



## Derbyshire Autism Services

Unit 3a Unicorn Business Park, Wellington Street  
Ripley, Derbyshire DE5 3HH

Tel: 01773 741221

email: [enquiries@derbyshireautismservices.org](mailto:enquiries@derbyshireautismservices.org)

[www.derbyshireautismservices.org](http://www.derbyshireautismservices.org)

## What's On! December 2016



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.



Derbyshire Autism Services  
Charity No. 1105525  
Company No. 5185463

Unit 3A Unicorn Business Park, Wellington Street,  
Ripley, Derbyshire DE5 3EH  
tel: 01773 741221  
[das@derbyshireautismservices.org](mailto:das@derbyshireautismservices.org)  
[www.derbyshireautismservices.org](http://www.derbyshireautismservices.org)

### Derbyshire Autism Services Carer Support Group

Derbyshire Autism Services are running a Parent/Carer Support Group in the Amber Valley area of Derbyshire.

Our next meeting will be on Friday 9<sup>th</sup> December 10am until 12.30pm and at the same time on the following dates for 2017:-

24<sup>th</sup> February; 21<sup>st</sup> April; 23<sup>rd</sup> June; 25<sup>th</sup> August;  
20<sup>th</sup> October; 15<sup>th</sup> December 2017

*At: Derbyshire Autism Services  
Unit 3A, Unicorn Business Park, Wellington  
Street, Ripley Derbyshire DE5 3EH*

**To book a free place:-**

**Please contact Karen Airey– DAS Groups Coordinator  
on 01773 741221 or 07951 060686.**

## 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](mailto: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](http://www.ldcarersdirect.com).

## **ADULT ASPERGER SOCIAL GROUP**

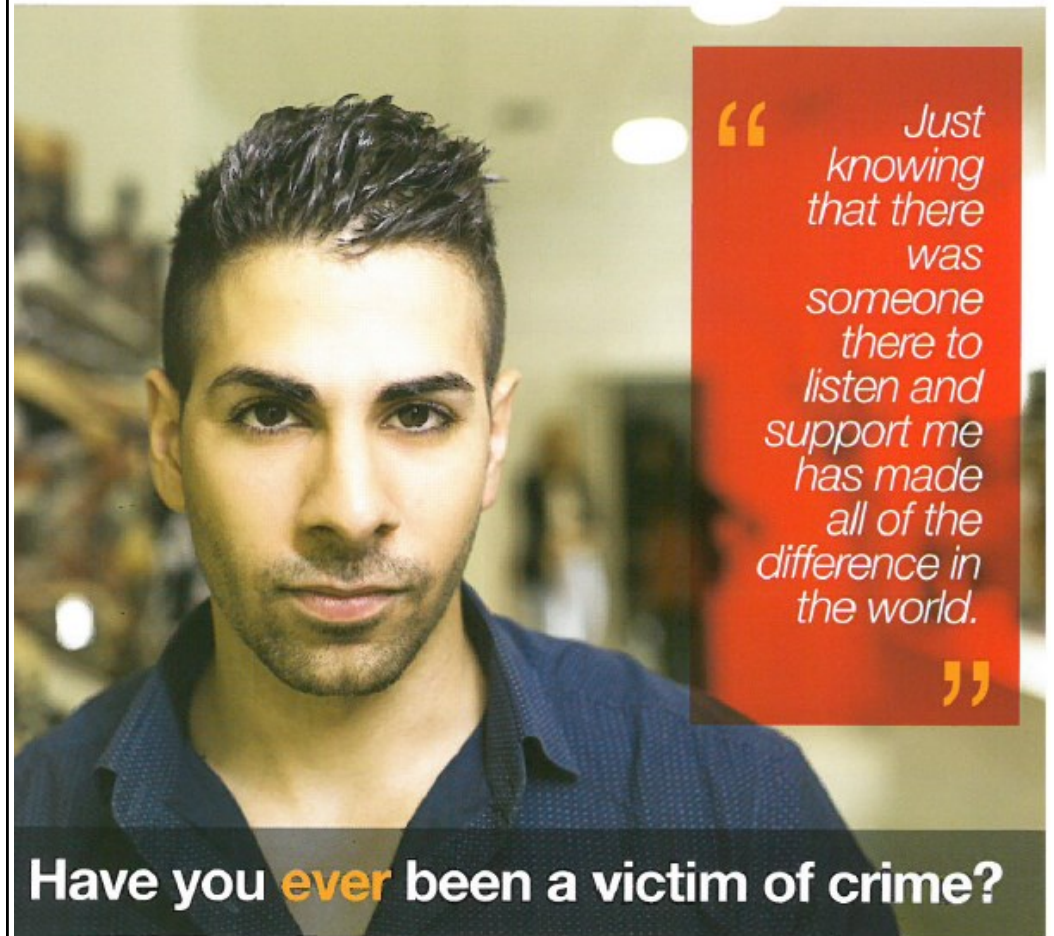
We are a Derby based group that arranges social support for Asperger's Syndrome Adults, their extended friends, family and carers.

