

What's On! May 2017



BRIGHT SIDE
Supporting mental health through learning something new. Develop confidence in a friendly environment.

FREE COURSE

BE MORE CONFIDENT IN YOUR EVERYDAY LIFE

6 WEEK COURSE
Wednesday's 1-3pm
7, 14, 21, 28 June, 5, 12 July

AVAILABLE FOR ANYONE EXPERIENCING MENTAL HEALTH DIFFICULTIES, OR EMOTIONAL OR PSYCHOLOGICAL DISTRESS.

AT THE HUB @ AMBER TRUST, 7-11 WELLINGTON STREET, RIPLEY
CONTACT TRACY LITCHFIELD
CALL 01773 742051 OR EMAIL TRACY.LITCHFIELD@AMBERTRUST.CO.UK

Learn locally with Derbyshire County Council's Adult Community Education Service
www.derbyshire.gov.uk/adulteducation



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		
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
Sat 20 th May 1-5pm	Walking - venue to be confirmed	Sat 27 th May 1-5pm	Cinema/Theatre/Concert
Friday 16 th June 6-9pm	Activity Suite DAS Guest speaker: Employment Support Project Mark Smith	Friday 16 th June 6-9pm	Activity Suite DAS Guest speaker: Employment Support Project Mark Smith

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

Thursday 4th May 6:00 till 9:00pm

Thursday 1st June 6:00 to 9:00 pm

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 23rd June 2017 10 – 12.30pm

Friday 20th October 2017 10 – 12.30pm

Friday 25th August 2017 10 – 12.30pm

Friday 15th Dec.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



Supporting mental health through learning something new. Develop confidence in a friendly environment.

FREE COURSE

PLANTING TO GROW: LEARNING AT THE ALLOTMENT

6 WEEK COURSE

TUESDAYS 1PM - 3PM

27 June, 4, 11, 18, 25 July, 1 August

AT THE NATURE & WELLBEING HUB, SWANWICK

CONTACT TRACY LITCHFIELD

CALL 01773 742051 OR EMAIL TRACY.LITCHFIELD@AMBERTRUST.CO.UK

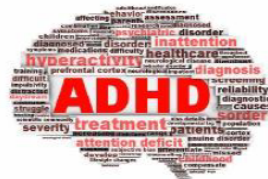
AVAILABLE FOR ANYONE EXPERIENCING MENTAL HEALTH DIFFICULTIES, OR EMOTIONAL OR PSYCHOLOGICAL DISTRESS.

AMBER TRUST

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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 5th May, 9.45am to 12 noon

Guest Speaker: New Life

Friday 16th June, 9.45am to 12 noon

Friday 14th July, 9.45am to 12 noon

For more information please contact:

Sue on 07805880438 or suegillott@yahoo.com



Chesterfield Royal Hospital 
NHS Foundation Trust



Do **you** provide care and support for a loved one? We would like to hear from you!

FAMILY/FRIENDS CARERS' FORUM



As part of Chesterfield Royal Hospital's improvement plan for carers there will be a **Carers' Forum** held at the Chesterfield Royal Hospital on the **16th May 2017**

A facilitator from the Derbyshire Carers Association currently seconded to Chesterfield Royal Hospital will be there to listen to your views

For further details and to register please contact the email address or number below

Rebecca Cowley: rebecca.cowley@nhs.net

07816 283615

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 23rd May

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 913267 or 07599076866

OVER 18's ONLY



find us on facebook

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 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:**

6th May and 10th June 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

NIGHTCLUB EVENT

Tues 23rd May

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

CLAY CROSS HERITAGE GALA



SUNDAY, 28TH MAY, 12-6PM

A gala day for all the family at Kenning Park, Clay Cross, shining a light on the story of Sir George Kenning, who bequeathed the park to the town in 1931 – featuring a live action Sir George, walking the park, telling his story.

Come along and enjoy: vintage fairground rides, vegetable based juggling and comedy, giant ducks, vintage vehicles, local produce and the screening of a newly commissioned short film in a pop-up vintage cinema.

Or kids and adults can get stuck in to The Pentagon – grab a paint pen and help artist Scott Walker to create a piece of community artwork, which will be exhibited locally after the festival.

No need to book, it's totally FREE, so just come along and have fun.



“ I didn't have anyone to talk to about what had happened and then I found you. Thank you for everything you have done. ”

Have you **ever** been a victim of crime?

