

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.



LIVING WITH A LONG-TERM
CONDITION PROGRAMME

HELPING YOU TAKE CONTROL

Living with a Long Term Condition

For more
information, or to
find out when the
next course is,
call
**Citizens Advice
South Derbyshire**
on:
01283 210109

A free course for anyone
living with a long term
health condition; helping
you live well, gain
confidence and learn
new skills.

Take control of your life.



Derbyshire Autism Services

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

What's On! January 2017



Derbyshire Autism Services
Charity No. 1105525
Company No. 5185463

Unit 3A Unicorn Business Park, Wellington Street,
Ripley, Derbyshire DE5 3EH
tel: 01773 741221
das@derbyshireautismservices.org
www.derbyshireautismservices.org

Derbyshire Autism Services Carer Support Group

Derbyshire Autism Services are running a Parent/Carer Support Group in the Amber Valley area of Derbyshire.

Our next meeting will be on Friday 24th February 10am until 12.30pm and at the same time on the following dates for 2017:-

21st April; 23rd June; 25th August; 20th October; 15th December 2017

*At: Derbyshire Autism Services
Unit 3A, Unicorn Business Park, Wellington
Street, Ripley Derbyshire DE5 3EH*

To book a free place:-

**Please contact Karen Airey– DAS Groups Coordinator
on 01773 741221 or 07951 060686.**

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.



Did you know anyone can book our minibuses?



Please call for all your transport needs on 01773 746652

WWW.CT4TC.ORG.UK

WWW.CT4TC.ORG.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 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 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:**

7th Jan and 4th February 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

Just Good Friends

A nightclub event for Adults with Learning Disabilities

Tuesday 13th December

Christmas

Nightclub Event

7 – 11p.m.

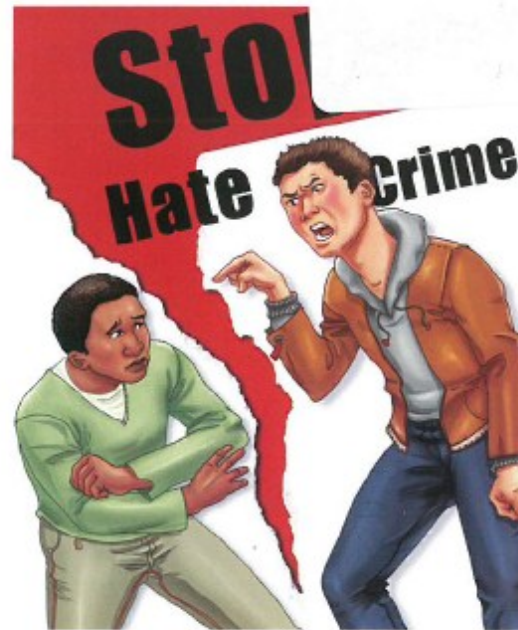
The Spot, Derby

Wilmot Street West DE1 2JW

**** Tickets available NOW! ****

**** £6.00 each ****

STOP H PLEASE DO NOT
REMOVE FROM
THE OFFICE



Independent Hate Crime Support

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE®
Text Relay 18001 0800 138 1625

IMAGES © CHANGE. WWW.CHANGEPEOPLE.CO.UK

Disability Gender Identity Race Religion Sexual Orientation

LITTLE EXPLORER'S CLUB AT MATLOCK FARM PARK

Matlock Farm Park, Jaggars Lane, Darley Moor, Matlock, Derbyshire, DE4 5LH, Tel: 01246 590200, Email, www.matlockfarmpark.co.uk

Join us as we discover and help wildlife right on our doorstep, from building bug hotels and making a toad habitat, to making feeders for birds and planting flowers for bees.

