

Please be aware that we publish information that we think might be of interest/benefit to our readers, but we have no direct connection or responsibility for services advertised by others.

Whatstandwell Panto Group present

# HUMPTY DUMPTY



By Bob Heather and Cheryl Barrett

A traditional family pantomime by arrangement with Lazy Bee Scripts

**Florence Nightingale Hall, Holloway**

**28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> January 7.30pm**

**Saturday matinee 2.30pm**

Tickets £6 (£5 if purchased before 30<sup>th</sup> Nov 15) are available through

[Whatstandwell.panto@gmail.com](mailto:Whatstandwell.panto@gmail.com) or 01773 856450.

From 01/12/15 tickets can also be purchased from:

- Robin Maycock Butchers, Holloway
- Crich Butchers, Crich or
- The Family Tree, Whatstandwell



**Derbyshire Autism Services**

28D High Street, Ripley, Derbyshire DE5 3HH  
Tel: 01773 741221 email: [dasg@autismsupport.co.uk](mailto:dasg@autismsupport.co.uk)  
[www.derbyshireautismservices.co.uk](http://www.derbyshireautismservices.co.uk)  
Registered Charity Number 1105525

**Newsletter December 2015**



**MERRY CHRISTMAS AND A  
HAPPY NEW YEAR  
From all at Derbyshire Autism  
Services**



# New Year.....New Start!

You might have noticed that our front cover has a new look this month! We've decided to treat ourselves to an early Christmas present in the shape of a brand new logo - I hope you agree that it'll make a lovely fresh new start to 2016.

It's been designed by Andrew, one of our adult clients and we think he's made a fantastic job of it.

We've also shortened our name very slightly, dropping the word 'Group' from our title. We wanted to make it clear to all that we're not a small part of a larger organisation but a fully independent charity in our own right, delivering services to support people with autism and their families right across Derbyshire.

In the new year, the 'newsletter' itself will be undergoing a bit of a transformation too as we make some changes to keep up with what you've told us you want and to make sure that we use our limited funds to the very best advantage!

You've let us know how much you value the regular information about what's happening for groups and individuals across the region so we're creating a much more focussed communication, entitled 'What's On'. This will continue to come out by email once a month and it will be an easy to read digest of events and activities of interest.

A new communication for 2016 will be a quarterly 'DAS Newsletter', which we'll be sending out electronically to everyone with a printed copy sent out to DAS members.

If you'd like a printed copy do let us know and we'll send out a membership form.

Thank you all very much for your donations, your support and your words of encouragement during this year - 2015 has seen great changes at DAS and we're all looking forward in 2016 to continuing and developing the support that the organisation has always offered to people with autism and to their families in Derbyshire.

Happy Christmas and a peaceful new year!

Janette

Hello and welcome to Fast Forward, the exciting new project from "The Stuff" at Disability Direct.

Firstly, let us introduce ourselves as Lea O'Meara and Claire Whitehead, the new Community Engagement Officers with Disability Direct who will be leading the project.

Fast Forward is funded by The Big Lottery for 3 years and in that time, aims to deliver a host of intergenerational skill sharing events. The project hopes to encourage younger people between the ages of 11-25 and older people aged 50+ to participate in workshops, training events and interactive sessions in Derby and Derbyshire.

Just a few of the things we hope to include in the workshops are ICT courses including internet safety; money and budgeting, baking, sewing, and arts and crafts. We are also hoping to include an allotment or community garden as part of the project and are looking for areas that can be developed.

Fast Forward will also benefit from having a project steering committee which will help to develop and manage the project through the various stages as it evolves. The committee will also provide input for the project, help to organise events and offer suggestions for future workshops.

These are exciting times and we very much hope to engage with as many people as possible from both generations. If you would like to be a part of Fast Forward we would love to hear from you.

For any further information please contact either Lea or Claire on 01332 299449 or email [lea.omeara@disabilitydirect.com](mailto:lea.omeara@disabilitydirect.com) - [claire.whitehead@disabilitydirect.com](mailto:claire.whitehead@disabilitydirect.com)

We look forward to hearing from you.

Kind regards,

Lea O'Meara/Claire Whitehead

Disability Direct a Company Limited by Guarantee | Company Number 3891119 | Registered Charity Number 1079831 | VAT No 894 9833 48 | Registered Office The Enterprise Centre, 20 Royal Scot Road, Pride Park, Derby DE24 8AJ | Registered in England and Wales | Tel 01332 299449 | Type Talk 18001 01332299449 | E [info@disabilitydirect.com](mailto:info@disabilitydirect.com) | W [disabilitydirect.com](http://disabilitydirect.com)





## DO YOU live in the EREWASH AREA?



Are you an EX-SMOKER who  
has stopped for AT LEAST 12 MONTHS?

