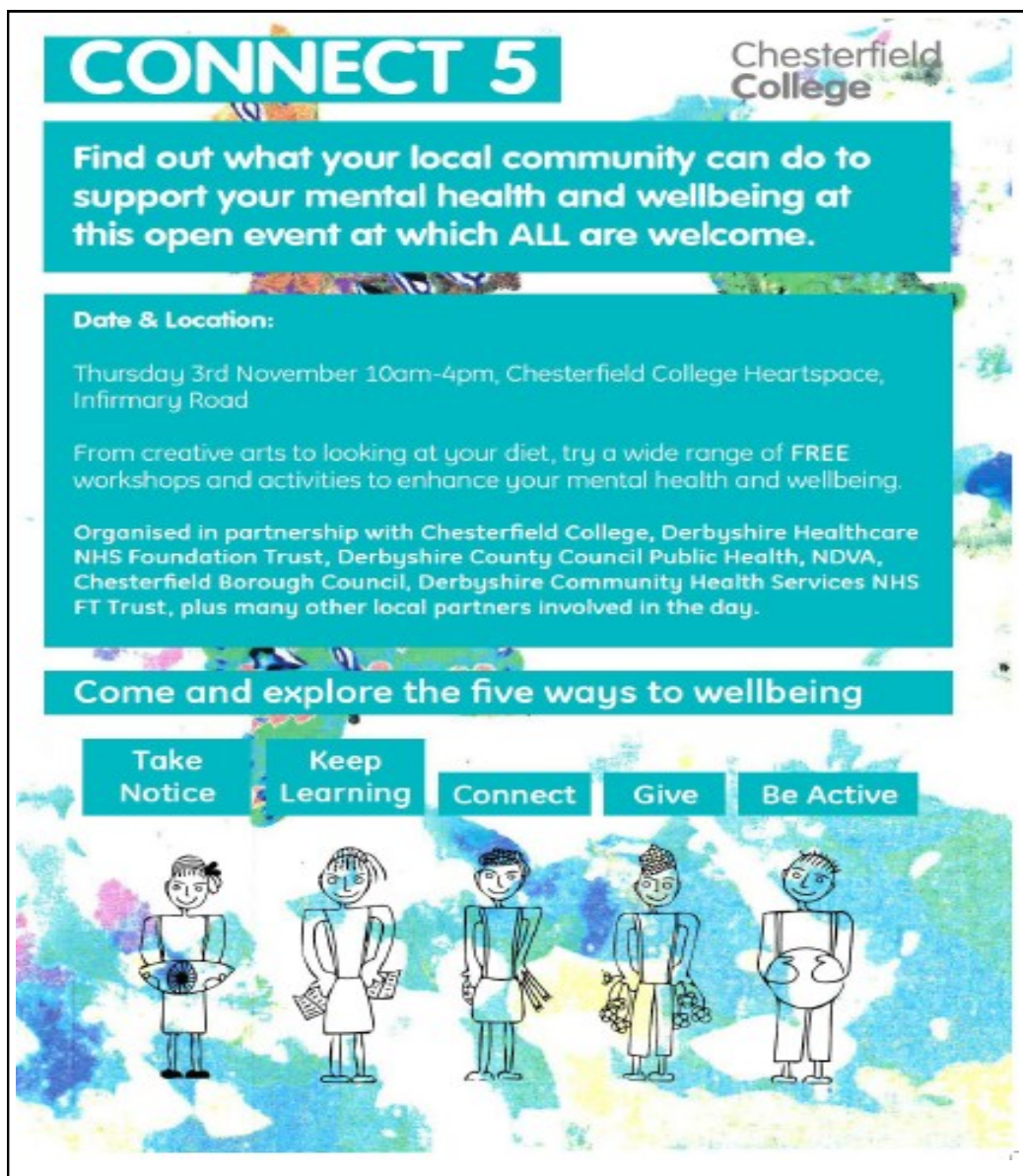


What's On! November 2016



CONNECT 5 Chesterfield College

Find out what your local community can do to support your mental health and wellbeing at this open event at which ALL are welcome.

Date & Location:
Thursday 3rd November 10am-4pm, Chesterfield College Heartspace, Infirmary Road

From creative arts to looking at your diet, try a wide range of FREE workshops and activities to enhance your mental health and wellbeing.

Organised in partnership with Chesterfield College, Derbyshire Healthcare NHS Foundation Trust, Derbyshire County Council Public Health, NDVA, Chesterfield Borough Council, Derbyshire Community Health Services NHS FT Trust, plus many other local partners involved in the day.

Come and explore the five ways to wellbeing

Take Notice	Keep Learning	Connect	Give	Be Active
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Illustrations of five people representing the five ways to wellbeing: a woman holding a flower, a woman holding a book, a man holding a book, a man holding a bunch of grapes, and a man holding a large apple.



