

What's On! June 2017



BELPER
STEAM & VINTAGE EVENT

FUN FOR ALL THE FAMILY
TERRIER RACING
ALL DOGS WELCOME TO JOIN IN

BBMF Lancaster & Spitfire Flypast
1940s Singer Paula Marie
C J Jackson 'Man of Soul'
The Happy Donkey Company
Ferret Racing & Shire Horses
Gun Dog Display Team
Chester's Showtime

Admission: Adults £8.00
Children & OAP's £5.00
UNDER 12'S FREE

for more information pick up a leaflet
at your nearest tourist outlet or visit
www.belpersteam.co.uk

JUNE - SAT 10 - SUN 11 - 2017
STREET LANE • DENBY
DERBYSHIRE • DE5 8NE
off the B6179 (Derby Road) between Kilburn and Ripley

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		
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
Saturday 15 th July 1-5pm	Intu Derby – shopping trip	Saturday 22 nd July 1-5pm	Meadowhall - shopping trip

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

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

Thursday 6th July 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 23 rd June 2017 10 – 12.30pm	Friday 20 th October 2017 10 – 12.30pm
Friday 25 th August 2017 10 – 12.30pm	Friday 15 th 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

Birth to Five: Free information workshop in Derby

contact a family
for families with disabled children

Welcoming and informative sessions for parents and carers of children aged 0-5 who have additional needs

10am-12.00pm – Refreshments provided

- 5 June: Encouraging good behaviour
- 12 June: How to get what you need for your child
- 19 June: Money Matters
- 26 June: Support and Information



Local support



Confidence

Venue:

Austin Sunnyhill Children's Centre,
Homelands, Browning Street
Austin Estate, Derby DE23 8DN

Free crèche available

You are welcome to come to individual workshops or all of them

To find out more or book a free place on any workshop please ring Contact a Family Midlands office on **0121 4154624** or email **westmidsoffice@cafamily.org.uk**

Contact a Family
209-211 City Road London EC1V 1JN
Freephone helpline: 0800 808 3555 1
www.cafamily.org.uk



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Registered Charity Number: 284912 Charity registered in Scotland No. SC03916 © Contact a Family, April 2017

WHEELCHAIR BASKETBALL

at **Sandiacre Friesland Sports Centre**

Sessions are open to everyone, whether you are a wheelchair user or not

- Tuesdays 8.30-9.30pm
- All ages and abilities welcome
- £3 per session
- Accessible parking bays available
- Nearest bus stops are on Derby Road and Risley Road

For more information contact Sara Wright:

✉ sara.wright@erewash.gov.uk

☎ Tel: 0115 907 2244

Derbyshire Sport 



Nursery Avenue, Sandiacre, NG10 5AE

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:**

10th June and 8th July 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.



Struggling with your mental health?
Feeling distressed?
Not able to cope with your emotions?
Don't know where to turn for help?
Call us!



Masz problemy ze zdrowiem psychicznym?
Czujesz przygnębienie?
Nie radzisz sobie ze swoimi emocjami?
Nie wiesz, gdzie się zwrócić po pomoc?
Zadzwoń do nas!

માનસિક સ્વાસ્થ્યની તકલીફથી પરેશાન છો?
અતિશય ચિંતા અનુભવી રહ્યા છો?
તમારી લાગણીઓને કાબૂમાં રાખવા સક્ષમ નથી?
મદદ માટે ક્યાં જવું એ જાણતા નથી?
અમને કોલ કરો...

Derbyshire
Focusline

Freephone
08000 27 21 27

Text **07537 404695**

Open **5pm to 1am**

7 days a week, 365 days a year



ਕੀ ਤੁਸੀਂ ਆਪਣੀ ਮਾਨਸਿਕ ਸਿਹਤ ਨਾਲ ਜੂਝ ਰਹੇ ਹੋ?
ਕੀ ਤੁਸੀਂ ਬਹੁਤ ਪਰੇਸ਼ਾਨ ਹੋ?
ਕੀ ਤੁਸੀਂ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਕਾਬੂ ਨਹੀਂ ਕਰ ਪਾ ਰਹੇ ਹੋ?
ਕੀ ਤੁਹਾਨੂੰ ਪਤਾ ਨਹੀਂ ਹੈ ਕਿ ਮਦਦ ਕਿੱਥੋਂ ਲਈ ਜਾਏ?
ਸਾਨੂੰ ਕਾਲ ਕਰੋ...

We support adults across Derbyshire who are affected by mental illness and need someone to talk to.

You can expect around 30 minutes of support from someone who understands mental health, will not judge you and will treat you with respect.

What we can do for you:

- Listen
- Offer solution and recovery focussed support
- Signpost you to useful local or national services

Leading the way to a better quality of life for everyone affected by severe mental illness.

