
27 HIGH STREET.
ALFRETON.
DE55 7HH

MEET NEW PEOPLE
GAMES AND CRAFTS
GET INFORMATION AND ADVICE

7:30PM-9PM
THURSDAY 17TH AUGUST
THURSDAY 31ST AUGUST
THURSDAY 14TH SEPTEMBER
THURSDAY 28TH SEPTEMBER



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