



Derbyshire Autism Services

28d High Street, Ripley, Derbyshire DE5 3HH
Tel: 01773 741221
email: enquiries@derbyshireautismservices.org
www.derbyshireautismservices.org
Registered Charity Number 1105525

What's On! October 2016

best foot forward



Want to get more active? Then we're here to help!

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

Mickleover Community Walk	Mickleover Community Centre	Mon 10.15am
Arboretum Park Walk	In front of the café	Mon 1.30pm
Oakwood Woodland Walk	Springwood Leisure Centre	Tues 10am
Darley Park Walk	Council House	Tues 1pm
Markeaton Park Walk	Mackworth Library	Wed 10am
Sinfin Nature Reserve Walk	Sinfin Library	Wed 1.30pm
Normanton Park Walk	Warwick Avenue entrance	Thurs 10am
Alvaston Riverside Walk	Derby Arena	Thurs 12noon
Mickleover Perimeter walk	Mickleover Library	Thurs 6.45pm
Old Canal Path Walk	Osmaston Park Community Centre	Fri 10am

Meeting point for each walk is in blue. Programme subject to change

Visit our website to find out more about your local health walks:
walkingforhealth.org.uk
or call 07812 302022



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.

VOLUNTEER and make an IMPACT

The IMPACT project is recruiting people into volunteering opportunities within sports clubs and organisations.

By volunteering you will:

- Learn and develop new skills
- Meet new people
- Increase your employability

IMPACT is open to people with a long term health condition, disabilities (physical and learning), sensory impairment and mental health conditions.

Opportunities include:

- Marshalling parkrun races
- Helping with club social media
- Assisting with training sessions



Inclusive volunteering in sport

"Through my own volunteering, I aim to show that my disability isn't a barrier to helping make a difference"

Matthew Dalley,
Derbyshire Volunteer

To sign up visit the website:
www.derbyshiresport.co.uk/impact
Or contact: **Rachael Dyer, Derbyshire Sport**
E. rachael.dyer@derbyshire.gov.uk
Tel: 07807 089845



Derbyshire Sport

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.

FREE



simpsonsolicitors

PLANNING FOR THE FUTURE WILLS AND TRUSTS for families with disabled children



**JESSICA TINSLEY WILL LEAD AN INFORMATIVE AND
INTERACTIVE SESSION ON**

THURSDAY OCTOBER 6TH AT 10.30AM

16 STANIER WAY, WYVERN BUSINESS PARK

DERBY, DE21 6BF

TO BOOK A PLACE RING 0121 415 4624

In partnership

contact a family
for families with disabled children

which is



LOTTERY FUNDED



MacIntyre's I4t Group



Opening Eyes Workshop



A FREE workshop for people with a learning disability and their staff teams, run by people with a learning disability



Find out about:

- Looking after you eyes
- Looking after your glasses
- Going to the opticians
- Different eye tests for people who cannot read



*At the Quaker Meeting House,
Ashgate Road, Chesterfield*
Tea and coffee provided

People said:

"We learned various ways of looking after our eyes".
"We learned about making eye test appointments work for people with a learning disability."



Call Alison Wright to book a workshop today!



Tel: 07824 416407

email: alison.wright@macintyrecharity.org

@MacIntyre_I4T

Come and try Mixed Ability Rugby in Derby and be part of a fantastic new initiative at Long Eaton Rugby

This is a pioneering project to involve adults with disabilities in rugby.

Mixed Ability Rugby Union Teams have able-bodied players alongside team mates with learning and/or physical disabilities.

There are several Mixed Ability Rugby Teams in the North of England fully supported by the sport's National Governing Body the Rugby Football Union (RFU).

Long Eaton Rugby Football Club is a vibrant community club run by volunteers which wants to offer disabled people in Derby over 17 years of age the opportunity to play full contact rugby.

I am writing to invite you and the people you support to the first Mixed Ability Rugby 'Pitch Up and Play' fun training session.

At West Park Clubhouse, West Park, Long Eaton, Derbyshire NG10 4AA
on Saturday 15th October from 12:30 to 3pm

<http://www.longeatonrfc.co.uk/>

With very best regards,

Paul

To take part, find out how you can help or for more information please email psgardy@btinternet.com or telephone Paul Gardner 07986 870019



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.

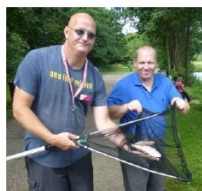
We are quite an informal group and sometimes have speakers to come and talk to us.

