



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! August 2017

Let's get cooking

Are you an adult affected by autism?

Are you interested in healthy cooking on a budget?



We are holding **6 FREE** cookery sessions on Monday mornings from September, each lasting 2 hours.

If you would like to find out more information or reserve a place please speak to your DAS worker or give us a call on: 01773 741 221



Places are limited and will be allocated on a first come first serviced basis

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 19 th August 1-5pm	Place of historical interest	Saturday 26 th August 1-5pm	Place of historical interest
Friday 15 th September 6-9pm	Activity Suite DAS Exploring Autism - Karen	Friday 15 th September 6-9pm	Activity Suite DAS Exploring Autism - Karen

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

Thursday 6th July 6:00 to 9:00 pm

Thursday 3rd August 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 25th August 2017 10 – 12.30pm

Friday 20th October 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



Long Eaton All Media Art Club
A Different Type of Art Club
Specialising in all types of media including
traditional art formats

We Meet

Thursday Evenings 7.00 -9.00pm
Petersham Hall, Grasmere Road
Long Eaton NG10 4DZ

Beginners Welcome

No need to book or arrange – just turn up!!!

For details contact: 0115 9726132/0115 9727544

Chair: john.mehy1@hotmail.com

Secretary: info@firststepsderby.co.uk

www.facebook.com/artinle

www.leamcc.org.uk



Patron: Tony Cowlishaw International Artist

Long Eaton All Media Art Club is a relatively new group, started back in 2009 with the aim of bringing the widest variety of arts and crafts to the local area. The art side of the group works with not only the traditional paints and pastels but all types of media, including inks and mixed media. Crafts include a wide range of handicrafts, which we are constantly adding to, as members bring their ideas and requests to the group.

Once a month, we hold mini workshops, which are usually hosted by one of the club members who has a speciality they would like to share with the other members. This year, the workshops have covered small watercolours, jewellery making, paper quilling, paper flower making, Aboriginal dot painting, stick books, paper marbling, pompom animals and costume jewellery art, to name a few. We have also had a couple of professional-led mini workshops, including book folding, where the artist hosting the workshop tailors the subject to fit within a club session.

We also hold occasional full day workshops on a Saturday, where we invite local professional artists and craftspeople to host a four or six-hour workshop showcasing their specialities, giving the attendees more time to learn the techniques involved, at a considerably discounted price. Both mini and full day workshops are open to non-members as well as members.

To take our arts and crafts out to a wider audience, we held our first Craftemooon earlier this year at the United Reformed Church Hall in Long Eaton, where members demonstrated a selection of crafts to the general public, who were able to try their hand and take away their finished pieces of work. We all really enjoyed the event, so much so that we are holding a second, Christmas-themed Craftemooon on Saturday 12 November at the same venue.

People of all abilities including beginners, experts and juniors are welcome. Come to three sessions, paying just £2.50 subs each week (£1.25 for juniors) and if you'd like to join after the initial period, annual membership is just £10.00 per year, or £5.00 if you join us later in the year, and family memberships are also available. So, come along and meet us on a Thursday evening between 7.00 and 9.00pm at the Petersham Community Hall, Grasmere Road. Long Eaton NG10 4DZ and see if you like what we have to offer.

Just Good Friends

A nightclub event for adults with Learning Disabilities

Tuesday 12th September

Nightclub Event

7pm – 11pm

The Vibe Bar

Chesterfield

Opposite Eyres

Tickets available NOW!

**** £4.00 each****

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.

If you want to book a ticket or queries please ring
Tel: 01246 913267 or 075990 76866

OVER 18's ONLY



Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 12th September

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

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:**

5th August and 2nd September 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.

Improving the mental
health and wellbeing of
the people we serve



**IAPT THERAPY SERVICE AVAILABLE - NEW LOCATION
CHESTERFIELD ASHGATE MANOR
& ACROSS DERBYSHIRE**

✓ Short to no waiting times for appointments!!

