

What's On! September 2016



Touchwood
Centres



CATERING FOR ALL SKILL LEVELS

SESSIONS TAKE PLACE ON A FORTNIGHTLY BASIS

AT 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

A.I.M.

**get your life
back on track.**

*Active in mind.....Active in mind...Active in mind
A free programme of Ecotherapy and Ecoactivity
Proven benefit to physical and mental wellbeing*

**Free and fun programmes to help
improve your health and
wellbeing.**

In partnership with England Athletics Mental Health Ambassadors - who are specially trained walking and running leaders - our NHS Trust has on offer a programme of Ecotherapy and Ecoactivity which we are sure you will enjoy.

What does it involve?

Ecotherapy and Activity are well known for their effectiveness at improving health and mood. They have a highly beneficial effect on both physical and mental health.

The idea is to be active in a countryside environment, to incorporate Mindfulness and relaxation into the experience but to improve physical fitness at the same time.

Both Mindfulness and physical activity are well proven to be beneficial to everyone but especially to anyone who is feeling in a low mood.

Anyone can take part - it doesn't matter how young, or old, how fit or unfit - all ages, shapes, sizes - Ecotherapy is suitable for everyone.

ACTIVITIES ON OFFER

You can choose between any of these activities - or even take part in more than one if you wish. All free.

Health walk (slow to medium pace - even bringing your dog if have one!)

Fitness walking (here you can build up your fitness by means of walking at different paces - low impact effective training to achieve high fitness levels).

Zero to 5K (training to enable you to run a distance of 5K easily - even if you have never ran this distance before - progressive training - excellent at producing very high levels of fitness)

Train for an Olympiad - in August 2017 we are holding a three day Olympic Games event - anyone can train for it - everyone who takes part gets a medal!

Day 1 consists of some easy road races - 1 mile / 3k / 5K you choose. All you do is achieve the distance you select - time does not matter.

Days 2 & 3 are family and friends (and staff!) Track and Field days - have a go at an athletic event - Coaches will show you how - or even enter an Olympic Game Challenge - everyone gets a medal. These will be fun days for everyone. Do you fancy the challenge? It's not difficult - but it will be fun to do.

Ready, set, go!

The time is now to take that next step for your health, mood and peace of mind.

CONTACT:-

**Phill
peakfit2@gmail.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.



Always
Unique
Totally
Interesting
Sometimes
Mysterious



Welcome to our Parent/Carers Support group:

At Etwall Children's Centre (on the same site as Etwall Leisure Centre)

Come along for Tea and company and a chance to meet other parents who have children with Autism, ADHD and /or challenging behaviour.

No need to book just come along on:

Friday 16th September 2016, 9.45am to 12 noon

Friday 7th October 2016, 9.30am to 12 noon

Workshop presented by Nicola Macukewicz (Occupational Therapist)

Over view of Autism, ADHD and Sensory Processing

Friday 14th October 2016, 9.45am to 12 noon

Guest Speaker – Angela Shipley, Holbrook Autism Outreach

'Autism and Girls!'

Friday 18th November 2016, 9.45am to 12 noon

Friday 9th December, 9.45am to 12 noon

For more information and details of further dates, contact:

Sue on 07805880438 or suegillott@yahoo.com



Garden Party

Glossop Carers' Support Group

1pm – 3pm Tuesday the 13th September 2016
Whitfield House Grounds,
Charlestown Road, Glossop, SK13 8LB
Free Admission, no tickets required.

For more information please contact:
Valerie.Logan@derbyshirecarers.co.uk
01457858383





With **The Prince's Trust** in Partnership with
Marks and Spencer



If you are 18 to 25, unemployed and interested in a career in logistics, join this FREE four week training programme at marks & Spencer, Castle Donnington where you can:



EST. 1884



Prince's Trust

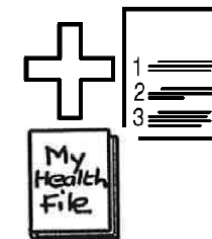
- Receive 6-days of warehouse operative training in a high tech environment
- 14-days work experience within the warehouse as a warehouse operative or order picker
- Receive up to six months support after the programme to help you with interview skills and CV writing to access employment opportunity
- Have your travel reimbursed whilst on the programme, lunch voucher each day and PPE provided
- Please note that we are looking for young people who are **committed** and **work-ready** as this will lead to a job