[Wed 4 Jan 2017](#) 11:30

[Wed 11 Jan 2017](#) [Wed 18 Jan 2017](#) [Wed 25 Jan 2017](#) 11:30

FREE MONDAY WALKS AT ILAM PARK

Ilam Park, White Peak Estate Office, Home Farm, Ilam, Ashbourne, Derbyshire, DE6 2AZ, Tel: 01335 350503, Email, www.nationaltrust.org.uk

[Mon 9 Jan 2017](#) 11:00 to 13:00

FREE FRIDAY WALKS AT ILAM PARK

Ilam Park, White Peak Estate Office, Home Farm, Ilam, Ashbourne, Derbyshire, DE6 2AZ, Tel: 01335 350503, Email, www.nationaltrust.org.uk

[Fri 6 Jan 2017](#) 11:00 to 13:00

FREE NORDIC WALKING TASTER AT ILAM PARK

Ilam Park, White Peak Estate Office, Home Farm, Ilam, Ashbourne, Derbyshire, DE6 2AZ, Tel: 07469 895267, Email

[Wed 11 Jan 2017](#) 10:00 to 11:00

CINDERELLA AT CONKERS

Conkers, Rawdon Road, Moira, Swadlincote, Derbyshire, DE12 6GA, Tel: 01283 216633, Email, www.visitconkers.com

You are invited to an up to date traditional family friendly performance of this well-loved, heart-warming, rags to riches romance. There's lots of comedy, music and audience participation. It's a show not to be missed!

[Sun 15 Jan 2017](#) 16:00 [Sun 15 Jan 2017](#) 16:00

Parking: free

CHESTERFIELD YOUNG PERSON'S MARKET AT CHESTERFIELD MARKET

[Sun 29 Jan 2017](#)



TALKING MENTAL HEALTH DERBYSHIRE

If it's time to talk,
we're here to listen



0300 123 0542

(Calls are charged at the same rate as regular landline numbers).



Self-refer from our website:

www.derbyshcft.nhs.uk/tmhd



Completing the self-referral form on this leaflet.

Simply post it to:

**Talking Mental Health Derbyshire
Ilkeston Resource Centre
Ilkeston Community Hospital
Heanor Road
Ilkeston DE7 8TL**



talking@derbyshcft.nhs.uk

Do you experience...

Low mood, lack of motivation, stress, difficulty doing the things you want or need to do, trouble getting over past events, struggle with unwanted thoughts or images, fears and phobias, or find it an effort to cope with day to day life?

It's time to talk.

What we do

Free, fast and effective talking therapy for depression and anxiety for anyone registered with a GP practice which is part of a Derbyshire Clinical Commissioning Group.

✿ **Counselling** offers a safe and supportive place to talk about what bothers you, such as life events which are confusing, painful or uncomfortable, or events from your past which continue to trouble you. Your counsellor will listen to you non-judgmentally, help you to clarify the issues, understand yourself and your feelings, and think about any changes you wish to make in your life.

✿ **Cognitive behavioural therapy (CBT)** can help you manage your problems by changing the way you think and behave, encouraging you to look at your actions and how these may be contributing to your difficulties. It can help you cope with your challenges in a more positive way, and you may be able to overcome them completely.

✿ **Courses and workshops** offer information and techniques to manage your problems. Participants often find the encouragement, ideas and support they get from other people helps them to realise they are not alone.

✿ **Couples counselling** can help if your problems are generated mostly by your relationship, or if your difficulties are affecting your ability to demonstrate affection with your partner.

✿ **CBT based guided self-help** in addition to assessing people for therapy, our dedicated team of Psychological Wellbeing Practitioners can offer CBT based guided self help over the telephone for a range of common mental health disorders.

We also offer eye movement desensitisation and reprocessing (EMDR), interpersonal therapy (IPT), dynamic interpersonal therapy (DIT), counselling for depression and psychosexual therapy.

If you are interested in our service

At your initial appointment, usually by telephone, we will find out more about your problems and difficulties and discuss how we can help with these. This lasts for about 45 minutes and we decide the next steps to take together. Even if you need more than we can offer, we can still often refer or signpost you to somewhere that can help.

If we agree together for you to have therapy sessions, you will be offered a short course of treatment focusing on your main issues – you may be put on a waiting list depending on demand in your area, but if you can travel, we can look at alternatives.

Keeping your GP informed

We can help you talk to your GP and keep them fully informed about your treatment and progress, so that they are aware of your work with us.