✓ Easy & quick telephone/online self-referral to large variety of evidence based therapies for a wide range of problems!!

✓ Free of charge early to late, Face to Face, Telephone or Skype appointment times available with a team of experienced therapists!!

✓ Service available to anyone 16+!!

✓ Accessible central and local locations spread across Chesterfield & Derbyshire!!

**For referral or self-referral: Telephone 0300 555 5582
or visit www.insighthealthcare.org/**

Whiffle Piglets Saturday Art Club

presented by
Whiffle Pig C.I.C

Join us at Belper Fit Pit for engaging, creative activities, lead by the child, supported by artists. Sessions are free and set up for children with mixed abilities ages 5 to 12 years, siblings welcome



Belper Fit Pit
on the 1st Saturday of the month
from 10:00 - 12:00

No booking necessary but please check our website regarding group policies at www.whifflepig.com



T: 0300 555 5582

E: Derbyshire@insighthealthcare.org

Saturday morning and out of office hours appointments are available.

Compliments, Comments, Complaints and Concerns

We are committed to providing good quality care and support. Your views are important to us so that we can keep developing and improving the service. Do please give us suggestions and feedback by telephone, email, or by completing one of our questionnaires.

For GP Practice use

Please insert patient's NHS number below:

Insight Talking Therapies is a **free** to use service. Insight Healthcare is a not for profit organisation and experienced provider of Talking Therapies on behalf of the NHS.



Take a positive step towards feeling better; contact us directly or speak with your GP about a referral to Insight Talking Therapies.

T: 0300 555 5582

E: Derbyshire@insighthealthcare.org

Insight Talking Therapies

Edgeley House
Tottle Road
Nottingham
NG2 1RT

Please visit our website to find out more about the service.

www.insighthealthcare.org



Talking Therapies

Feeling low? Anxious? Stressed?

Finding it hard to cope?
We can help you



Please contact us
for an appointment

0300 555 5582

About

Insight Healthcare's Talking Therapies provides help for people with anxiety, depression and other similar difficulties. The service is free; funded by the NHS.

You can contact us directly for an appointment on

0300 555 5582



Who is the Service for?

The service is available to anyone living in the county who is aged 18 and above.

The service provides help for people experiencing common difficulties such as:

- Low mood
- Depression
- Anxiety
- Stress
- Panic
- Anger
- Phobias
- Trauma
- Bereavement
- Loss
- Relationship difficulties
- Family problems

How it Works

The first step is to arrange an assessment appointment for you with one of our therapists. A range of appointment times can be made available including out of hours and Saturday morning appointments. This can be provided face to face or on the telephone. The assessment allows us to get an understanding of your current difficulties. At the end of the assessment the therapist will discuss the next steps with you. Insight Talking Therapies is able to offer a range of effective treatment options and the best way forward will depend on your particular needs. For example, counselling, cognitive behavioural therapy (CBT), psychotherapy or group work.

Your Therapy

The therapy may be provided in your local GP surgery or at another venue convenient for you. Therapy can also take place over the telephone or online where that is suitable and convenient. Insight Healthcare has therapists with a range of different training and specialist skills so that we can provide the appropriate support for your particular needs.

To Make an Appointment

You can contact us yourself on 0300 555 5582 or ask your GP for a referral to Insight Talking Therapies.

Confidentiality

Insight Healthcare complies with NHS confidentiality guidelines. This means that information relating to you and your treatment will remain confidential to us unless we have your consent to share it or where there is a risk to you or someone else.

Accessibility

Insight Healthcare is sensitive to the diverse needs within our community and welcomes clients irrespective of race, gender, disability, sexual orientation, national origin or any other difference.

We can provide therapists who are able to speak languages other than English, or interpreters where necessary. Leaflets and materials can be supplied in a range of languages, in large print, braille or audio tape as required. Please let us know if you have any queries or special requirements.

T: 0300 555 5582

E: Derbyshire@insighthealthcare.org

www.insighthealthcare.org