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](mailto:l14ola@yahoo.co.uk) or call 01332 704686 or text 07583 152560

Or, go to [www.meetup.com](http://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.



“ Just knowing that there was someone there to listen and support me has made all of the difference in the world. ”

## **Have you ever been a victim of crime?**

If you would like to talk to someone about what has happened to you, or you would like emotional or practical support, we are here to help. Please get in touch to find out more about the services we offer. All services provided are free and confidential.

**Please call: 0800 612 6505,  
email [support@derbyshirecore.org](mailto:support@derbyshirecore.org)  
or text "CORE" to 82055**

Funded by: 

[www.corederbyshire.co.uk](http://www.corederbyshire.co.uk)

## Winter Wonderland

AT THE BADEN POWELL CENTRE

FRIDAY 9<sup>TH</sup> DECEMBER

10AM-12PM OR 1PM-3PM

CALL NOW TO BOOK YOUR PLACE:

01246 210 910



A chance for young adults with learning disabilities, parents or guardians and other professionals to view the services on offer at the Baden Powell Centre.



daycentre@badenpowell.qualitycare-em.co.uk  
facebook.com/BadenPowellDayCentre  
@BadenPowellDC

**THE BADEN POWELL DAY CENTRE IS A DAY SERVICE FOR ADULTS (POST 16) WITH LEARNING DISABILITIES.**

**THE EVENT WILL INCLUDE:**



- SEASONAL ARTS AND CRAFTS, ACTIVITIES AND A VISIT FROM SANTA
- AN INTRODUCTORY CHAT ABOUT THE SERVICE
- A SELF-GUIDED TOUR OF THE FACILITIES
- REFRESHMENTS




The  
**Baden Powell  
Centre**

Baden Powell Centre,  
Victoria Street,  
Chesterfield,  
S41 7LP  
01246 210 910



  
**Quality Care**  
YOUR CARE. YOUR WAY.

We aim to provide courses suited to the needs of your loved ones, with staff trained to support them.



**ONE2ONE**  
support to  
help **you** get  
the job  
that **you** want

Our **Mentors** will meet  
you in a location that's  
convenient for **you!**

Approved  
Provider  
Standard



Helping you get access to **Transport, Training and Education**, Mental Health Care, **Housing** and **Childcare** as well as other barriers standing between you and employment.

**TALENT MATCH** **YOUNG AND SUCCESSFUL**



So are you **18-24**?

Have you been out  
of **WORK** for **12**  
months or more?

Over **200** people just like you are  
now in employment and training  
with the help of

**TALENT  
MATCH**

**YOUNG AND  
SUCCESSFUL**

Start your journey into the  
job that **YOU** want today.

 **Derventio**  
Housing Trust

[www.yas-tm.org.uk](http://www.yas-tm.org.uk)

**Derbyshire**

**07985 555 067**



[facebook.com/yas.tm](https://facebook.com/yas.tm)



LOTTERY FUNDED



### **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](http://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](http://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](http://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](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>

Why not use Virgin Money to promote your fundraising activity and ask your friends and colleagues to donate to the DAS 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 group of up to 5 people. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

**December 10th 2016 and 7th Jan 2017 6.45pm-7.45pm**

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 @ reduced cost to the per game, Monday time



### 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

**Tuesday 13th December**

**Christmas**

**Nightclub Event**

**7 - 11p.m.**

**The Spot, Derby**

Wilnot Street West DE1 2JW

**\*\* Tickets available NOW! \*\***

**\*\* £6.00 each \*\***

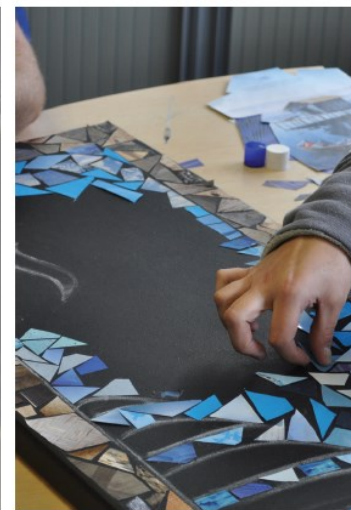
# Carers Celebration 2016



For Carers, the people they  
Care for, family, friends and  
Associated professionals  
To be held at the world-famous  
Crooked Spire  
Of Chesterfield  
Saint Mary & All Saints Church  
On Thursday 8th December 2016  
Starting at 12 Noon  
There will be readings by  
Father Patrick Coleman and  
Live music.  
Mince pies, tea & coffee  
Will be served after the event.