Have you EXPERIENCED or Are you LIVING with a Severe  
MENTAL HEALTH ILLNESS (a diagnosis of schizophrenia, bi-  
polar disorder or other long-term psychotic illness?)

If you can answer YES to these QUESTIONS

Then the NHS would like you to VOLUNTEER (Expenses Paid) to  
HELP put together a STOP SMOKING educational course for other  
people with a MENTAL HEALTH ILLNESS

YOU would also be involved in SUPPORTING the  
course to be DELIVERED



For more

details please

contact



KATHY BIRKS, Health Facilitator [Kathy.Birks@derbyshcft.nhs.uk](mailto:Kathy.Birks@derbyshcft.nhs.uk)

EMMA CHADWICK, Community Support Worker

[Emma.Chadwick@derbyshcft.nhs.uk](mailto:Emma.Chadwick@derbyshcft.nhs.uk)

OR telephone

0115 9071690

DAS are planning to develop a "Home Corner" in Saturday Club.

This is an area where our children can role play/practise social situations, interpersonal skills and domestic learning.

These toys tend to be very expensive, so we are asking for donations of unwanted toys that would suit this area such as kitchens, dolls houses, ironing boards, pots and pans, dishes, tables and chairs etc.



If you have any item/s

you would like to donate and it is in really good condition. Please contact:-

Karen Allen DAS Groups Coordinator on:-

01773 741221 or 07951 060686

# Knit and Natter



Long Eaton Library is starting a knit and natter group.

The group will run on Thursday afternoons from  
**12<sup>th</sup> November 2015**  
**2.00-3.30 pm**

[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

Hands up for  
**not** living in fear



Hate Crime:  
You are **not** alone  
[www.stophateuk.org](http://www.stophateuk.org)



Reg. Charity No. 1062692 / [www.stophateuk.org](http://www.stophateuk.org)

**For anonymous independent support, we are here**



On the phone:  
**0800 138 1625**



With Text Relay, for deaf,  
and hearing or speech  
impaired callers:  
**18001 0800 138 1625**



In a text:  
**07717 989 025**

**We are here to help you 24 hours a day**

Stop Hate UK is a charity that provides **independent** and **confidential** support.

We can take the details of what has happened, and arrange ongoing support if you want it.

Or you can remain **anonymous** - we can listen, take a report and give you information, even if you do not tell us who you are.

**STOP HATE CRIME**  
**0800 138 1625**  
**24 HOUR HELP LINE**  
**Text Relay 1800108001381625**

If you want to talk in a language other than English, we will call you back with an interpreter. This will usually be within 72 hours, but could take up to 5 days.



In an email:  
**[talk@stophateuk.org](mailto:talk@stophateuk.org)**



Chat on the web:  
**[www.stophateuk.org/talk](http://www.stophateuk.org/talk)**



With a form:  
**[www.stophateuk.org/tell](http://www.stophateuk.org/tell)**



In the post:  
**Stop Hate UK PO Box 484,  
Leeds LS7 9BZ**

Ahoy there, me hearties! Buckle your swash and set sail with Robinson, Captain Slingyer Hook and Bo'sun Pat into a world of adventure and hilarity. This year's Youlgrave traditional family pantomime is the swashbuckling adventures of Robinson Crusoe.

This show will be packed with every ingredient for the perfect traditional family pantomime. Expect larger-than-life characters, loads of laughs, beautiful costumes, stunning dance moves, live music and of course..... plenty of heroes to cheer and baddies to boo!

The show will run every evening at 7:30pm from 27th – 30th January 2016 & 3rd – 6th February 2016 with additional matinees on both Saturdays at 2:30pm. Tickets are £6.50 for adults and £3.50 for children under 16. Groups of 10+ receive 1 free ticket with every 10 purchased.

Tickets are available from the YVH box office on 01629 828 215 or can be [purchased on-line](#). You can purchase or collect tickets in person at the Village Hall on Mondays, 4 - 7pm, Wednesdays, 4 - 6pm and on Saturdays 10am - noon. The box office commences on 7th December 2015 at 10am. Also, on 5th December 2015, 10am - 4pm, we are holding our inaugural Christmas Fair at Youlgrave Village Hall and as well as all the festive fun, you will be able to purchase tickets from 'Dame' Santa on that day.

