

What's On! April 2017

Family and Carers Information Event

Thursday May 25th
Drop in 12noon-3pm
Diabetes Education Centre,
Chesterfield Royal Hospital



Come along and meet
professionals who may be
able to help you in your
caring role

Get information on:
Benefits - Respite services -
Local support -
Disability Support

Chat with our Carer CQUIN
Project Lead about the
exciting new improvements
for carers at the hospital

For more information contact Rebecca Cowley
07816283615 rebecca.cowley@nhs.net

DAS-Adult Social Groups, Chesterfield and Derby

Date/Time	Derby Venue/Activity	Date/Time	Chesterfield Venue/Activity
Every 3 rd Tuesday from 7pm	Regular Social event in Derby – Meeting at the Brewery Tap. 1 Derwent St, Derby DE1 2ED		
Saturday 15 th April 1-5pm	Cinema/Theatre/Concert	Saturday 22 nd April 1-5pm	Walking - venue to be confirmed
Saturday 13 th May 2-6pm	Exploring creativity Art Session with Sadie DAS Base	Saturday 13 th May 2-6pm	Exploring creativity Art Session with Sadie DAS Base

DAS Youth Club Ages 14 to 25 years at the Christian Life Church, Britannia Road, Chesterfield.

Thursday 6th April

Thursday 4th May

Please call Karen Airey on 01773 741221 or 07951 060686 if you wish to access these services

Carer support Group meets once every two months on a Friday morning 10am until 12.30pm at DAS Unit 3A Unicorn Business Park, Wellington Street Ripley Derbyshire DE5 3EH 01773 741221.

No need to book. Just turn up!

Friday 24th February 10 – 12.30pm

Friday 25th August 2017 10 – 12.30pm

Friday 21st April 2017 10 - 12.30pm

Friday 20th October 2017 10 – 12.30pm

Friday 23rd June 2017 10 – 12.30pm

Friday 15th December 2017
10 – 12.30pm

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.

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



Carers in Derbyshire

Derbyshire County Council are delighted to introduce the new website for carers: www.carersinderbyshire.org.uk

In recent years carers have told Derbyshire County Council that they've found it difficult to know whether information they found online about support and services was reliable, relevant and up-to-date. Carers in Derbyshire aims to make it easy for carers by being a 'starting point' and 'one stop shop' for carers who need information and advice about what is available in Derbyshire to support them.

The website has been created by a partnership of unpaid family carers, Adult Care and local health and voluntary sector organisations. A full list of partners is available on the website.

As well as general information about topics such as carers rights, carer assessments, emergency planning and welfare benefits, there is a searchable directory of local services including:

- Carer support groups
- Social activities and groups
- drop-in services
- respite and sittings services
- advice lines

The Adult Care Information Team will be administering the website so if you have any queries or would like to suggest any improvements or amendments to the website, please email

adultcareinfo@derbyshire.gov.uk

Non-web based sources of information, such as a newsletter and a printable version of the directory are in the pipeline.

Dear Healthwatcher

We would like to invite you to the next Healthwatch Reference Group. This is an open forum to find out your views and experiences of health and social care in Derby – anything from GPs to hospitals, dentists, opticians, pharmacies, residential and nursing homes and anything else that comes under this heading.

Whilst we want to know about people's experiences of health and social care services in the City, if you have a specific concern please contact us separately as this will not be the platform for talking about in-depth personal issues.

Your comments and views will be shared with the Healthwatch Derby Management Board to inform and to help decide future work priorities. They will also be made known to the commissioners of services to help them in their planning and to try and bring improvements to services and also to recognise gaps.

The meeting will be held on the morning of Tuesday 4 April at the Council House. Places are limited, so booking is essential – please contact me for more information.

Best wishes

Rebecca

Rebecca Johnson
Membership and Engagement Officer

Direct: 01332 643988




Healthwatch Derby
The Council House
Corporation Street
Derby
DE1 2FS

Improving health and social care services together

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

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

[Streetlife](#)  and our [Website](#)

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 of 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:**
1st April and 6th May 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.



The “**Give as you live**” website brings together thousands of online retailers that have all signed up to donate a percentage of every purchase you make to us at no cost to you.

When you download “Give as you live” and sign in using your Everyclick account, or create a new one nominating “Derbyshire Autism Services Group” as your preferred charity. When you shop directly with one of the retailers listed they will donate a percentage of your purchase to us. The average internet shopper can raise £25 in one year, without any extra cost to themselves. It’s quick to install and is 100% secure, so why not give it a try.

ACTIVITIES & EVENTS

THINGS TO DO & PLACES TO GO

TRAMPOLINING SESSIONS AT RIPLEY

For young people with additional needs. Qualified and experienced coaches. General supervision to be provided by parent/carer. At Ripley Leisure Centre, Derby Road, Ripley. Saturday at 11.15 am, only £4.00 per session. Please contact Vanya Currell or Ripley Leisure Centre on: 01773 514727 and leave a message for Tracy to call you.



Ilkeston 1st Bowl

DASG members can bowl at the reduced cost to them of £2.50 each, per game, Monday – Sunday at anytime

Social Night—Over 18s

A social evening is held for the over 18's with additional needs at Hacketts, 8 King Street Belper (behind Boots) on the third Wednesday of each month between 7pm and 10pm. There is no entrance fee. A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar. Further details are available from Elaine 07527364947.