“ You were the only one, out of those I have seen, that treated me like a human being and listened to me. Could not have got better, without your help. ”

Free Relate support in Derbyshire

Our free adult phone and LiveChat services for Derbyshire residents are staffed by experienced counsellors with training in areas such as Domestic Violence and mental health issues. Many are also family counsellors. Staff have additional training to support people with Asperger Syndrome wanting to explore issues around their own relationships and for people who have a family member with Autism (ASD).

Our free LiveChat service for over 11s offers a series of booked sessions with one of our specialist Safe Speak young people's counsellors. We also have free young people's and family counselling available in Erewash and other locations across Derbyshire and Derby City. **For details call Relate Safe Speak on 01332 349301 or our local Relate office on 01332 349177.**

Telephone helpline

0808 178 9363

Tuesdays 10.30am – 4.30pm and

Thursdays 1.30pm – 4.30pm

Speak for free to an experienced relationship / ASD counsellor without having to make an appointment.

LiveChat Drop in

www.relatederby.org.uk/live_chat.html

Free LiveChat service for adults

Wednesdays 2 – 5pm

See our website for details

LiveChat is an online text-only conversation with a specially trained relationship / ASD counsellor.

Safe Speak Counselling

Free face to face and LiveChat appointments for young people in schools and other venues across Derbyshire.

Family Counselling

Free appointments for Erewash residents.

Get into Learning ...

What's on...

Spring Courses
2017

South
Area



Learn Locally with Derbyshire Adult
Community Education Service

www.derbyshire.gov.uk/adulteducation

DERBYSHIRE
County Council
Improving life for local people

What will this course cost?

We use three different bands for our course fees. The full fee for a course will be advertised as Band A. If you are a Derbyshire Gold Card holder, you will pay the Band B price for Community Learning. In most cases, we offer reduced fees for those on certain benefits at Band C. For some qualification courses you may be able to apply for a learner loan. There may be additional costs on some courses for materials and exams fees.

Please check at the time of booking.

How can I pay?

Payments can be made online through the web or in person at your local centre. For some courses, you may be able to pay in instalments.

How can I join?

Most courses are available to book through our website at www.derbyshire.gov.uk/coursesearch or you can visit or telephone your local centre.

Where can I get further information or advice?

For detailed information about the support that we can provide, including financial help and learning support, visit www.derbyshire.gov.uk/theguide or contact your local centre. Not sure what to do next? We have highly skilled National Careers Service advisers actively involved in supporting learners in many of our centres. Ask in centre, visit the National Careers Service website or call 01629 532430.

How can I help?

Find out how to volunteer at www.derbyshire.gov.uk/dacesvolunteer. We regularly recruit Tutors and Learner Support via www.derbyshire.gov.uk/jobs

Book online, it's easy
www.derbyshire.gov.uk/coursesearch

Adult Community Education Centres

Alfreton: 01773 832201 alfreton.ace@derbyshire.gov.uk

Belper: 01773 829478 belper.ace@derbyshire.gov.uk

Codnor and Ripley: 01773 743665 peverelhouse.ace@derbyshire.gov.uk

Community House, Long Eaton: 0115 9732827 communityhouse.ace@derbyshire.gov.uk

Cotmanhay and Ilkeston: 0115 9306909 cotmanhay.ace@derbyshire.gov.uk

Swadlincote: 01629 533290 swadlincote.ace@derbyshire.gov.uk

The Hub, South Normanton: 01629 533733 thehub.ace@derbyshire.gov.uk

For further information or to get a copy in a community language, on audio tape or in large print, please call your local centre.

The details contained in this brochure are correct at the time of going to print. However we may have to make changes, giving advance notice wherever possible.

Funded by
**Skills
Funding
Agency**

EUROPEAN UNION
European Social Fund

matrix
100% of profits reinvested
in supporting the community

INVESTOR IN PEOPLE

**FOUR LEAF
DISABLED PEOPLE**

DERBYSHIRE
County Council
Improving life for local people

Course Title	Level	Day	Time	Wks	Hrs	Fee A	Fee B	Fee C	Start Date
Alfreton ACE Centre – Tel: 01773 832201 alfreton.ace@derbyshire.gov.uk 									
Cookery – For Independent Living	Beginners	Various	Various	10	20	£10	£10	£10	Contact Centre