Further information can be found at [yvh.org.uk/panto](http://yvh.org.uk/panto)

Don't miss it!

## AUTISM FRIENDLY SCREENINGS AT CINEMAS

### December's films

The Good Dinosaur at selected [Cineworld cinemas](#) on Sunday 6<sup>th</sup> December at 11am.

The Good Dinosaur at selected [Showcase cinemas](#) on Sunday 13<sup>th</sup> December at 10am.

The Peanuts Movie at selected [ODEON cinemas](#)\* on Sunday 27<sup>th</sup> December at 11:30am.

Star Wars: The Force Awakens (PG) on Monday 28<sup>th</sup> December at 6pm. This is at nine selected cinemas taking part in the [ODEON\\* trial screenings for older audiences](#).

## Support Meetings What's on:

### Welcome to the Grapevine Wellbeing Centre

The Grapevine Wellbeing Centre is open to all people who want support and help with their mental wellbeing. It is a resource centre providing access to a wide range of helpful services, activities and support.

At the Wellbeing Centre we have experienced volunteers who are always happy to listen and help out where they can. If they can't help they will point you in the right direction and guide you to the most suitable alternative services.

The Grapevine Wellbeing Centre is located at:  
15, Scarsdale Place, Buxton and is **open every weekday from 12.30pm to 3.30pm**.

Drop in for a drink, a chat and to catch up with Grapevine news, events and group activities.  
**Help and advice is always on hand.**

### Cypress Support Groups

Supporting Parents and Carers of children and young people with additional needs and/or disabilities. To find out more about Cypress Support Groups and the times, venues and upcoming dates of your nearest group visit the website at: [www.cypress.org.uk](http://www.cypress.org.uk) or call: 07990731477

### Parent /Carer support group for ASD/ADHD in Chesterfield

This group is run with the support of Derbyshire Carers.  
We meet at **St Thomas's Centre in Brampton, Chesterfield S40 3AW** on a Tuesday once a month 9.30 - 11.30am.  
We are quite an informal group and sometimes have speakers to come and talk to us.

For more information please contact Clare Griffiths on:  
[claree73@gmail.com](mailto:claree73@gmail.com) or Derbyshire Carers at 01246 222373

### Derby City Parent Carer Forum

We are a group of parents and carers of children & young people with disabilities and additional needs from Derby City. Our children are of various ages ranging from new born to 25 years of age. We are interested in making a difference and ensuring our children have the best future possible.

For more information call: 07733500336  
or visit <http://www.derbycityparentcarerforum.org.uk>

# Do you have a child with Autism?

If so we would really like to hear from you.



## Why do we want to hear from you?

Healthwatch Derbyshire is carrying out a study to find out how parents and carers experience the process of having a child diagnosed with Autism, including the help and support received before and after the diagnosis. We want to give you the opportunity to talk through these experiences, both good and bad.

The information you give us will be collected anonymously and put into a report that will be considered by those who run and buy services that diagnose Autism so that they know what does and doesn't work well.

**healthwatch**  
Derbyshire

## What is Healthwatch Derbyshire?

Healthwatch Derbyshire hears what children, young people and adults have to say about any health and social care services, whether that be praise, criticism or ideas for improvement.

When you 'Speak Out' to Healthwatch about the way you have been treated and cared for, we can 'Speak Up' on your behalf.

Those who run services must listen to what we have to say and use the information where possible to change the way services are delivered for the better, now and in the future.

## We would like to hear from you if:

- You have a child who has been diagnosed with Autism in the last 12 months, or is currently in the process of being diagnosed.
- You live in the County of Derbyshire.
- Your child is under the age of 18.

If you would like to be involved in this study please contact Healthwatch Derbyshire:

Telephone: **01773 880786**

Text: **07943 505255**

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

Email: **[enquiries@healthwatchderbyshire.co.uk](mailto:enquiries@healthwatchderbyshire.co.uk)**

Healthwatch Derbyshire: Suite 14, Riverside Business Centre, Foundry Lane, Milford, Belper, Derbyshire, DE56 0RN

 **@HWDerbyshire**

 **HealthwatchDerbyshire**

**healthwatch**  
Derbyshire



### Our BIG THANK YOU:

The DAS would like to give a BIG thank you to everyone, for their continued support and to those who are supporting us for the first time. If you would like more information regarding fundraising for the DASG please don't hesitate to contact us..  
The Ruffield Charitable Trust for their cheque for £3250

### Are you a Parent or a Carer?

Are you thinking about joining a group ...but can't find the right one?  
What about starting one of your own ... It's easier than you think!  
We can support you, so please give us a call on 01773 512076 and ask for Collette Watson

### Free legal advice for residents in Derbyshire

Chesterfield Law Centre is a registered charity that was set up in 1989 to provide free legal advice to Derbyshire residents. With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund (Advices Services Transition Fund), Derbyshire residents will now be able to get free legal advice from eight offices throughout Derbyshire – Alfreton, Bolsover, Buxton, Clay Cross, Ilkeston, Matlock, Ripley and Staveley.