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>



Join us for a day of accessible fishing



11th of October



10am to 3pm



Meet at by the café ; Barlow Lakes, Crowhole, Barlow, Dronfield, Derbyshire S18 7SX. From Barlow turn of Millcross Lane (B6051) down Smeltinghouse Lane

Whether you're a regular or want to find out more about fishing our accessible fishing day is for you! We had great feedback on our day in August

Set in beautiful countryside, including three wheelchair accessible 'pegs' to fish from, short walks from car park to lakes on hard standing paths. The fisheries have café and accessible toilets

You can join us for the day or drop in for as long as you like. Just turn up, we have lots of fishing tackle and bait people can use and volunteers to offer practical help, advice and encouragement.

Cost for the day per person is £5, supporters are free, and includes rods, tackle and bait! If there is enough interest we want to develop a learning disability friendly club that will meet regularly to FISH, SOCIALISE AND GET ACTIVE

We have up to 30 places available. For more information and to book your place phone Enable on 01246 599999 or contact Gary Fothergill on 07477 558755 email Tomw@enable-group.org.uk

If you need extra support to fish please don't come on your own as we can't offer any additional support. Do contact us with any questions



Mackworth Morley Children's Centre
Reigate Drive
Derby
DE22 4EQ

2016/2017 Day time drop in 9.30am to 11.30am

Specialist Teaching and Psychology Service



Drop-in

Parents' Support

Safeguarding
All Advisory Teachers and Support Workers have a Disclosure and Barring Service check. We all have a responsibility to share concerns about a child's welfare with statutory agencies responsible for safeguarding children within homes and settings.

People Services, Derby City Council, The Council House, Corporation Street, Derby DE1 2FS

Staff for children with ASD Key Stage 2, 3 and 4 Support

Caroline Wheeler Co-ordinator/Advisory Teacher

01332 641382

07812301253

caroline.wheeler@derby.gov.uk

Louise Bieluch Higher Level Teaching Assistant

01332 641386

07812302047

louise.bieluch@derby.gov.uk

Early Years, Key Stage 1 and 2 Support

Julie Fearn Senior Specialist Support Worker

01332 641384

07812300886

julie.fearn@derby.gov.uk

What?

A parent drop-in service provided by STePs ASD Team that gives you an opportunity to meet other parents and to talk to our team for children and young people with Autism Spectrum Disorder.

Who?

Parents of children with Autism Spectrum Disorder, their grandparents, siblings and close friends as well as the children and young people themselves.

- 14 October
- 11 November
- 25 November
- 9 December
- 13 January
- 27 January
- 10 February
- 3 March
- 17 March
- 31 March
- 5 May
- 19 May
- 16 June
- 30 June
- 14 July

Locality Two Children's Centre
Lakeside Community Village
London Road
Alvaston
Derby
DE24 8UZ

- 7 October
- 21 October
- 4 November
- 18 November
- 2 December
- 16 December
- 6 January
- 20 January
- 3 February
- 24 February
- 10 March
- 24 March
- 7 April
- 28 April
- 12 May
- 26 May
- 9 June
- 23 June

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:**

October 8th and November 12th 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

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 18th October
7pm – 11pm

Tickets £6 on the door

The Spot

WILMOT STREET WEST,
DERBY
DE1 2JW

If you want to book a ticket or queries
Please ring 01246 913267 or 07599076866



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

OVER 18's ONLY

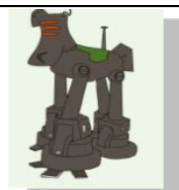


find us on facebook
jgfc club



Sparky Ink Studio

A place for **inkers & thinkers.**



Autism Art Club

A specialized social group for people with Autism to meet together and share their Art and ideas, trade skills and techniques and exhibit their work at the studio and online. First Friday of Every month. 6.30 pm to 9.00pm. £15.00 Snacks & Drinks Provided.

8-bit Evolved GAMING NITE

Themed, Filmed & YouTubed onto our own Channel
Retro and New gaming in a social group of gamers. Third Friday of Every month. 6.30 pm to 9.00pm
£15.00 Snacks & Drinks Provided.

NEW!!! AUTISM Afterschool/College ANIMATION CLUB

The Animation Club is an afterschool/college workshop to introduce having fun with animation, making friends and getting time out from the family. Participants will create solo and joint projects that will be exhibited on our website, YouTube and social network and at West Studios. The club runs on Wednesday Evenings from 4.30 – 6.30 at our Studio in Chesterfield. Places are limited and for young people aged between 14 and 18.

Please contact the Studio to arrange a taster session.

If you are in a **rural community**, OUTREACH to your locality is an option. Please contact the studio for further info, availability & Prices.

Launching from November 2016...