To find out more or to register your interest, call or text "Logistic" to: 07717 488 544 or
E-mail: nutan.patel@princes-trust.org.uk

You will be asked to attend an informal meeting with The Prince's Trust to see if this programme is suitable for you. Suitable candidates will be invited to a **Taster** day on **Tuesday 20th September 2016** at M&S Distribution Centre, Castle Donnington, Arundel Ave, DE74 2HJ

Final selections will be made after the taster day
Programme start 26th September – 21st October 2016

Learning Disability Health Action Plan Awareness



The 2014 Care Act means that paid carers must respond to the wellbeing needs of the people they care for. Do you know how to do this?

If you support people with Learning Disabilities you need to know about Health Action Plans—they are now part of the LD Annual health check with GP's.

They are:

- A Government target
- Part of a person-centered plan

People with learning disabilities are more likely to have:

- Poor health compared with other people
- Greater difficulty in accessing services
- More negative experiences of using health services

This free course is to help you play your part in improving and maintaining the health of people with learning disabilities. It is suitable for family members, carers, health & social care employees, statutory & voluntary sector employees & transition workers.

Details: Thursday 10th November 1pm-4pm The Centre for Research and Development, Kingsway Hospital, Derby, DE22 3LZ

Please note Vehicle access to Kingsway is now from the new road from the Kingsway retail park island.

To book a place please contact:

The Strategic Health Facilitation Team on 01773 882501

or email Rachel.johnson@derbyshcft.nhs.uk or jackie.fleeman@derbyshcft.nhs.uk

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>



Mental Health Community Advocacy - Amber Valley and Erewash



 mind | Derbyshire
for better mental health

If you live in Amber Valley or Erewash our specialist advocates can support you to:

- Access mental health services or treatment
- Say what you want to the professionals involved in your mental health care and treatment
- Attend meetings and appointments with you
- Access information and signpost you to other sources of support
- Raise concerns or complaints about your mental health care and treatment
- Support you to be involved in care assessments, care reviews and support planning

The service is:

- Free
- Confidential
- Independent
- Provided by trained, specialist advocates

Contact us:

tel: 01332 623732

email: advocacy@derbyshiremind.org.uk

www.derbyshiremind.org.uk

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Company No: 2942312 | Registered Charity No: 1041116



April 2015 - March 2018

A not-for-profit company from  money

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

Thank you once again

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

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

September 10th and October 8th 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

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 6th September

7pm - 11pm

The **Vibe**, Chesterfield

**** £4.00 each ****

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

Tel: 01246 913267

075990 76866 or 075990 76868

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

OVER 18's ONLY

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.



find us on Facebook jgfc club



Fully Accessible

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



Touchwood

Centres

Are you recovering from mental health issues
and planning to return to work?

Help with the preparation of your CV
is available at the Touchwood 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

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



E **THURSDAY 1 SEPTEMBER**

7pm-9pm

THE PARK IN THE DARK Part I

Come and meet some of the night-time residents of Elvaston Castle Country Park. Learn about bats and birds, mammals and moths on this family friendly stroll around the grounds. Using bat detectors, we'll listen to the bat's night-time chattering, have a hoot with an owl, meet the mammals and look at our moth trap in action.

Meet: Elvaston Castle Cobbled Courtyard.

Length: 2 miles.

Equipment: Suitable clothing, footwear and a torch.

Cost: Adults £5, Children £3 (Not suitable for under 5s), 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/countrysideevents

PRE-PAYMENT AND BOOKING ESSENTIAL.

E **THURSDAY 8 SEPTEMBER**

7pm-9pm

THE PARK IN THE DARK Part II

See Thursday 1 September for details.

Children must be accompanied by an adult.

Book online: www.derbyshire.gov.uk/countrysideevents

PRE-PAYMENT AND BOOKING ESSENTIAL.

H **THURSDAY 8 SEPTEMBER to SUNDAY 11 SEPTEMBER**

11 am-3pm. Turn up any time.