The Law Centre has a team of solicitors and advisers who provide free legal advice, assistance and representation on a range of housing and employment issues to tenants and employees such as prevention of homelessness and evictions, redundancies and dismissals.

John Duncan, Chair of Chesterfield Law Centre's Management Committee said: *"With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund, we are proud to be able to provide free specialist legal advice in housing and employment across Derbyshire."*

For free advice on employment, housing and homelessness matters, contact **freephone 0800 707 6990**. For more information about this article, please contact **Teresa Waldron on 01246 550674**.

### Help Save Our Environment and Raise Money by Recycling!

We are currently raising funds for **DERBYSHIRE AUTISM SERVICES GROUP** by recycling inkjet cartridges and laser/toner cartridges and your help would be greatly appreciated. Our organisation will receive **50%** of the recycling value for any mobile phones, **£1** for each original empty inkjet cartridge or up to **£5** per empty laser/toner cartridge donated kindly by you, friends, family or colleagues.

**Donate Your Old Items**  
To recycle your items for free and raise funds for this great cause simply go to: [Recycle 4 charity](#) scroll to Donate your item, select your donation and choose the DASG, and click to select. If you think this is a good idea and want to help promote our recycling campaign further why not forward this email to anyone you know. Thanks for taking the time to help us and the environment, your support is always appreciated.

**DERBYSHIRE AUTISM SERVICES GROUP** in association with



Session

£2.50

## William Gregg Boccia Club

Thursday afternoons  
2.30pm – 3.30pm  
William Gregg Leisure Centre,  
Hands Road, Heanor

Boccia is a Paralympic sport which is rapidly growing in popularity. Players propel balls to land close to a target ball. A ball can be propelled by throwing, kicking or rolling. If a player is unable to throw or kick the ball, they can use a ramp. The game tests muscle control and accuracy and relies on the skill and subtlety of the player rather than their size, speed or strength. No experience or equipment is needed. Absolutely anybody is welcome to come along and play.

For more information, contact Beth Turner on 07584 904519 or [beth@villagegames.org.uk](mailto:beth@villagegames.org.uk)



Session

£2.50

## Alfreton Boccia Group

Thursday afternoons  
1.30pm – 2.30pm  
Alfreton Leisure Centre,  
Church St, Alfreton

Boccia is a Paralympic sport which is rapidly growing in popularity. Players propel balls to land close to a target ball. A ball can be propelled by throwing, kicking or rolling. If a player is unable to throw or kick the ball, they can use a ramp. The game tests muscle control and accuracy and relies on the skill and subtlety of the player rather than their size, speed or strength. No experience or equipment is needed. Absolutely anybody is welcome to come along and play.

For more information, contact Beth Turner on 07584 904519 or [beth@villagegames.org.uk](mailto:beth@villagegames.org.uk)



## DAS ADULT SOCIAL SKILLS GROUPS

*If you wish to attend one of the social group meetings below please ring Karen on 07951 060686 or the office on 01773 741221 to book your place*

Sat 19th December  
2015 time: 5:00pm  
to 9:00pm at Field  
Terrace Community  
Room, Ripley

**DERBY AND CHESTERFIELD  
ADULT SOCIAL SKILLS GROUPS  
Christmas Fuddle and drop in.**



All people 18yrs & over who want to attend either adult group must register with the Office please call us on: 01773 741221 for a registration pack. Please note: **All the attendees must pay the full cost directly at the venue or group leader on the evening.**

A not-for-profit company from  money

Why not use Virgin Money to promote your fundraising activity and ask your friends and colleagues to donate to the DASG on-line. **Direct Debits can also be set up, for further details please contact the office on: 01773 741221.**

Thank you once again

**Autism Friendly**  
**Water Meadows Swimming Club Water Meadows**  
**Mansfield NG18 1BA**

This Saturday Swimming Club is organised by one or our Parents and has been running for the past 6 years. The cost is £12 per family. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

**December 12th 2015 and 9th Jan 2016 7pm-8pm**

**The Derby Disabled Swimming Club is looking for**  
**new members!**

**Derby Dippers - Disabled Swimming Club:** This swimming club is held every Sunday afternoon at Moorways swimming pool from 4.30pm - 5.30pm. It is for any disability and any age group. Admission £1.50 for adults / £1.00p for Under 18s. Family and friends also welcome, Call Kully Baines on 01332 643202 Day / 01332 760089 Evening.