The "Starting From Nothing" Project 2016 - 2018

A Project designed to promote Digital Inclusion & Art through participation. The project focuses on Learning & Sharing Skills, Socialising and Developing Networks, Life Skills, and Creative participation. Work will be published online with a finale exhibition at the end. The project will work with other similar projects in the area so new workshops may be added. **The Project is designed to be dipped in or dipped out of or there is the challenge of going for the whole hog!** Ages 16+. Places are limited. Make new friends and gain confidence in the Arts.

If you are in a **rural community**, OUTREACH to your locality is an option.

Contact the Studio on 07790 723738 or ginger@sparkyink.co.uk to book a place.

Sparky Ink Studio Ltd, West Studio,
Sheffield Road,
Chesterfield, S41 7LL

Countryside events 2016

SUNDAY 2 OCTOBER

10am-12.30pm

WILD FOOD FORAGE

A walk around Shipley Country Park in search of useful trees, plants and fungi. This walk will concentrate on exploring seasonal wild food, medicine and craft materials in the area. It will also look at bushcraft basics, such as fire lighting.

Meet: Mapperley car park, Shipley Country Park.

Length: 2-3 miles.

Equipment: Suitable clothing and footwear.

Cost: £5 per person. Parking charges apply.

Location: OS ref SK436 437 Sat Nav DE7 6BR

Information and booking: Shipley Country Park 01773 719961. **BOOKING ESSENTIAL.**

Children must be accompanied by an adult.

Dogs on leads welcome.

SUNDAY 2 OCTOBER

10am-4pm. Turn up any time.

HAYFIELD WOODLAND MINI FESTIVAL

An exciting event filled with plenty to see and do to keep anyone busy for an hour or all day. A great opportunity to explore traditional and contemporary woodland crafts. Watch woodcraft experts at work and try your hand at some skills. Sample tasty and delicious campfire cooking. Plenty of activities for children.

Meet: Hayfield Countryside Centre car park.

Equipment: Suitable clothing and footwear.

Cost: FREE entry. Charges for some activities. Parking charges apply.

Location: OS ref SK036 869 Sat Nav SK22 2ES

Information: Hayfield Countryside Centre

01663 746222.

DISCOVERY DAYS IN THE DERWENT VALLEY MILLS WORLD HERITAGE SITE

Enjoy talks and a variety of family activities over weekdays during October half term (Saturday 22 October to Sunday 30 October). Learn about the World Heritage Site in informative and entertaining ways. Something for all ages and many events are FREE. In the final weekend, enjoy a host of activities around Cromford and Masson Mills, the canal and in Cromford village, including this Countryside Service event. Access the full programme at

www.derwentvalleymills.org.



www.derbyshire.gov.uk/countryside

SATURDAY 8 OCTOBER

9.30am-3.30pm

WILDLIFE PHOTOGRAPHY WORKSHOP

3: FABULOUS FUNGI

Join our ranger, who is a wildlife expert and photography enthusiast, for this workshop which will help you make the most of your camera. Learn about lighting, perspective and composition. We'll explore the woodland searching for fabulous fungi.

Meet: Clay Cross Countryside Centre, Market Street, Clay Cross.

Equipment: DSLR camera, macro lens or short telephoto (for more information about equipment requirements please ring number below). Bring a packed lunch and a drink.

Cost: £50 per person.

Location: OS ref SK393 634 Sat Nav S45 9JE

Information: Clay Cross Countryside Centre 01629 533020. **Book online:** www.derbyshire.gov.uk/countrysideevents

PRE-PAYMENT AND BOOKING ESSENTIAL.

WEDNESDAY 26 OCTOBER

1pm-3pm. Turn up any time.

FUN ON THE GREEN

Looking for something to do during Autumn half term? Why not come along to Findern Village Green and join Findern Footpath Group and Countryside Service staff for seasonal family fun.

Meet: Findern Village Green.

Equipment: Suitable clothing and footwear.

Cost: FREE. Small charge for some activities.

Location: OS ref SK308 304 Sat Nav DE65 6AD

Information: Shipley Country Park 01773

719961. Dogs on leads welcome.

SATURDAY 29 OCTOBER and SUNDAY 30 OCTOBER

11am-3pm. Turn up any time.

RAILWAY WORKSHOP OPEN DAY

Visit some of the oldest railway workshops in the world and see them come alive. Have-a-go on the forge and, with the help of our Engine House Wardens, make a useful poker to take home and keep. You will also be able to learn the fascinating history of this building and the industry it served.

Meet: High Peak Junction Visitor Centre.

Equipment: Suitable clothing and footwear.

Cost: FREE workshop entry and hire of the High Peak Junction and Railway Workshops Audio Tour. £10 charge to have-a-go on the forge and for each poker you make. Parking charges apply.

Location: OS ref SK314 560 Sat Nav DE4 5AA.

