



Derbyshire Autism Services

Unit 3a Unicorn Business Park, Wellington Street
 Ripley, Derbyshire DE5 3EH
 Tel: 01773 741221
 email: enquiries@derbyshireautismservices.org
www.derbyshireautismservices.org

What's On! December 2017



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.



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		
Friday 15 th December 6-9pm	Christmas Gathering DAS Office Ripley	Friday 15 th December 6-9pm	Christmas Gathering DAS Office Ripley

Please call Janette Ashworth on 01773 741221 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 15th Dec.2017 10 – 12.30pm





WREATH MAKING

Thursday 7th December 11.00 - 3.00 pm

At the Nature & Wellbeing Hub, Pentrich Rd, Swanwick
OR

Thursday 14th December 11.00 - 3.00 pm

At The Hub, Amber Trust, Ripley.



Cost £5 towards materials - pay on the day
Booking is essential



Contact Tracy Litchfield for more information
T: 01773 742051 E: tracy.litchfield@ambertrust.co.uk



CHILL 'N' CHAT

SOCIAL GET TOGETHER

EVERY FRIDAY FROM 11AM - 1PM

LIGHT REFRESHMENTS
AVAILABLE TO PURCHASE

CRAFT ACTIVITIES & GAMES
BINGO



@ The Hub at Amber Trust

7-11 Wellington Street, Ripley, DE5 3EH

01773 742051

www.p3charity.org www.ambertrust.co.uk



p3charity

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

Are you 50 Plus?

Come along and join us



Long Eaton & District 50+ Forum Open Forum

Monday 11th December 2017 @10.15am

Council Chambers, Long Eaton Town Hall, Derby Road

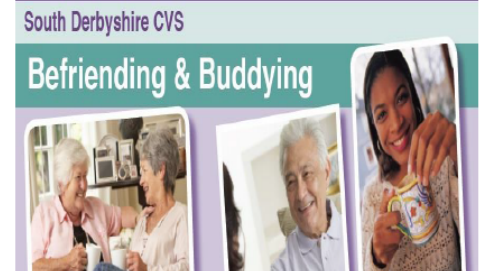
Light Refreshments will be served from 9:45 am

Doors will not be opened to members until 9:00am

Speaker:

Richard Murrell

Derbyshire Trusted Befriending
Network Co-ordinator



Ian Mursell
Consultant Paramedic
East Midlands Ambulance
Service

Free Transport available for people living within Derbyshire if you cannot get to the meeting by yourself

Contact Jo Marples on 01629 532466 by Friday 1st December at the latest or E-mail JoEllis.Marples@derbyshire.gov.uk

Supported by:





Making Space

Health & Social Care Services

CAROLS FOR CHRISTMAS

DEMENTIA FRIENDLY CAROL CONCERT WITH LONG
EATON SILVER PRIZE BAND

SUNDAY 3RD DECEMBER 2.30PM - 5.00PM

SOLDIERS & SAILORS

TAMWORTH RD

LONG EATON

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>

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 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:**

2nd December 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 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

Discos

Social Night at Hacketts Bar in Belper - social night for adults (18+) with learning disabilities. The 3rd Wednesday of the month 7-10pm. No entrance fee. A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar. Contact Elaine on 07527364947.

Dimensions Disco - disco for people with learning disabilities at The Venue Night Club, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Over 18s only. Contact Shelly Burton on 07721 384920

or michelle.burton@dimensions-uk.org

Just Good Friends - night club event for people with learning disabilities at Escapade, Cavendish Street, Chesterfield. Over 18s only. Contact 07599 076866 or 07599 076868.



LONG EATON TWINS, TRIPLETS & MORE...

**A free friendly drop in session
organised by parents**

- Meet other parents of multiples for support, friendship and advice in a local, accessible environment
- Share hints and tips to make life with multiples easier

Find us on Facebook



**Alternate
Tuesdays**

10.30am-

12 noon

First meet on 31st Oct 2017

Term time only

**Lots of toys for
your little ones-**

Come & play!

Sensory room



**VENUE: LONG EATON
CHILDREN'S CENTRE
LIME TERRACE,
LONG EATON
NG10 4LF**

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 5th December

7.00pm – 11.00pm

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

www.erewash.gov.uk

EREWASH



Walk2FeelGood @Cotmanhay

Every week, all levels welcome

Tuesdays

12.30pm - 2.30pm

Thursdays

9.15am - 11.15am

Meet new friends
Get active
Enjoy the outdoors
Feel great

FREE

Meet Debbie and Liam
at Cotmanhay Childrens Centre
for new walking



A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 5th December

7pm - 11pm

Tickets £5 on the door

The Spot

WILMOT STREET WEST,
DERBY
DE1 2JW



If you want to book a ticket or for any 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

need to buy a ticket too.

