

What's On! August 2016



Friends of Derby Arboretum present



LARK IN THE PARK

A summer afternoon of family fun on the theme 'Birds'
in Derby Arboretum, Rose Hill, DE23 8FZ

Sunday 21st August, 12 noon-4pm



Picture courtesy of
Diana Shepherd

- Stalls
- Music
- Tasty food
- Family activities
- Art exhibits
- Cultural performances
- Crafts

PLUS

- Photography competition 'summer in the park' or 'birds' (please contact us for rules)

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.

Supporting adults with learning difficulties



STEPS

STEPS delivers personalised care, support and training designed for people by people who passionately care. It is a new service which helps adults with learning difficulties to participate in all suitable daily activities enabling them in making their aspirations and goals a reality.

Our daily services are available Monday to Friday 9:00am to 3:00pm and our evening programme is available Monday and Wednesday 3:30pm to 7:30pm.

For more information please call 07813 587251 or email STEPSderby@hotmail.com

Frantic Families

The Frantic Families group offer support to families with children who suffer ASD / ADHD. They provide a non-judgemental safe place where families can share experiences so they understand they are not alone. The group will be meeting from 10.00am at the Langley Mill Welfare.

To find out more about the group, contact: Tracey: 07811 250555, Leigh: 07903 500233 or Gary: 01332 623700



Understanding Eating Difficulties and Disorders

First Steps is Derbyshire's only eating disorder charity. We support those affected by eating difficulties and disorders - this includes parents, partners and families - via support groups, online and telephone support and complementary therapies. Our support groups are non judgemental, welcoming and there is no pressure to participate.

t: 01332 367571 e: info@firststepsderby.co.uk <http://www.firststepsderby.co.uk>

FREE HELP FOR CARERS OF PEOPLE WITH A LEARNING DISABILITY Go Get It.

Offers carers the choice of 'one to one' coaching in stress and anxiety management, career development, health improvement and/or up to 10 hours home based training on how to best use tablet devices, smart phones, social media, getting online and I.T. training.

Get It Together. Offers Carer groups free 'start up, or grow packages'.

Our development packages provide groups with promotional support, including free web page set up and design, group speakers, constituting and membership development

'One to one' sessions 'Go Get IT', and group support service 'GET IT TOGETHER', are free.

Register your interest by calling the Helpline on 0845 8150139 or online at www.ldcarersdirect.com.

ADULT ASPERGER SOCIAL GROUP

We are a Derby based group that arranges social support for Asperger's Syndrome Adults, their extended friends, family and carers.

Enjoy the benefits of our friendly social, support group by attending our latest social event at The Brewery Tap.

If you would like to join us email l14ola@yahoo.co.uk or call 01332 704686 or text 07583 152560

Or, go to www.meetup.com and search Adult Asperger's to find us.

If you have been diagnosed with Asperger's (or are going through a diagnosis process) or, if you support an adult living with Asperger's Syndrome we welcome your enquiry about joining our group. Simply contact us by email, phone or text.



enable
Putting people first



Join us for a stroll and roll accessible walk (and boat trip!) on Cromford Canal



Monday 5th of September

11 am to 1pm



Meet up at Cromford Wharf, Mill Road, Cromford DE4 3RP

'Stroll and roll' accessible walks led by qualified walk leaders

The walks are free and the pace is set by you! Wear appropriate shoes, check the weather forecast and dress appropriately. The walk starts and finishes at the Wharf returning from High Peak Junction, bring a packed lunch or use the café's at the Junction or the Wharf. Disabled parking/ toilets and changes places toilet (Radar Key needed) available at Cromford Wharf.

Joining us are the Friends of Cromford Canal, who are happy for people use their narrowboat, Birdswood, to complete part of the journey to or from the High Peak Junction, making this an extra special trip! Unfortunately at present the boat isn't accessible for wheelchairs users

We want to develop a programme of learning disability friendly walking groups that help:

IMPROVE YOUR HEALTH, EXPLORE THE DALES, SOCIALISE AND GET ACTIVE

For more information and to book your place phone Enable on 01246 599999 or contact

Tom Whittaker on 07881 244805; email tomw@enable-group.org.uk

If you need someone to support you please don't come on your own as we can't offer any additional support. Please ring with any questions



Derbyshire County Council's
Adult Community Education Service

What's On... Autumn 2016

Community
House,
Long Eaton

Why don't you try
booking online?