HERITAGE OPEN DAYS ON THE CROMFORD CANAL

England's biggest FREE Heritage Festival. Sites across the country open free of charge. Audio Tour and entry to workshops free of charge for the duration of the four day festival.

Meet: High Peak Junction Visitor Centre.

Equipment: Suitable clothing and footwear.

Cost: FREE. Parking charges apply.

Location: OS ref SK314 569 Sat Nav DE4 5AA

Information: Middleton Top 01629 823204.

AUTUMN FOOTPRINTS EVENTS- 14th AMBER VALLEY AND EREWASH WALKING FESTIVAL SATURDAY 10 SEPTEMBER to SUNDAY 25 SEPTEMBER

For more information visit www.autumnfootprints.co.uk

S **SATURDAY 10 SEPTEMBER**

10am-10.30am

LAUNCH AND GUIDED WALK

Everyone is welcome to attend the launch of this excellent walking festival, (approximately 30 walks over 16 days), coffee and cake will be on offer. There is a guided park walk after the launch - see the FREE Autumn Footprints programme, available at the Visitor Centre nearer the festival, for details.

Meet: Shipley Country Park Visitor Centre.

Equipment: Suitable clothing and footwear.

Cost: FREE. Parking charges apply.

Location: OS ref SK431 452 Sat Nav DE75 7GX

Information: Shipley Country Park 01773 719961. Dogs on leads welcome.

S **THURSDAY 15 SEPTEMBER**

2pm-4pm

MAP READING FOR BEGINNERS

Whether you use a paper or digital map, this indoor course is designed to give beginners an introduction to map symbols, grid references and contour lines on Ordnance Survey maps.

Meet: Shipley Country Park Visitor Centre.

Equipment: Reading glasses, if required.

Cost: FREE. Donations welcome.

Parking charges apply.

Location: OS ref SK431 452 Sat Nav DE75 7GX

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

T **SATURDAY 17 SEPTEMBER and SUNDAY 18 SEPTEMBER**

11am-4pm. Turn up any time.

TAPTON LOCK CELEBRATION

Come and celebrate with us at Tapton Lock. There will be lots of activities for all the family.

We'll have arts and traditional crafts for you to try, have-a-go at climbing and canoeing plus live entertainment. Look out for more details on posters and banners closer to the event.

Meet: Tapton Lock Visitor Centre, Lockoford Lane, Chesterfield, off the A61 Tesco roundabout.

Equipment: Dress for the weather.

Cost: FREE. Charges for some activities.

Location: OS ref SK388 729 Sat Nav S41 7JB

Information: Tapton Lock Visitor Centre 01629 533020.

C **SATURDAY 10 SEPTEMBER**

10am-3pm

WILDLIFE PHOTOGRAPHY WORKSHOP 2: BIRDS OF PREY

Unlock the potential of your camera. 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 as you shoot pictures of native birds of prey.

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

Equipment: Compact/bridge or DSLR camera-suitable for beginners, 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.

E **SATURDAY 24 SEPTEMBER and SUNDAY 25 SEPTEMBER**

10am-5pm. Turn up any time.

DERBYSHIRE WOODLAND FESTIVAL

Now in its sixteenth year, the Derbyshire Woodland Festival goes from strength to strength. A popular event celebrating traditional and contemporary woodland crafts set within the historic grounds of Elvaston Castle. Watch woodland experts at work, have-a-go at some crafts yourself, sample an array of food or just enjoy the wonderful atmosphere of the park and woodlands. Wildlife information, plant stalls, activities and trade stands. There is something for everyone to enjoy!

Meet: Elvaston Castle Country Park.

Equipment: Suitable clothing and footwear.

Cost: Special event parking charges apply: £8 per car/£4 per motorcycle all day. Present the Discount Voucher off the back of this brochure to receive a £1 discount off the daily parking charge. A £12 Weekend Ticket will be available in advance, details nearer the above dates. Charges for some activities.

Location: OS ref SK406 330 Sat Nav DE72 3EP

Information: Elvaston Castle Country Park 01629 533870. Dogs welcome on leads.

Countryside events 2016



www.derbyshire.gov.uk/countryside