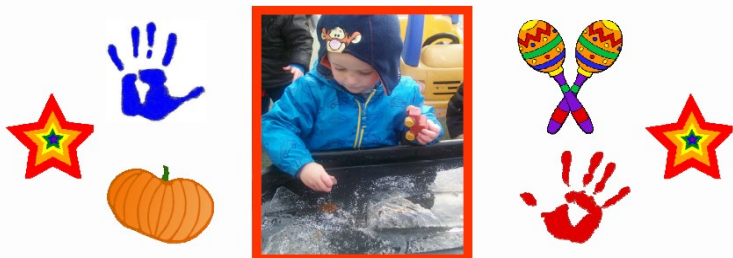
Follow the brown tourist signs from Cromford.

Information: Middleton Top Visitor Centre 01629 823204.

All groups and activities are FREE



Derbyshire Children's Centre at IRONVILLE AND RIPLEY



Free activities at your Children's Centre
For children aged 0-5 years old and their parents or carers



September-December 2016



Please note that some groups are term-time only so they won't run throughout the holidays.

To speak to a Children's Centre Worker or to register with us

Please call Ripley: 01629 533900 or Ironville: 01629 532601
(calls charged at local rate)



www.derbyshire.gov.uk
www.twitter.com/derbyshirecc
www.facebook.com/derbyshirecc



DERBYSHIRE
County Council
Improving life for local people

Opening Times

Ripley Children's Centre
Monday-Friday
9:00-5:00

Ironville Children's Centre
Monday-Friday
9:00-5:00



The centres are closed on the following Bank Holidays:
26th December 2016
27th December 2016



These opening times were correct at the time of publishing but are subject to change.

Like our Facebook page to keep up-to-date with what's happening at your local children's centre! <https://www.facebook.com/Alfreton-and-Ripley-childrens-centres-324338837724848/>



Your child may be entitled to up to 15 hours per week of FREE nursery education funding (starting the term after their 2nd birthday)
The funding is subject to meeting eligibility criteria

Call 01629 539319

You'll need to provide your name, date of birth & National Insurance Number so that the Childcare Improvement Service can tell you if are eligible to the funding & how to apply.

Thinking about going back to work but need childcare or want to know more about the free entitlement for 3 & 4 year olds?

Visit the Derbyshire County Council website and search for free childcare. There is also information on early learning or childcare choices on the website or you can speak to the Families Information Service on

01629 535793 or email

info.fis@derbyshire.gov.uk
<http://www.derbyshire.gov.uk/>



Ripley

Sandham Lane, Ripley DE5 3HE
Tel: 01629 533900 Email: ripleyc@derbyshire.gov.uk

Please note that this information was correct when printed but all groups are subject to change. Please check our Facebook page for further updates.

Monday

AM

Citizen's Advice Appointments
Please ring 01629 533900 to book an appointment



Tuesday

AM

Term-Time only

Time for Twos
Getting children ready for nursery.
Please contact the centre to book a place.



Wednesday

9:15-11:15

Starting 14th September

Childminding Network Meeting
A chance for childminders to meet together.
This groups runs once a fortnight so please ring the centre to check if it's on.



Thursday

10.15-11.15

1.00-2.30

2.00 - 3.30
On 1st & 3rd Thursday each month.

Allsorts
Salvation Army, Heath Road, Ripley
Allsorts of activities for allsorts of children 0 -5 years

BEARS Breastfeeding Support Group
Ripley Children's Centre
Breastfeeding Experience, Assistance & Reassuring Support



Child Health Clinic
Ripley Methodist Church, Wood Street
Health clinic and play session with activities suitable for young children.



Ironville

Victoria Street, Ironville, NG16 5NB
Tel: 01629 532601 Email: ironvillecc@derbyshire.gov.uk

Please note that this information was correct when printed but all groups are subject to change. Please check our Facebook page for further updates.

Monday

AM

Citizen's Advice Appointments
Please ring 01629 532601 to book an appointment
www.adviceguide.org.uk



Tuesday

9.30 - 11.00



Bumps to Twos
Interesting activities for 0-2 year olds to explore each week!
Older siblings are also welcome.



On the last Tuesday of each month, a health visitor will be present and you can have your child weighed.



9.00-1.00

Benefit and Work Training Advice Appointments
Contact the children's centre, to book an appointment with Louise Birks.



Wednesday

1.30-3.00
Term-Time only

Come Out & Play
Peveler House, Mill Lane, Codnor
Parent-led group with fun activities for children aged 0 - 5 years
Breast feeding advice also available



Thursday

PM
Term-Time only

Time for Twos
Getting children ready for nursery.
Please contact the centre to book a place.



Friday

10.00-11.30

Messy Play
Lots of messy fun for children, 0-5 years
Please make staff aware of any allergies