Community House Adult Community Education Centre
173 Derby Road
Long Eaton
Derbyshire NG10 4LL
Tel: 0115 973827
Email: communityhouse.ace@derbyshire.gov.uk
Facebook: www.facebook.com/erewashace

Get into learning

www.derbyshire.gov.uk/adulteducation

 **DERBYSHIRE**
County Council
Improving life for local people

Course Title	Level	Start Date
Art - Painting & Drawing Watercolours	All Abilities	16/09/2016
Art - Painting & Drawing Watercolours	All Abilities	16/09/2016
British Sign Language Beginners	Entry Level	14/09/2016
Childcare - Certificate Children and Young Peoples Workforce	Level 2	15/09/2016
Computers - Get Connected for Job Centre Plus	Level 1/2	15/09/2016
Computers - Getting to Grips with Websites for Older Learners	Beginners	10/11/2016
Computers - Beginners	Entry Level	01/11/2016
Computers - iTQ	Level 1/2	
Creative Writing - Short Stories	All Abilities	01/11/2016
Diploma in CCLD (EYE)	Level 3	15/09/2016
Diploma in Specialist Support Teaching & Learning in Schools	Level 3	15/09/2016
English for Adults	Entry Level	
English Improvers	Level 1/2	
English GCSE	Level 2	15/09/2016
English / Maths for Adults - Getting Started	Various	13/09/2016
ESOL - English for Speakers of other Languages	Entry Level	16/09/2016
ESOL - English for Speakers of other Languages	Entry Level	16/09/2016
French	Beginners	14/09/2016
Italian	Beginners	14/09/2016
Keeping up with the Kids Maths	Entry Level	22/09/2016
Lip Reading	All Abilities	15/09/2016
Makaton	Beginners	03/11/2016
Making Choices	All Abilities	
Maths for Adults	Entry Level	13/09/2016
Maths Improvers	Level 1/2	14/09/2016
Maths GCSE	Level 2	13/09/2016
Personal Progress - Life and Living Skills	Entry Level	12/09/2016
Spanish	Beginners	14/09/2016
Walk and Talk - Canal Stories	All Abilities	14/09/2016
Walk and Talk - Sunset Stroll	All Abilities	21/09/2016
Walk and Talk - Long Eaton Past & Present	All Abilities	28/09/2016

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

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

o **£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



INTERNET SAFETY FOR CHILDREN

We're proud to announce that a Beta version of our new website for parents and carers is now live at www.thinkuknow.co.uk/parents. The new site offers a completely refreshed suite of articles and guidance on all aspects of child internet safety.

Families can visit www.thinkuknow.co.uk/parents to access advice and support on how to keep children safe from sexual abuse, both online and off. Articles provide guidance on topics as diverse as: challenging harmful sexual attitudes and promoting positive behaviours; helping a child with autism negotiate life online; supporting a child who has been sexually abused; and dealing with a range of online issues such as sending nude selfies and viewing pornography. Users will find films, downloadable guides and useful links to support organisations.

Families can also use the website to access the CEOP Safety Centre (www.ceop.police.uk/safety-centre) where they can report abuse and exploitation direct to CEOP.

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 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 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>



MARKHAM VALE

LAND SERVICES

Providing work experience in ground maintenance and land management for adults with learning disabilities

OPEN DAY

THURSDAY 18TH AUGUST



Raffle & sale of our allotment veggies

ALL WELCOME, COME AND SEE WHAT WE DO AND MEET THE TEAM

UNIT 14 MARKHAM VALE

MARKHAM LANE, CHESTERFIELD. S44 SHY

10.30 – 12.30

For more information contact Lisa 01629 531374 –

lisa.warren@derbyshire.gov.uk

Chesterfield Royal Hospital **NHS**



NHS Foundation Trust



LD CAMHS Information Sessions for Parents / Carers of Children / Young People with Moderate or Severe Learning Disabilities

Managing Sleep Problems

With Dr Lucy Broom, Principal Clinical Psychologist, LD CAMHS

**Friday 23rd September, 2016, 10am – 12pm.
Fairplay, Chesterfield**

Sleep problems are common for children with learning disabilities and affect the whole family. Come and hear how you can help your child sleep better using a behavioural approach.

Managing Anxiety

With Dr Lou Enright, Clinical Psychologist, LD CAMHS

**Wednesday 9th November, 2016, 10am – 12pm.
Fairplay, Chesterfield**

Most challenging behaviours in children with learning disabilities are driven by anxiety. Come and find out how to help your child cope with their anxiety.

LD CAMHS information sessions are a great way to meet other parents who are experiencing similar challenges. Come along and share tips and ideas with parents and professionals

To book on to this workshop, please contact:

Pauline Williams: Ext. 01246 514411, Helen Dunkley: Ext 01246 514523

OR Lindsey McGarry: 01246 514480

Places are limited so book early to avoid disappointment.