Please confirm your attendance asap.

Tel: 01246 222373 or 01773 743355 or e-mail: [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)



## HORTI-CULTURE

Arts and Gardening Activities for People Recovering from  
Alcohol, Drugs and Substance Misuse in Erewash



Gardening: Tuesdays 1.00 - 3.00pm

Art: Thursdays 1.30 - 3.30pm

Both venues in Ilkeston, please contact us for details

Horti-Culture is a project designed to support the recovery community in Erewash through growing food and creating art.

Participants work in a collaborative relationship with professional artists and gardeners and share their edible and artistic products with the local community! You can find out more by contacting Stella from Wash Arts - an independent community arts organisation for Erewash.

CONTACT: [COULOUTBANIS@GMAIL.COM](mailto:COULOUTBANIS@GMAIL.COM) 07854777432



Derbyshire Healthcare NHS Foundation Trust

Horti-Culture is developed by Wash Arts CIC and is funded by Derbyshire Public Health.

Bettertogether

# Just Good Friends

A nightclub event for Adults with Learning Disabilities

Tuesday 6<sup>th</sup> December

 Christmas 

Nightclub Event

7 – 11p.m.

The Vibe Bar, Chesterfield

**\*\* Tickets available NOW! \*\***

**\*\* £4.00 each \*\***

Just Good Friends Nightclub event is a friendly, inclusive

evening, we can't offer one-to-one support, so if you need assistance, your friend or carer will need to buy a ticket too.

Fully accessible for wheelchairs.

If you want to book tickets or any queries please ring

Tel: 075990 76866 or 075990 76868

Quotes from some 'clubbers'

"A brilliant night" "Best night ever" "Wicked" "Fantastic"

"Nice to meet up with my friends"

OVER 18's ONLY



**Fancy Dress Optional**



**CHRISTMAS EVENTS**



**SUNDAY 4 DECEMBER**

10am-3pm. Turn up any time.

**FESTIVE FAMILY FUN DAY**

Drop in any time and soak up the festive spirit at our Christmas event! Browse for stocking fillers and festive food, visit the Elves Workshop (write a letter to Father Christmas and make a seasonal decoration) or join Father Christmas in Elvaston's Gothic Hall to hear traditional Christmas tales from around the world.

**Meet:** Top of the Castle steps on East Avenue.

**Length:** 1 mile.

**Equipment:** Suitable clothing and footwear.

**Cost:** Free entry to event. Elves Workshop (suitable for age 3 years and over) £4 per child. Father Christmas's short stories (includes a small gift) £5 per child. Parking charges apply.

**Location:** OS ref SK406 330 Sat Nav DE72 3EP Children must be accompanied by an adult.

**Information:** Elvaston Castle 01629 533870.

**SUNDAY 4 DECEMBER**

10am-12 noon or 1pm-3pm

**CHRISTMAS WREATH MAKING**

Always a really popular event - our workshops on the art of traditional wreathmaking will show you how to make your own Christmas Wreath for you to take home to hang on your door! All using materials collected within the grounds at Elvaston Castle. Come and have a go!

**Meet:** Outside the Gothic Hall entrance.

**Equipment:** Suitable clothing and footwear. Secateurs, if you have any.

**Cost:** £15 per person. Parking charges apply.

**Location:** OS ref SK406 330 Sat Nav DE72 3EP

**Information:** Elvaston Castle 01629 533870.

Children must be accompanied by an adult.

**Book online:** [www.derbyshire.gov.uk/countrysidevents](http://www.derbyshire.gov.uk/countrysidevents) **PRE-PAYMENT AND BOOKING ESSENTIAL.**

**SUNDAY 11 DECEMBER**

Self-led trail: 11am-3.30pm. Turn up any time.

Workshop: 2pm-4pm.

**SANTA'S WORKSHOP AND ELF TRAIL**

Join the Shipley Elves to write your letter to Santa and put it in our special post box. They will then help you make lots of Christmas crafts and decorations to take home. There will be a self-led Elf Trail on offer too.

**Meet:** Shipley Country Park Visitor Centre.

**Equipment:** Suitable clothing and footwear.

**Cost:** Workshop and trail £3.50 per child, Trail only £1.50 per child. Parking charges apply.

**Location:** OS ref SK431 452 Sat Nav DE75 7GX

**Information and booking:**

Shipley Country Park 01773 719961.

Children must be accompanied by an adult.

**BOOKING ESSENTIAL FOR WORKSHOP.**

**SUNDAY 18 DECEMBER**

3pm-4pm

**CHRISTMAS CAROL CONCERT**

Join Marlpool United Reformed Church Theatre Company for a sing-along of traditional carols to celebrate the festive season.

