

|  |  |
| --- | --- |
| **Test and Trace** Support payment of £500 may be available for people on a low income/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 4888 Universal 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 Rights Service** Advice on benefits, including pension credit, and how to claim | [**www.derbyshire.gov.uk/welfarebenefits**](http://www.derbyshire.gov.uk/welfarebenefits)Call 01629 531535 email: [**welfarebenefits@derbyshire.gov.uk**](mailto: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 305 314 email: [**projectsupport@sdcvs.org.uk**](mailto:projectsupport@sdcvs.org.uk) |
| **Homelessness advice**for people 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 |

|  |  |
| --- | --- |
| **Derbyshire Domestic Abuse** Support for people at risk of abuse | Call: 08000 198 668  In an emergency, call 999 Text: 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**](mailto: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 Health Helpline and Support Service** | Call 0800 028 0077 open 24/7, your call is free |
| **Derbyshire Recovery and Peer Support Service** | Call: 01773 734989 email: **derbyshirerecoverypeer** [**supportservice@rethink.org**](mailto:supportservice@rethink.org) |
| **Samaritans** | Call: 116 123, your call is free, open 24/7  email: [**jo@samaritans.org**](mailto:jo@samaritans.org) |
| **South Derbyshire Volunteer Force** Find out how you can gain valuable skills and support others | email: [**volunteer@sdcvs.org.uk**](mailto: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) |