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 of 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:**

August 13th and September 10th 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 1st 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 disabilities 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"





thinkcarer

Supporting Mental Health Carers in Derbyshire

Derbyshire Mind are pleased to announce the date for our 2016 Mental Health Carers Training Day, Thursday 15th of September

If you are a mental health carer, living in Derbyshire, who would like to know more about :

- Caring for someone with Autism
- First aid and self harm
- How to develop your own health and mental wellbeing
- Meet other carers
- Enjoy a range of Therapeutic interventions

Then book yourself a place at this event. The event is entirely free of charge, lunch and refreshments will be served. The event is being held at the assembly rooms, in Chesterfield from 9.30 – 4pm. To book your place;



Email the completed booking form to: enquiries@thinkcarer.org.uk



Telephone 01332 380224

Places are limited, so don't
delay, book today!!!
Places will be allocated on
a first come first served
basis

Dear Healthwatcher

If you live in Derby and the surrounding areas, have you considered using the Derby Urgent Care Centre (DUCC) for minor injuries and illness? This week the waiting time to be seen at DUCC is less than one hour.

The DUCC is open 8.00 am to 8.00 pm, 365 days a year, and there's no need to book an appointment to see an expert urgent care clinician.

The DUCC can treat:

- Sprains and strains
- Minor burns and scalds
- Minor head injuries
- Bites, stings and allergies
- Persistent coughs
- Severe sore throats
- Rashes
- Infections
- Sudden worsening of long-term conditions.

The call for patients to attend the DUCC has come about as the Emergency Department (A&E) at Derby Royal Hospital is experiencing high numbers of patients with non-life-threatening illness and injury attending for treatment. Live waiting times for the DUCC, local minor injuries units and the Emergency Department are available online at www.derbyhospitals.nhs.uk

Best wishes

Rebecca

Rebecca Johnson
Membership and Engagement Officer

Direct: 01332 643988

healthwatch
Derby

Healthwatch Derby
The Council House
Corporation Street
Derby
DE1 2FS

Improving health and social care services together

If you would like to receive information by email about Healthwatch Derby, events and activities simply [Subscribe to our e-shot](#)

For the latest news follow us on [Twitter](#)  , [Facebook](#)  , [Instagram](#) 

Streetlife  and our [Website](#)

Countryside events 2016



SUMMER HOLIDAY ACTIVITIES, WILD WEDNESDAYS and FOREST SCHOOL THURSDAYS

MONDAY 1 AUGUST to SUNDAY 4 SEPTEMBER

11am-4pm. Turn up any time.

SELF-LED ACTIVITIES FOR THE SCHOOL HOLIDAYS

1. Heritage Trail Treasure Hunt around High Peak Junction. Follow the route of the Audio Trail with our Question and Answer sheets available from the Visitor Centre.

Meet: High Peak Junction Visitor Centre.

Cost: £1 per child. Parking charges apply.

Location: OS ref SK314 560 Sat Nav DE4 5AA

2. Mini-Beast Hunts around Middleton Top and Redhill Quarry. Collect your bug catching pots, nets and insect identification cards.

Meet: Middleton Top Countryside Centre.

Cost: £1 per child. Parking charges apply.

Location: OS ref SK2785 552 Sat Nav DE4 4LS

Equipment: Suitable clothing and footwear.

Information: Middleton Top 01629 823204.



WILD WEDNESDAY EVENTS

3, 10, 17, 24 and 31 AUGUST

10.30am-3pm. Turn up any time.

ELVASTON'S WILD WEDNESDAYS!

Go wild every Wednesday in the summer holidays at Elvaston Castle. Each week has a different activity on offer, including environmental art, wildlife, nature, woodland skills and much more.

Meet: Elvaston Castle Country Park. On the lawn in front of the castle.

Equipment: Suitable clothing and footwear.

Cost: Small charge for activities.

Parking charges apply.

Location: OS ref SK406 330 Sat Nav DE72 3EP

Information: Elvaston Castle 01629 533870.

Children must be accompanied by an adult.

FOREST SCHOOL THURSDAYS

4, 11, 18 and 25 AUGUST

11am-1pm. Turn up any time.

DROP-IN AT CROMFORD WHARF

The Forest Schools drop-in sessions are organised by Christine Gray and the Friends of Cromford Canal. 'Create your own' activities include: make it with clay, mini raft and boat challenge, making and flying kites and natural mobiles/wind chimes.

Meet: Cromford Wharf car park.

Equipment: Suitable clothing and footwear.

Bring a picnic.

Cost: FREE. Parking charges apply.

Location: OS ref SK300 570 Sat Nav DE4 3RP

Information: Middleton Top 01629 823204.

Discount vouchers for 'Birdswood', the trip boat, are available.