**Meet:** Shipley Country Park Visitor Centre.

**Cost:** FREE, donations welcome. Parking charges apply.

**Location:** OS ref SK431 452 Sat Nav DE75 7GX

**Information:** Shipley Country Park 01773

719961. Children must be accompanied by an adult. Dogs welcome on leads.

**SUNDAY 18 DECEMBER**

10am-12 noon or 1pm-3pm

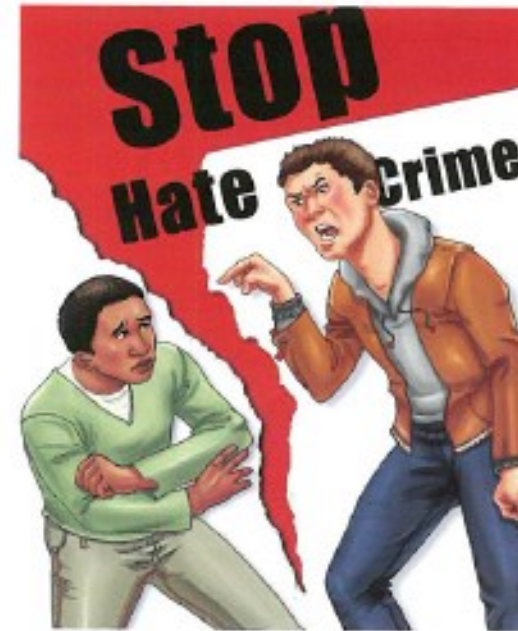
**CHRISTMAS WREATH MAKING**

See Sunday 4 December for details.

**Book online:** [www.derbyshire.gov.uk/countrysidevents](http://www.derbyshire.gov.uk/countrysidevents) **PRE-PAYMENT AND BOOKING ESSENTIAL.**



**STOP HATE UK**



**Independent Hate Crime Support**

**STOP HATE CRIME**  
**0800 138 1625**  
**24 HOUR HELP LINE**  
**Text Relay 18001 0800 138 1625**

IMAGES © CHANGE. [WWW.CHANGEPEOPLE.CO.UK](http://WWW.CHANGEPEOPLE.CO.UK)

**Disability Gender Identity Race Religion Sexual Orientation**

# Relate Derby and Southern Derbyshire

We offer a wide range of services for individuals, couples, families, children and young people in Derbyshire and East Staffordshire.

**Relationship counselling**

For individuals and couples

**Family counselling**

For all family members

**Sex therapy**

Talk over problems in a safe and private environment

**Safe Speak**

Counselling service for 5 – 18 year olds

**Relate Coaching**

Coaching for work, life and relationships

**Relate Training**

Courses and workshops



@RelateDerby

Registered in England 4980776  
Registered Charity 1110768

relate  
the relationship people



## Contact our local Relate office for more details

Phone: 01332 349177

Email: [info@relatederby.org.uk](mailto:info@relatederby.org.uk)

Website: [www.relatederby.org.uk](http://www.relatederby.org.uk)

### Relate Safe Speak Counselling

Phone: 01332 349301

Email: [info@safespeak.org.uk](mailto:info@safespeak.org.uk)

Website: [www.safespeak.org.uk](http://www.safespeak.org.uk)



*Erewash Clinical Commissioning Group*

# Free Relate support in Derbyshire

Our free adult phone and LiveChat services for Derbyshire residents are staffed by experienced counsellors with training in areas such as Domestic Violence and mental health issues. Staff have additional training to support people with Asperger Syndrome wanting to explore issues around their own relationships and for people who have a family member with Autism (ASD). Many are also family counsellors.

Our free LiveChat service for over 11s offers a series of booked sessions with one of our specialist Safe Speak young people's counsellors. We also have free young people's and family counselling available in Erewash and other locations across Derbyshire and Derby City. For details call Relate Safe Speak on 01332 349301 or our local Relate office on 01332 349177.

## Telephone helpline

0808 178 9363

Tuesdays 10.30am – 4.30pm and

Thursdays 1.30pm – 4.30pm

Speak for free to an experienced relationship / ASD counsellor without having to make an appointment.

## LiveChat Drop in

[www.relatederby.org.uk/live\\_chat.html](http://www.relatederby.org.uk/live_chat.html)

Free LiveChat service for adults

Wednesdays 2 – 5pm

See our website for details

LiveChat is an online text-only conversation with a specially trained relationship / ASD counsellor.

## Safe Speak Counselling

Free face to face and LiveChat appointments for young people in schools and other venues across Derbyshire.

## Family Counselling

Free appointments for Erewash residents.