If you would like to talk to someone about what has happened to you, or you would like emotional or practical support, we are here to help. Please get in touch to find out more about the services we offer. All services provided are free and confidential.

**Please call: 0800 612 6505,
email support@derbyshirecore.org
or text “CORE” to 82055**

Funded by:

www.corederbyshire.co.uk



Get into

Health and Social Care



Are you 16-25? Looking for work?

16 May – 23 June 2017, Chesterfield Royal Hospital

Meet new people and learn new skills as well as gaining work experience. We'll also help you with your CV.

Not only will it boost your confidence and employability, but you'll also have the chance to benefit from the support of one of our mentors to help you uncover your next steps.

Taster Day 28 April 2017

- All training provided and a guaranteed interview for entry level jobs at the end of the programme
- Travel expenses paid on programme
- Doesn't affect your benefits
- Boost employability skills and gain a nationally recognised care certificate
- Up to 6 months mentoring support

In partnership with:



Prince's Trust
Inspiring young lives

To join the course or find out more:
Search 'Prince's Trust'

E mail rosemary.reeschilds@princes-trust.org.uk
Call or Text to 07436 797253
Call for free on 0800 842 842



STEP UP BEAT HATE

TOGETHER WE CAN BEAT HATE CRIME

Some people are still facing hate, based solely on their identity.

We provide free, confidential support to victims of hate crime in Derby and Derbyshire.

**Please call Derbyshire Victim Services
on 0800 612 6505.**

Available 8am-8pm Monday-Friday and 9-1pm Saturday.

**Please call Stop Hate UK
on 0800 138 1625.**

Available 24 hours a day.

**For more information visit:
www.core-derbyshire.com**

FREE COURSES

BRIGHT SIDE

Taking steps towards feeling positive through learning new skills



Supporting mental health through learning something new. Develop confidence in a friendly environment.

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www.derbyshire.gov.uk/adulteducation

 **DERBYSHIRE**
County Council
Improving life for local people

These **FREE** courses are available for anyone experiencing mental health difficulties, or emotional or psychological distress. One in four of us go through this at some time in our lives. People can join Bright Side as an individual or through a support group.

The Bright Side courses are normally 12 hours long, spread over several weeks. They deliver a rich variety of practical and hands on skills, such as outdoor and creative activities, cookery and relaxation, all in a friendly setting.

Each programme will be adapted to the interests of each group and can offer a stepping stone onto other activities.

People with understanding and experience of mental health issues are helping us to design the Bright Side project because they know how learning new skills can help. Additional support will be provided to help people to join in, enjoy themselves and move on.



BRIGHT SIDE

For more information about this exciting new project, please contact

brightside@derbyshire.gov.uk
01629 536569

To get a copy in a community language, on audio tape or in large print, please call **01629 536569** or visit www.derbyshire.gov.uk/adulteducation

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.



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



Starting Monday 5th June
5pm - 6pm



Learning Disability Basketball Sessions

First session **FREE** • £2 per session • All ages welcome

Derby Arena, Royal Way, Pride Park, Derby, DE24 8JB



Call Jacob Meaton on **07786144414** for more information

Disabled?

Looking for a job?



The Disability Employment Service

Who we are

The Disability Employment Service funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work and paid employment.

Employment is not just about earning money. It provides social contact, structure, friendships, can improve wellbeing and self esteem. The Disability Employment Service can make employment a realistic option for many disabled people.

What we do:

- Help to match you to the job that's right for you
- Help finding work experience and voluntary work
- Make sure you find out about job vacancies
- Help with selling yourself in your application forms and CV
- Help you prepare for interviews
- Advise you about support in the workplace, such as equipment or other support you may need

- Support you to access work placements and apprenticeships
- Help employers to support their disabled staff.

What we cannot do:

- We cannot promise that you will get an interview or that you will get a job
- We cannot give you a job or create a job for you.



Who we work with:

We can assist anyone who is unemployed and has a disability.

For further information please contact the Disability Employment Service:

Tel: 01629 532441

Email:

disabilityemploymentservice@derbyshire.gov.uk

Write to:

Disability Employment Service
Derbyshire County Council

Adult Care
County Hall

Matlock
DE4 3AF

Web: www.derbyshire.gov.uk/dep

This leaflet can be made available in large print, Braille, audio or alternate languages by calling 01629 532441.

Adult Care, Derbyshire County Council, County Hall, Matlock, DE4 3AF
Call Derbyshire 01629 533190