****Carers Half price £2.50****

Fully accessible for wheelchairs



LOTTERY FUNDED

OVER 18's ONLY



find us on facebook



LOTTERY FUNDED

Events in Derbyshire

CALKE ABBEY - CHRISTMAS CRAFTS IN SQUIRT'S STABLE

JOIN THE ELVES AND TAKE PART IN SOME CHRISTMAS CRAFTS IN SQUIRT'S STABLE. SQUIRT'S STABLE HAS TRANSFORMED INTO AN ELVES WORKSHOP READY FOR CHILDREN TO COME ALONG AND MAKE SOME OF THEIR OWN CHRISTMAS CRAFTS. BOOKING NOT NEEDED. DOGS ON LEADS WELCOME.

A National Trust Event - Start 17:00. End 20:00. Free Event but Normal Admission Charges Apply. Squirt's Stable is located in the Stableyards. Check website for latest information.

Calke Abbey, Ticknall, Derby, Derbyshire DE73 7LE

Fri 1 Dec to Sun 3 Dec, Sat 9 Dec, Sun 10 Dec, Fri 15 Dec to Sat 23 Dec

CHRISTMAS FUN ON THE FARM WRAP UP WARM AND COME TO HELP US FEED AND SUPPORT OUR ANIMALS OVER THE COLD WINTER SEASON, BRINGING THEM SOME WINTER CHEER. STRUCTURED ACTIVITIES ON DAILY. SANTA WILL BE WITH US EACH WEEKEND ON THE RUN UP TO CHRISTMAS MEET HIM IN HIS GROTTA FOR JUST £5 INCLUDING PRESENT SHORT PONY RIDES WILL BE ON £2.50 PER RIDE CHRISTMAS CRAFTS COMING SOON THE RAINFOREST INDOOR PLAY BARN AND SOFT PLAY AREA

FARM PARK OPEN 10AM - 4PM THROUGH WINTER. WINTER ENTRY PRICES APPLY £5.50 PER ADULT/CONCESSION, £3.50 PER CHILD.

Matlock Farm Park Jaggars Lane Matlock Derbyshire DE4 5LH

Sat 2 Dec, Sun 3 Dec, Sat 9 Dec, Sun 10 Dec, Sat 16 Dec, Sun 17 Dec, Sat 23 Dec, Sun 24 Dec

SWADLINCOTE VICTORIAN CHRISTMAS MARKET & CAROLS EVENING

CHRISTMAS MARKET WITH STALLS OFFERING GIFTS, FESTIVE TREATS AND FOOD & DRINK. ENTERTAINMENT INCLUDING TRADITIONAL CAROLS AND FESTIVE CLASSICS WITH UNRELATED DUO, FREE TEA & COFFEE AND FREE SANTA'S GROTTA AND CHILDREN'S ENTERTAINMENT - ALL WITH A VICTORIAN THEME! PLUS LATE NIGHT SHOPPING IN THE TOWN CENTRE. 4.30PM - 7.30PM. FREE ENTRY, FREE ENTERTAINMENT AND FREE PARKING. THE DELPH MARKET SQUARE, SWADLINCOTE TOWN CENTRE, MIDLAND ROAD, SWADLINCOTE, DERBYSHIRE DE11 9DG FRIDAY 15TH DEC

CODNOR CASTLE HERITAGE TRUST ST NICHOLAS DAY EVENT

St.Nicholas Day celebrations, Guided tour and talk, refreshments tea, hot chocolate, cakes mince and fruit pies, mulled wine, all donations welcome craft stalls (subject to participants availability). Come and join us to celebrate the original Santa, the giver of gifts, St.Nicholas. For our younger visitors LOOK OUT FOR Henry and Izzy Bear De Grey

Free event 11.00 am - 3.30pm Donations welcome PLEASE NOTE THERE IS NO PARKING ON SITE FOR THIS EVENT PLEASE PARK AT CODNOR MARKET PLACE and follow public footpath SEE BOARD IN CAR PARK FOR ROUTE Or AT IRONVILLE AND CODNOR PARK RESEVOIR and access on foot via Monument Lane and Castle Lane

Castle Farm Castle Lane Derbyshire NG16 5PQ

Sunday 3 Dec 2017

CHILDREN'S CHRISTMAS CRAFTS AT CHRIST CHURCH, BELPER

This is a fun and free activity session for all children aged 5 and upwards. Parents/carers are welcome to stay and join in.

From 11am to 1pm. Free Entry.

The Bateman Hall, Christ Church, The Triangle, Bridge Street, Belper, Derbyshire DE56 1BA Saturday 9th December

LONGSHAW, BURBAGE AND THE EASTERN MOORS - WREATH MAKING WORKSHOP

Learn to make a natural Christmas wreath in the warmth of the Moorland Discovery Centre, led by our volunteers. Why not get into the Christmas spirit by making a natural decoration for your home? Using materials gathered from Longshaw and the surrounding area, make your own Christmas wreath this festive season. Please bring your own secateurs and gardening gloves. Booking Essential. Phone: 01433 637907.

A National Trust Event - Start times vary. Check website for details. Check Website for Admission Charges. The Moorland Discovery Centre, next to the main Woodcroft car park at Longshaw. Check website for latest information.

Longshaw, Burbage and the Eastern Moors, Longshaw Estate, near Sheffield, Derbyshire S11 7TZ Sat 2nd Dec

Contact [01433 637907](tel:01433637907) - [Moorland Discovery Centre.](#)