**Give as you Live™**

The “**Give as you live**” website brings together thousands of online retailers that have all signed up to donate a percentage of every purchase you make to us at no cost to you.

When you download “Give as you live” and sign in using your Everyclick account, or create a new one nominating “Derbyshire Autism Services Group” as your preferred charity. When you shop directly with one of the retailers listed they will donate a percentage of your purchase to us. The average internet shopper can raise £25 in one year, without any extra cost to themselves. It’s quick to install and is 100% secure, so why not give it a try.

# ACTIVITIES & EVENTS

## THINGS TO DO & PLACES TO GO

### TRAMPOLINING SESSIONS AT RIPLEY

For young people with additional needs. Qualified and experienced coaches. General supervision to be provided by parent/carer.

At Ripley Leisure Centre, Derby Road, Ripley. Saturday at 11.15 am, only £4.00 per session. Please contact Vanya Currell or Ripley Leisure Centre on: 01773 514727 and leave a message for Tracy to call you.

### Ilkeston 1<sup>st</sup> Bowl

DASG members can bowl at the reduced cost to them of £2.50 each, per game, Monday – Sunday at anytime



### Social Night—Over 18s

A social evening is held for the over 18's with additional needs at Hacketts, 8 King Street Belper (behind Boots) on the third Wednesday of each month between 7pm and 10pm.

There is no entrance fee.

A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar.

Further details are available from Elaine 07527364947.



**Dimensions Disco**  
**(Over 18s only).** Disco for people with learning disabili-

ties at

**The Venue Night Club, Abbey Street, Derby.** The 1st Monday of the month from 7pm-10:30pm. Contact: Shelly Burton on 07721 384920 or

## Just Good Friends

A nightclub event for Adults with Learning Disabilities

## NIGHTCLUB EVENT

### The Vibe Bar

(Next Door to Evolution)

Chesterfield

### Tickets available NOW

**\*\* £3.00 each \*\***

Just Good Friends Nightclub event is a friendly, inclusive evening, but we can't offer one to one support, so if you need assistance, your friend or carer will need to buy a ticket too.

If you want to book a ticket or have any queries please ring

Tel: 075990 76866 or 075990 76868

**OVER 18's ONLY**

Quotes from some 'clubbers'  
"A brilliant night" "Best night ever" "Wicked" "Fantastic"  
"Nice to meet up with my friends"







## Derbyshire Alcohol Advice Service (DAAS)

**Support for people with alcohol problems  
and for anyone affected by another person's alcohol use**

*We offer **one to one** support throughout Derbyshire and have the following **groups** running*

MONDAY	<b>Alcohol Support Group</b> 1pm – 2.30pm The Croft, Ripley		
TUESDAY	<b>Alcohol Support Group</b> 2.30pm – 4pm Charles Street Project, Glossop	<b>Acupuncture</b> 4.30pm – 5.30pm DAAS, Chesterfield	<b>Alcohol Support Group</b> 6pm – 7pm DAAS, Chesterfield
THURSDAY	<b>Drop In Support</b> 12pm – 2pm Christian Centre, Main Street, Shirebrook	<b>Hypnotherapy Group</b> Weekly every Thursday 10am – 11am 1 <sup>st</sup> Thurs of every month 5.30pm – 6.30pm DAAS, Chesterfield	<b>Relatives &amp; Friends Support Group (RAFT)</b> 6.30pm – 8pm 1 <sup>st</sup> Thurs of every month DAAS, Chesterfield
FRIDAY	<b>Alcohol Support Group</b> 2pm – 3.30pm CMHT Corbar View, Buxton	<b>Acupuncture</b> 3pm – 4pm Bankgate, Rinkway Industrial Estates, Swadlincote	

**0845 308 4010** or **01246 206514**

DAAS, 1st Floor Dents Chambers, 81 New Square, Chesterfield, S40 1AH

Fax: 01246 769101 Email: [daas@daas.uk.com](mailto:daas@daas.uk.com) Web: [www.daas.uk.com](http://www.daas.uk.com)