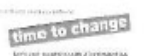
 facebook.com/rethinkcharity

 twitter.com/rethink_

 www.rethink.org



Calls from landlines and mobiles phones are free. Texts are charged at your standard network rate. Registered Charity Number 271028.



Two-day celebration will focus on autism

A Celebration of Autism is taking place at the Beachcomber in Cleethorpes next month, held by independent adult social work provider Focus.

This is the third annual autism event and will be held at the much larger venue on Wednesday 7th and Thursday 8th of June. Celebration of Autism 2017 will see the return of Jamie Knight and Lion who has performed at both previous events, with Dean Beadle also returning and acting as master of ceremonies over the two day event.

The event will see many autistic performers come to the area including Natalie Priest, who will be creating a stop motion animation workshop, Dan Jeffery, an autistic poet, Amanda Hind, and autistic speaker, trainer and mentor, Alex Lowery, a public speaker and trainer on autism, Haydn Gardiner, an autistic artist and David Ellams who specialises in Yoga4Autism.

As part of this year's event, Focus have also organised for autistic musicians to come to the area, including Scott James as seen on the X Factor, Robyn Steward who will also be giving a presentation about her adventures, and Aukestra, a 16 member autistic band.

Door open at 10:30am on Wednesday 7th with events running from 11am to 7pm. On Thursday doors open at 9:30 with events running from 10am to 6:20 pm. Tickets are priced at £35 per day as a 2 day ticket can be purchased for £60. **If you have autism or are the parent of an autistic person then the tickets are free, but booking will be required.** There are discounted student tickets at £15 per day. Student ID cards will be required on entry to the event.

Tickets include entry to the event plus light refreshments and lunch.

All tickets are available from the website (www.focusadultsocialwork.co.uk/autism2017) or call 0300 3302940

Events in Derbyshire June 2017

Sunday afternoon in the park - band concert

Belper Town Wind Band will be performing in Belper River Gardens as part of Belper Town Council's "Larks in the Park" Bring a picnic and enjoy a pleasant afternoon in this beautiful park.

The park is open all day. Belper Town Wind Band will be playing from 2pm until 4pm.

Entry is free.

Belper River Gardens, Matlock Road, Belper, Derbyshire DE56 1BE

Sunday 4 Jun 2017

Oakfield Farm Open Farm Sunday Weekend Event Stanley Common 2017

The event is on Saturday 10th & Sunday 11th June we have a stall and bucket collection at Oakfield Farm Stanley Common On Saturday the event is from 9.00am till 9.00pm we have live music from Peashooter, Mr. Wolf and many more, Captain Jack Sparrow lookalike & Friends will be joining us from 12.00pm-2.00pm. On Sunday the event is from 10.00 to 4.00pm we have live music from The Modest and many more. Throughout the whole weekend there will be lots of activities for all the family including Pony Rides, Face Painting, Cake Stalls, Plant Sales, Sheep Shearing, A very special art competition, Tractor Rides, Hog Roast and a pizza oven, Ice Cream Van, cider bar from Oakfield Farm and a ale bar from Nutbrook Brewery, the farm shop and lots more. Also you will be able to see our new night car and crew, and this year Derbyshire Blood Bikes will be joining us, subject to availability, Derbyshire Fire Service will be providing support too. and lots more throughout the weekend

Oakfield Farm Belper Road Stanley Common Derbyshire DE7 6FP

Saturday 10 Jun 2017 and Sunday 11 Jun 2017

Afternoon concert

Come and listen to the band play an afternoon concert on the Green at Cromford. Bring a picnic and a camera and enjoy a relaxing afternoon.

Free, Open green space. Concert starts at 2pm and ends at 4pm.

The Promenade, Cromford, Derbyshire DE4 3QF

Sunday 18 Jun 2017

Tideswell Carnival

Live steel music performance by Pantonic All Stars Steel Orchestra from Stockport