BRIGHT SIDE

Supporting mental health through learning something new. Develop confidence in a friendly environment.

FREE COURSE

Free
Bright Side
Introduction to Art
for Wellbeing Course

A 6 week course to help develop your confidence.

starting at

The Cantelupe Centre, Ilkeston
Friday 4th November 2016
10am to 12pm

If you are interested in this course please contact the Centre on
0115 930 6909
Or
Call in the Cotmanhay & Ilkeston Adult Education Centre on Bennerley Rd to put your name on the list.

Learn locally with Derbyshire County Council's Adult Community Education Service
www.derbyshire.gov.uk/adulteducation









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.



Time Swap

**Can you give an hour of your time to
receive an hour of someone else's time?**

Gardening - Shopping - Computer Skills

Music Lessons - Lifts - Decorating

Visiting People - Community Projects

Sewing & Much More

Swap time not money!

To find out more:

Tel: 01629 532049

Email: timeswap@derbyshire.gov.uk

You can join the scheme at:

www.derbyshire.gov.uk/timeswap



EREWASH MENTAL HEALTH INNOVATION PROJECT INFORMATION EVENT

WEDNESDAY 16 NOVEMBER 2016
10.00am - 4.00pm

Erewash Voluntary Action
Granville Avenue Long Eaton NG10 4HD



10.00am - 1.00pm - Project updates, discussions and guest speakers

1.00pm - 1.45pm - Buffet - Chat and network

1.45pm - 4.00pm - Information stands and have a go at a creative activity

EVERYBODY IS WELCOME TO ATTEND

CHOOSE HOW YOU WOULD LIKE TO ATTEND THIS EVENT –
ALL DAY or MORNING ONLY or AFTERNOON ONLY

To Book your place contact Lee at
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD
Tel: 0115 9466740. Email: lee@erewashcvcs.org.uk



MAKING **SENSE** OF THE NEW LEGAL SYSTEM

This **FREE** workshop will cover specific areas
of special educational needs.

Access Legal education law experts will discuss

- Getting the content of an EHCP right
- How to challenge an EHCP
- Annual Review processes

We will answer any questions you may have.
This free workshop is open to all parents/carers
of disabled young people and children.

If you would like to attend please call contact
a family on 0121 415 4624 to book your place.

Tuesday 22 November 2016

10.00am to 12.30pm

Shoosmiths
Waterfront House
Waterfront Plaza
35 Station Street
Nottingham
NG2 3DQ



accesslegal

contact a family
for families with disabled children

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 re-freshed 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>

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 family. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

November 12th and December 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 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

Hate Crime Reporting:
The Stop Hate Line

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

How does it work?
What are the benefits?
How can I get it in my area?









APPRENTICESHIPS

TOMORROW'S SKILLS TODAY



*A REAL JOB
A REAL QUALIFICATION
A REAL FUTURE*

Call: 01332 295588
Email: apprenticeships@dbc-training.co.uk
Visit: www.dbc-training.co.uk

Search: DBC Training @derbybusco




Countryside events 2016



DERBYSHIRE County Council
Improving life for local people
www.derbyshire.gov.uk/countryside

SUNDAY 6 NOVEMBER
1pm-3.45pm
A FINAL PEEK BEHIND THE SHUTTERS....
With limited open days for the public to view - now is your chance to pre-book a half hour slot with the Rangers between 1pm and 3.45pm to take a closer look at Elvaston's magical Gothic Hall. Find out about the Earls that once lived here, who redesigned the hall in 1831 and why.
Meet: Cobbled entrance to the Gothic Hall. No dogs allowed within the hall.
Equipment: Suitable footwear, no high heels.
Cost: Adults £1.50, under 16s FREE (must be accompanied by an adult). Parking charges apply.
Location: OS ref SK406 330 Sat Nav DE72 3EP
Information and booking: Elvaston Castle 01629 533870. **BOOKING ESSENTIAL.**





SUNDAY 20 NOVEMBER
12 noon-4pm
MOSAIC WORKSHOPS
Join the Countryside Service for this introductory workshop to the art of mosaics. We will guide you while you create a stunning piece of mosaic artwork to take home. Equipment and materials provided. Suitable for beginners.
Meet: Shipley Country Park Visitor Centre.
Equipment: Suitable clothing and footwear.
Cost: £20 per person. Parking charges apply.
Location: OS ref SK431 452 Sat Nav DE75 7GX
Information: Shipley Country Park 01773 719961. Not suitable for children under 16 years of age. Participants must be able to use hand tools.
Book online: www.derbyshire.gov.uk/countrysideevents **PRE-PAYMENT AND BOOKING ESSENTIAL.**