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| **Test and Trace**Support payment of £500 may be available for people on a lowincome/claiming eligible benefits if required to self-isolate | [**www.southderbyshire.gov.uk/test-and-trace-support**](http://www.southderbyshire.gov.uk/test-and-trace-support)or call 01283 595795. Please note: current scheme ends on 30 June 2021 |
| **Jobcentre Plus**For benefit claims and help with Universal Credit | [**www.gov.uk**](http://www.gov.uk/)Call: 0800 055 6688  Textphone: 0800 023 4888Universal Credit helpline: 0800 328 5644  Textphone: 0800 328 1344 |
| **Citizens’ Advice Mid Mercia**For support including: debt,benefits, and legal advice | [**www.citizensadvicemidmercia.org.uk**](http://www.citizensadvicemidmercia.org.uk/)Call: 0300 330 9002 |
| **Derbyshire Welfare RightsService**Advice on benefits, including pension credit, and how to claim | [**www.derbyshire.gov.uk/welfarebenefits**](http://www.derbyshire.gov.uk/welfarebenefits)Call 01629 531535email: **welfarebenefits@derbyshire.gov.uk** |
| **South Derbyshire Food Bank**Food parcels for individuals and families in financial difficulty for up to three days | [**www.sdcvs.org.uk**](http://www.sdcvs.org.uk/)Call: 07458 305 314email: **projectsupport@sdcvs.org.uk** |
| **Homelessness advice**forpeople at risk of homelessness | [**www.southderbyshire.gov.uk/homelessness**](http://www.southderbyshire.gov.uk/homelessness)Call: 01283 228773 |
| **Community Response Unit**Support for people who live alone and have to self-isolate or who are shielding | [**www.derbyshire.gov.uk/gethelp**](http://www.derbyshire.gov.uk/gethelp)Call: 01629 535091 |

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| **Derbyshire Domestic Abuse**Support for people at risk of abuse | Call: 08000 198 668 In an emergency, call 999Text: 07534 617252  email **derbyshiredahelpline@theelmfoundation.org.uk** |
| **Warmer Derby and Derbyshire**Offering advice on energy bills | Call: 0800 677 1332 |
| **Green Homes grants**Grants available to improve the energy efficiency of your home | [**www.simpleenergyadvice.org.uk**](http://www.simpleenergyadvice.org.uk/)For advice, email:**environmental.health@southderbyshire.gov.uk** |
| **Pension credit**Check your eligibility and apply | [**www.gov.uk/pension-credit**](http://www.gov.uk/pension-credit) |
| **Derbyshire Mental HealthHelpline and Support Service** | Call 0800 028 0077open 24/7, your call is free |
| **Derbyshire Recovery and Peer Support Service** | Call: 01773 734989email: **derbyshirerecoverypeer****supportservice@rethink.org** |
| **Samaritans** | Call: 116 123, your call is free, open 24/7email: **jo@samaritans.org** |
| **South Derbyshire Volunteer Force**Find out how you can gainvaluable skills and support others | email: **volunteer@sdcvs.org.uk**Call: 07458 304315 |
| **Live Life Better Derbyshire**Free service to help you give up smoking, lose weight and be active | [**www.livelifebetterderbyshire.org.uk**](http://www.livelifebetterderbyshire.org.uk/)Call: 0800 085 2299 or 01629 538200 |
| **Active Derbyshire**Download a free Active at Home guide to help move more at home | [**www.activederbyshire.org.uk/active-during-coronavirus**](http://www.activederbyshire.org.uk/active-during-coronavirus) |