



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! February 2018

FLOATING SUPPORT SERVICE

EREWASH | AMBER VALLEY | HIGH PEAK | SOUTH DERBYSHIRE

Support for people to maintain their existing tenancy and manage their home environment

Housing | Tenancy Issues | Benefits | Debts
 Mental Health & Wellbeing | Accessing Your Community

For people aged 16 years+ who are currently experiencing mental health difficulties and require regular support to maintain their accommodation and tenancy.

Complete an online referral
www.idecidederbyshire.org



IDECIDE DERBYSHIRE



IMPROVING MENTAL HEALTH



PEOPLE POTENTIAL POSSIBILITIES

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.

Adult Social Group Dates

Chesterfield Social Group

Date	Activity	Venue
Saturday 10th February 1pm – 5pm	Laser Quest	
Saturday 10th March 1pm-5pm	Shopping at Intu	
Friday 13 th April 6pm-9pm	Joint Social Session	DAS Activity Suite Ripley

Derby Social Group

Date	Activity	Venue
Saturday 3rd February 1pm – 5pm	Bowling	
Saturday 3 rd March 1pm-5pm	Shopping at Intu	
Friday 13 th April 6pm-9pm	Joint Social Session	DAS Activity Suite Ripley

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@firststepsed.co.uk <http://www.firststepsed.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

SUPPORT FRIENDSHIP ADVICE



2018 DATES

Tues 30 January
Tues 27 February
Tues 20 March
Tues 24 April
Tues 22 May
Tues 26 June
Tues 17 July

WHERE

St.Thomas' Centre
Chatsworth Rd
Chesterfield
S40 3AW

TIME

9.30am - 11.30am

CONTACT: claree73@gmail.com
01246 279916



<https://m.facebook.com/asdadhdparentcarergroup/>

Crafty Cuppa Group



Drop in for a crafty cuppa and meet other crafters to enjoy a couple of hours of creative fun and chat.

Bring your own project or just watch and learn.

We're a friendly group and always happy to share our skills.



Every Thursday 10 till 12

Church of Christ, Colledge Street, Riddings, DE55 4EZ

Only £2 including cuppa & pastries

Optional 2 course lunch from 12 till 2 only £2.50

Contact Beverley for further information on 07880-816298

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>

Put the world to rights over a cuppa!



Venue ; The Tearoom, Cliffe Park,
Dronfield, S182XP



Hosted by Chesterfield Timebank
in partnership with Drone Roses WI

TIME 2 CHAT

Every Thursday morning (drop-in 9.30-12)

*All welcome (including children). Disabled
access and toilet. On site parking.*



NatWest Community Banker

Here to help and support you with:

- staying safe and secure online
- making you aware of all of the alternative ways to bank
- supporting you with community educational events to help make you financially fitter.

Get in touch to find out what I can do for you and your local community.

I cover the following areas:

Date	Location	Time
Tuesdays	Belper: Strutts Centre	9.00am-12.00pm
-	Ripley: Amber Valley CVS	1.00pm-4.00pm
Wednesdays	Ashbourne: Methodist Church	9.30am-12.00pm
-	Matlock: Cafe in the Park	2.00pm-4.30pm

My contact details:

Mark Starbuck, NatWest Community Banker

☎ 07552259819

✉ mark.starbuck@natwest.com

📱 @MarkStarbuckDE



NatWest

We are what we do

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:**

3rd Feb and 3rd March 2018 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.



Derbyshire Carers Association

Support group for carers who care for or are concerned for someone with a drug or alcohol addiction.

At Derbyshire Carers we understand the enormous strain that a loved one's addiction can have on carers and family members.

The aim of the group is to provide support in a welcoming and friendly environment. Enabling those affected by a loved one's addiction to speak without fear of being judged, and where people share what they feel ok to share.

Confidentiality is a necessity for this Group. Anyone attending will be required to sign a confidentiality agreement. What is said in the Group remains in the room and goes no further.

**Hope Springs
Springwell House
Newbold Road
Chesterfield S41 7PB**



**Last Wednesday of every month
6pm to 8pm
Free Car Parking and Refreshments**

For more information please contact DCA on:
01773833833 or 07773173684

Registered Charity Number: 1062777

DORA Youth

Young people's mental health matters

Please let us introduce you to DORA Youth. We are a Chesterfield-based voluntary sector organisation, passionate about supporting young people in the area with mental health issues.

DORA Youth is the youth branch of DORA 2017. We are able to launch this project thanks to a very generous donation from St Mary's Catholic High School.

The main aim is to help set up and provide support to peer support groups. We also raise awareness of mental health issues through attending events like Connect 5, Links Lunch & Mingle and the Medieval Market. Thirdly, we challenge perceived views of mental health with the aim of breaking down the stigma.

We are in the process of setting up peer support groups for young people aged between 13 and 18 years of age. Our first group is just about to start. We welcome on-board the Butterfly Project, a peer support group for people affected by Self Harming. We will follow this up with a peer support group for young people affected by Eating Disorders. DORA volunteers supporting groups are being DBS-checked and trained in Safeguarding.

Even though our support groups are aimed at young people up to 18 years old, we will support people up to 21 years through signposting to relevant groups and organisations, volunteering opportunities and raising awareness.

DORA Youth is a safe space for young people, without stigma or judgement.

