



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! March 2018



**"I've felt involved,
 it's important
 to be heard,
 no-one is
 taking
 over"**

Derbyshire Independent Community Advocacy Service

Take control & have your voice heard

Your advocate can:

- help you to say what you want
- write letters with you
- go to meetings with you
- find out information for you

Contact Us:

Telephone: 01332 623732

Email: enquiries@derbyshireindependentcommunityadvocacy.org.uk

Website: www.derbyshireindependentcommunityadvocacy.org.uk

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

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

Derby

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

DAS Relationship Group

Thursday 22 nd March 6.30pm to 8pm	Thursday 19th April 6.30pm to 8pm
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DAS Carer Support Group

Friday 23rd March 10:00am to 12:00am	Friday 20th April 10:00am to 12:00pm
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Please contact Derbyshire Autism Services on 01773 741221 for Relationship and Carer Support Groups and ask for Karen Airey to request more information.

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

EREWASH MENTAL HEALTH PARTNERSHIP INFORMATION EVENT

**WEDNESDAY 18 APRIL 2018
1.30pm - 4.00pm**

**Erewash Voluntary Action
Granville Avenue Long Eaton NG10 4HD**



Come along and find out what community groups and organisations are available in the Erewash area including groups with trained Mental Health Champions.

Find out about volunteering opportunities.

Have a go at a creative activity.

Drop in anytime during the afternoon - no need to book

Enjoy a cup of tea or coffee, cake, biscuits and fresh fruit.

EVERYBODY IS WELCOME!

For further details contact Catriona Paterson - Development Worker
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD
Tel: 0115 9466740. Email: catriona@erewashcvcs.org.uk





I come
to QClub

Engaging young people
in art activities, which
challenge & inspire

to
create & tell
stories

For children and young people aged 5-18 years. The group is targeted at children on the autistic spectrum, children with additional support needs or are socially excluded, have disabilities, are young carers, looked after or bereaved children.

QUAD

Supported by
 BBC
Children in Need

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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:**

3rd March and 14th April 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.

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 13th March

7.00pm – 11.00pm

The **Vibe**, Chesterfield

**** £5.00 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



Chesterfield Royal Hospital 
NHS Foundation Trust

Do you provide care or support for a loved one?

Are you or the person you care for expecting to attend Chesterfield Royal Hospital?

CRHFT's Carer Liaison Officer is here to:

- * Provide information and advice about your caring worries and concerns
- * Help you communicate with staff
- * Attend discharge meetings with you
- * Referral on for carers support in the community

If you would like to speak to our Carer Liaison Officer, Rebecca Cowley or would like more information Or call/text 07825532952 Email rebecca.cowley@nhs.net





PEOPLE
POTENTIAL
POSSIBILITIES



IMPROVING
MENTAL
HEALTH



HOUSING RELATED SUPPORT Information & Signposting

DROP IN FOR SUPPORT & ADVICE
MENTAL HEALTH AND HOUSING



**Mondays
and
Tuesdays**
10.00 - 12.00

@ AMBER TRUST

7-11 Wellington Street, Ripley, DE5 3EH

01773 742051

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



p3charity



Questions about dementia? Come and talk to us.

Come to our Dementia Community Roadshow
for information and support in your area.

We're here for everyone affected by dementia.

We'll be visiting:

Sainsbury's
Matlock
Wednesday 28 March 2018
10 am - 4 pm

For more information, go to
alzheimers.org.uk/roadshow

Call our National Dementia Helpline on
0300 222 1122 for advice and support



Official Launch

Come along to one of the Mental Health Together official launch events, meet the team, join us for lunch, and find out how you can get involved.

We have planned two events, one in the North of the county and one in the South.

Mon 5th March 11am-2pm

Palace Hotel: Palace Road, Buxton, Derbyshire SK17 6AG

Mon 19th March, 12Noon - 3pm

The Spot: Wilmot Street West, Derby DE1 2JW

To book your place at either event, please contact us

Phone: 01773 880786

Email: enquiries@mentalhealthtogether.org.uk

www.mentalhealthtogether.org.uk



Mental Health
TOGETHER
Engaging with Derby and Derbyshire



Mental Health
TOGETHER

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We believe that people with first-hand experience of mental health conditions, and those who care for them, are the people best qualified to help shape health and social care services to provide better care in the future.

Mental Health Together supports this by:

- Giving you the opportunity to have your voice heard.
- Recruiting and supporting a wide range of both service receivers and carers.
- Collecting information so that trends, themes and concerns can be identified and recommendations for service improvements made.
- Making sure that those designing and delivering health and social care services listen to and respond to the information that we share with them.
- Following up on any changes providers tell us will be made, so that we can be sure that our service is making a difference.

Phone: 01773 880786

Email: enquiries@mentalhealthtogether.org.uk

www.mentalhealthtogether.org.uk

Post: FREEPOST RTEE-RGYU-EUCK, Mental Health Together, Suite 14
Riverside Business Centre, Foundry Lane, Milford, Belper, Derbyshire, DE56 0RN