THURSDAY 4 AUGUST

1.30pm-3.30pm

LET'S GO FLY A KITE

Come along to the Chesterfield Canal and collect all the things you need to make and decorate a kite. We'll hope for wind so we can try them out.

Meet: Tupton Lock Visitor Centre, Lockford Lane, Chesterfield, off the A61 Tesco roundabout.

Equipment: Dress for the weather, this is an outdoor event.

Cost: £3 per child.

Location: OS ref SK388 729 Sat Nav S41 7JB

Information and booking: Tupton Lock

Visitor Centre 01629 533020.

BOOKING ESSENTIAL.

LOCAL NATURE RESERVE CELEBRATION

SATURDAY 6 AUGUST

10am-12 noon

DISCOVER DRAGONFLIES

The ponds on this Local Nature Reserve are great places for Dragons and Damselflies. Take a walk with members of the Pleasley Pit Nature Study Group, learn more and see how many of these amazing prehistoric creatures you can spot.

Meet: Colliery car park, Pit Lane, Pleasley.

Length: 2 miles.

Equipment: Suitable clothing and footwear.

Cost: FREE in partnership with Pleasley Pit Nature Study Group.

Location: OS ref SK501 644 Sat Nav NG19 7PH

Information and booking: Clay Cross

Countryside Centre 01629 533020.

BOOKING ESSENTIAL.

TOUCHWOOD CENTRES

Erewash Mental Health Association Ltd is an established charity that has been running for over twenty years.

- We seek to provide a supportive atmosphere for people experiencing and recovering from mental health problems.
- We currently have two day centres situated in Long Eaton and Ilkeston (see opposite page for details) in which people can come to relax and socialise.
- We have a wide variety of activities on offer daily, such as pool, games and a small IT suite.
- Various courses are run at both centres, for example, computers or First Aid.
- Every day we offer an endless supply of tea and coffee and a reasonably priced meal. Once a month we offer a proper "Sunday roast" dinner and we also have ethnic meal days, which are both very popular.

Our aim

Our aim is to raise self-esteem, either through the members participating in the different activities on offer or simply by listening to them and encouraging them to try new things and believe in themselves!

63—67 Derby Road
Long Eaton
Nottingham NG10 1LU

Tel / Fax: (0115) 946 1213

4 Charlotte Street
Ilkeston
Derbys DE7 8LH

Tel: (0115) 930 8947

Both centres are open
10.00 am to 3.30 pm
Monday to Friday
Various Saturdays and Evenings

The Touchwood Centres are both day centre projects run by Erewash Mental Health Association Ltd.

Supported with thanks by:

Derbyshire County Primary Care Trust
Derbyshire County Council



So what could we do for you?

*Here you are always guaranteed a warm welcome.

*We offer a quality of life, mutual respect and try to cater for your individual needs.

*We will listen to you and try to aid you with empathy and understanding.

*You can learn new skills.

*You can meet new people.

A bit more information about us...

*Trained staff are available to assist with any concerns recovering individuals might be experiencing.

* We offer you the opportunity to develop personal interests and make constructive use of time and skills.

Touchwood Long Eaton is situated on Derby Road, behind the Derby bus stop. It is on bus routes from Nottingham and Derby via the number 5 bus and also from Ilkeston via the R15.

The Charlotte Street premises are just out of Ilkeston, off the main road to Heanor. The Association is easily accessible by bus from Ilkeston town centre. The Black Cat service goes past the top of the road.



Touchwood

Centres

Touchwood Walking Group



WALKS TAKE PLACE ON A FORTNIGHTLY BASIS
FROM BOTH CENTRES

FOR MORE INFORMATION
PLEASE TELEPHONE:

01159 461213

LONG EATON CENTRE
63 - 67 DERBY ROAD
LONG EATON
NOTTINGHAM
NG10 1LU

ILKESTON CENTRE
4 CHARLOTTE STREET
ILKESTON
DERBYSHIRE
DE7 8LH



Touchwood

Centres

**OUR FULLY EQUIPPED COMPUTER SUITE
IS AVAILABLE TO ALL SERVICE USERS**

**MEMBERS OF STAFF ARE ON HAND TO
OFFER BASIC TRAINING AND SUPPORT
IF REQUIRED**



FOR MORE INFORMATION
PLEASE TELEPHONE:

01159 461213

LONG EATON CENTRE
63 - 67 DERBY ROAD
LONG EATON
NOTTINGHAM
NG10 1LU

ILKESTON CENTRE
4 CHARLOTTE STREET
ILKESTON
DERBYSHIRE
DE7 8LH

Erewash Mental Health
Association Limited
Charity No: 1084184
Registered Company No: 3961902