If you require any further information, particularly around the Butterfly Project, please feel free to contact us.

dorayouth17@gmail.com

07922 520057



DORA Youth



SOMERCOTES CO-OPERATIVE WELLBEING EVENT



Somercotes Village Hall, Nottingham Rd, DE55 4LY

FRIDAY 2ND FEBRUARY 9.30 - 3.30PM

Come along for your FREE BODY MOT
BLOOD PRESSURE & HEART RATE, HEIGHT/WEIGHT & BMI,
BODY FAT % SKELETAL MUSCLE % VISCERAL FAT %

WE OFFER FRIENDLY PERSONAL ADVICE AND SUPPORT TO HELP GET YOU
ACTIVE AND IMPROVE YOUR LIFESTYLE AND WELLBEING.
LEISURE CENTRE FREE PASSES AND VOUCHERS ARE AVAILABLE

Other organisations in attendance for support and advice include:

DERBYSHIRE FIRE & RESCUE RETHINK TRENT PTS CITIZENS ADVICE
CORE VICTIMS SUPPORT AMBER TRUST (P3) HEARING HELP
DERBYSHIRE HEALTHWATCH ALZHEIMERS SOCIETY CT4TC NATWEST
AIR AMBULANCE DCC WELLBEING SERVICE SIGHT SUPPORT
& MANY MORE AMBER VALLEY WALKING FOR HEALTH
NORDIC WALKING FREE SESSIONS 10AM, 12PM & 2PM.



The **co-operative** membership
Central England Co-operative

For further information please contact - Amanda Gowing (Community Project Officer, Amber Valley)
Email: amanda.gowing@ambervalley.gov.uk

Community Movers works across Amber Valley to help local people improve their health and wellbeing and be more active.

2 SISTERS SECTOR BASED WORK ACADEMIES



DBC Training are delighted to be working with 2 Sisters in Derby to fill a number of roles across the business. A 2-week training programme is on offer prior to a guaranteed interview to all course completers. Further training and development will be provided once in post including Apprenticeships.

Roles available include:
• Dispatch Administrator • Skills Operatives • Machine Operators
• Cell Leaders • Label Checkers • Senior Operatives

Sector Based Work Academies are running throughout January – contact 01332 295588 for more information and to book your place.

DATES FOR YOUR DIARY

DERBY EVENTS

Information Sessions:

Derby Foresters JCP, every Monday 9.30-12.30 and Weds 9.30 -12.30
Derby Normanton JCP, every Monday afternoon 1.30-4.30
Long Eaton JCP, every Tuesday 9.30-12.30 and Friday 1.30-4.30
Belper JCP, every Tuesday afternoon 1.30-4.30
Alfreton JCP, every 1st and 3rd Wednesday afternoon 1.30-4.30
Matlock JCP, every 2nd and 4th Wednesday afternoon 1.30-4.30
Ilkeston JCP, every Thursday morning 9.30-12.30
Heanor JCP, every Friday morning 9.30-12.30

Events

29.01.18 - Jobs Fair, Home Brewery Arnold, Nottingham 10-2
31.01.18 - Jobs Fair, Motorpoint Arena, Nottingham 10-2

NOTTINGHAM EVENTS

Weekly Job Clubs:

Weekly Job Clubs at Nottingham Centre, every Tuesday 9.30-12.30
Job Clubs at Loxley House JCP, Nottingham, every Monday 1.30 – 4.30pm
Digital Clubs at Loxley House JCP, Nottingham, every Tuesday 1.30-4.30

Information Sessions:

Beeston JCP, every Monday morning 9-12
Loxley House JCP, Nottingham every Tuesday afternoon 2-4 and Friday morning 9.30-12
Bulwell JCP, every Wednesday morning 9.30-12.30
Arnold JCP, Thursday 4th and 18th January all day
Central JCP, Nottingham 11th and 25th January all day

Save the Date

Nottingham Centre Official Opening, 19th January

SECTOR BASED WORK ACADEMIES

DERBY

Build Your Skills

3-week course including knowledge and practical skills to gain work in construction. Includes CSCS card
15.01.18 – 02.02.18

Make it: Digital

4-week basic IT course including support with Universal Credit and Money Management
08.01.18 – 02.02.18

Make it: Care

2-week programme giving the skills and knowledge to gain a job in health and social care. Employers include Allied Healthcare 29.01.18 – 09.02.18

DERBY

Make it: Retail & Customer Service

2-week programme giving the skills and knowledge to gain a job in retail or customer service.

Employers include Bell & Castle and Ilkeston Rugby Club – The Stute
15.01.18 – 26.01.18

Make it: Work

1-week intensive job seekers course to help you find and secure work
Employers include Fresh Logistics
02.01.18 – 05.01.18 & 29.01.18 – 02.02.18

PCSO Selection Day

TBC in late January 2018.

NOTTINGHAM

Make it: Work

1-week intensive job seekers course to help you find and secure work
02.01.18 – 05.01.18 & 15.01.18 – 19.01.18

Warehousing: Unpacked

2-week programme covering the skills and knowledge to gain a job in warehousing and storage
08.01.18 – 19.01.18

Make it: Digital

4-week basic IT course including support with Universal Credit and Money Management
08.01.18 – 02.02.18 & 29.01.18 – 23.02.18

Make it: Care

2-week programme giving the skills and knowledge to gain a job in health and social care
22.01.18 – 02.02.18



Derby 01332 295588 | Nottingham 0115 9472891