Half hour performances from 1.00 pm till 5.00 pm

High Street, Tideswell, Derbyshire SK17 8NU

Saturday 24 Jun 2017

Chesterfield Miniature Railway Train Rides

Passenger Train rides behind replica Locos in various gauges

12-4pm £1 per ride or 6 rides £5

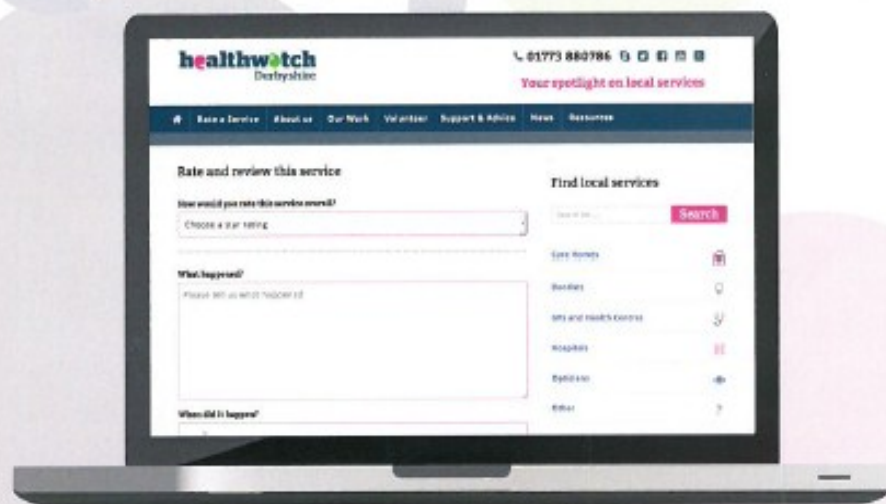
Hady Hill Chesterfield Derbyshire S41 0EE

Sunday 25 Jun 2017



healthwatch
Derbyshire

Rate and review your local health and social care services using our TripAdvisor style Patient Feedback Centre.



www.healthwatchderbyshire.co.uk

- 1. Visit www.healthwatchderbyshire.co.uk**
- 2. Search for the service you want to leave feedback on**
- 3. Leave your review**

If you require this document/leaflet in an alternative format please get in touch:-

Tel: **01773 880786** Email: **enquiries@healthwatchderbyshire.co.uk**

Have you, or someone you care for, had a good or bad experience of health or social care services?

By sharing your experience online with Healthwatch you can help us build a picture of where services are doing well and where they can be improved.

We want to hear what you think about local health and social care services, such as:-



Your feedback will be featured on our website, and passed onto whoever is responsible for running the service, to help drive improvement.

We will never publish your name or contact details, or pass them onto provider organisations without your consent.

Share your experience online at
www.healthwatchderbyshire.co.uk

Join the Living with a
Long-Term Condition
Programme.

A FREE course to help
you gain confidence
and learn new coping
skills.


Take control of
your life.

Find out more...

Contact Us

 Citizens Advice South Derbyshire
114 Church Street
Church Gresley
Swadlincote
Derbyshire
DE11 9NR

 01283 210109

 kziglam@southderbyshirecab.org.uk

citizens
advice

Living with a Long-Term Condition Programme



The Living with a Long-Term Condition Programme aims to help you take control of your long term health conditions, helping you live well.

The programme is for anyone living with any long term health condition(s). Join this FREE course to help you manage your day-to-day life.

This programme is for you if:

- Your illness is affecting your everyday life
- You want things to change for the better.
- You want to achieve the best quality of life despite your condition

We work with patients, carers and healthcare professionals to create a community of people that have the skills and knowledge to help you gain confidence and live a fuller life.

The Course

People with long-term conditions face many similar issues such as fatigue, pain, frustration, stress and depression.

The course looks at how to manage these whilst working alongside your healthcare providers. By joining the course you will:

- Learn new skills to manage your health condition better
- Feel confident and more in control of your life
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with health professionals.

The six-week course can help you take control of your health. It focuses on what you *can* do rather than what you can't. Each session is 2.5 hours, once a week where you will learn:

- How to deal with symptoms like pain and tiredness
- How to cope with depression or feeling low
- Relaxation techniques
- Appropriate physical activity

- Healthy eating
- How to effectively communicate with family, friends and health professionals
- How to plan for the future
- How to set realistic goals and pacing yourself.

The programme is run by two trained tutors who themselves live with long-term conditions and can give you practical advice based on their own life experiences.

Call us on 01283 210109 for more information. If you would like to make a referral, than call or email kziglam@southderbyshirecab.org.uk

My confidence, self-esteem & feeling of self-worth are growing daily & for me the course has been a life changing experience.





Living with A Long Term Condition

Start Dates	Time	Location
Monday 12 th June 17	13.30 – 16.00	CAB offices Bank Road - Matlock
Thursday 15 th June 17	13.30 – 16.00	All Saints Church Hall Church Way - Chesterfield - Limited Availability
Tuesday 22 nd June 17	13.30 – 16.00	CAB offices Church Gresley - Swadlincote
Monday 12 th June 17	13.30 – 16.00	Eckington Library Market Street - Eckington
July and September courses Dates and times to be confirmed		Belper , Chesterfield, Glossop, Clowne, Long Eaton, Ashbourne and Swadlincote

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks, refreshments provided.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

Referral: You can refer by email - kziglam@southderbyshirecab.org.uk or Telephone; - 01283 210107

Mobile; - 07487257187