Dimensions
Disco (Over
18s only). Disco for people with learning disabilities at

The Venue Night Club, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Contact: Shelly Burton on 07721 384920 or

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT



Tuesday 11th April
7pm – 11pm

Tickets £5 on the door



The Spot

WILMOT STREET WEST,
DERBY
DE1 2JW



If you want to book a ticket or queries

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.
Carers Half price £2.50

Fully accessible for wheelchairs

Please ring 01246 07527364947 OVER 18's ONLY 913267 or 07599076866



Public invited to Eat the Streets

Arena Community Garden Allotment is throwing open its gates to the public offering two exciting afternoon garden sessions at its Heanor Road site in Ilkeston, DE7 8DY.



Photograph Dave Wood by Jon Legge

on **Saturday 8th and 22nd April from 12.30 to 2.30 pm**. Both days are a great way to find out about growing your own and plenty of opportunity to have fun. Yes, gardening is fun!

Come and join the Wash Arts team at the Arena Community Allotment in Ilkeston for two afternoons of fun and family gardening activities.

Find out about and get involved in an exciting community garden and to see if you would like to be part of it. It's a great opportunity to look round the space and meet the team -gardener Jo Swann and assistant, Dave Wood.

There's plenty to do and to have a look at, including some wonderfully messy making mud masks for trees!

NOTES

The Eat the Streets is run by Wash Arts CIC, a not-for-profit community-led arts organisation, based in Ilkeston. It was established in 2006 and benefits people living in Erewash through a programme of high- quality creative projects developed through consultation and in collaboration with local residents and voluntary and statutory bodies.

The Eat the Streets project is a collaboration between Erewash Borough Council, Derbyshire County Council and Arena Community Church.

For Further information

Wash Arts Stella Couloutbanis on 07854 777 432/couloutbanis@gmail.com

Website/Social Media: www.washarts.co.uk (currently under development)

Twitter: @susanwasharts/Facebook: www.facebook.com/WashArtsCIC



Unique training opportunity

A creative, informal and informative workshop designed to improve the skills and confidence of those who can support disabled people to be more active.

What?

Three-hour practical workshop, supported by online resources, where you will:

- Learn about practical tools to support inclusive delivery
- Explore creative ideas to support disabled people to take part in physical activity and sport
- Learn about local groups, activities and further training opportunities.

When, where and how much?

(Date, time, venue, cost)

Date: Tuesday 2nd May
Time: 1.00pm - 4.00pm
Venue: Alfreton Leisure Centre
Cost: £10 per person

Book online: www.derbyshiresport.co.uk/events

Who?

For those who:

- Support disabled people of all ages within the community, and
- Have an opportunity to put the training into practice.

For example; carers, support workers, parents and volunteers. Please note that this workshop is not for qualified sports coaches

Further information*

(Organiser name and contact details)

Organiser: Derbyshire Sport
Contact: Rachael Dyer - rachael.dyer@derbyshire.gov.uk or 07807 089845

*Please note spaces are limited and are allocated on a first-come first-served basis.





'Men's Sheds

NEW
PRACTICAL
PROJECT
FOR MEN
IN
EREWASH

A Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy.

A Men's Shed offers this to a group of such men where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue.

They are places of skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. A place of leisure where men come together to work.



No Booking necessary. Just come along!

'If you've got any ideas or skills bring them with you'.

Tell us what you want to do.



Men's Sheds

£2 per
session

RANGE OF ACTIVITIES INCLUDE:

- Stamp Collecting
- Coin collecting
- Wood Working
- Pyrography Marquetry

Chat, share and learn

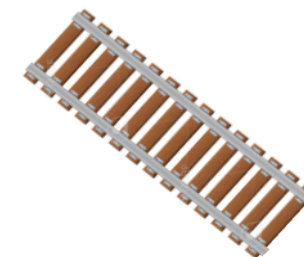
Free tea and coffee

Qualified skilled supervisor instructor on hand.



Fortnightly
Starting Monday
20th March

10.30am - 12.30pm
Derventio Housing
Ilkeston Office
The Orchard Works
1 Grenville Road
Ilkeston, DE7 8HT



No Booking necessary. Just come along!

'If you've got any ideas or skills bring them with you'.



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Community Connectors

Helping people with Learning Disabilities to be involved in their local community

Easy Read Version

Community Connectors is a free service for people with a learning disability or autism. We help people who live in Derbyshire and who are 18 and over to be more active and involved in their local community.

You can talk to a Community Connector about:



- People and friends that are important to you



- What you enjoy doing
- What you are good at



- What you would like to learn
- What you want to do

Community Connectors work with people for up to 12 weeks helping them to find and take part in things they would like to do. The Community Connector will be able to work alongside you, helping you to do things on your own. This can be during the day, evenings or at weekends.

Community Connectors can help you to:



- Use public transport safely and independently.



- Find groups that you would like to join and meet new people
- Try new activities and learn new skills.



- Look for paid and voluntary work and then support you while you do it.



If you would like to get help from a Community Connector talk to your Social Worker.



If you don't have a worker, phone Call Derbyshire on 01629 533190.



If you would like more information, please ring:

Paul - 07966 991329
Mamuna - 07967 341668



email:
community.connectors@derbyshire.gov.uk