

What's On! April 2016



3C's a NEW short 6 week Creative Course

Starting on Wednesdays from 13th April to 18th May 2016

Time: 10.30am -12.30am

At Erewash Voluntary Action- CVS
Volunteer Centre, Granville Avenue, Long Eaton, Derbyshire

£3.00 per session

You're welcome to join us if you have an Erewash Postcode
Please contact Kate Smith on 07950781948
or email: kate@katesmithdesigns.com to book your place.

You don't need to have any experience
of art or to be particularly artistic.

The aim of the group is to help improve peoples confidence and well being
using a creative activity and an opportunity to socialise with others.

Materials & refreshments provided

Join Kate Smith, Award Winning Children's Illustrator/Designer, Workshop Leader
and Derbyshire Healthcare NHS Foundation Trust Volunteer

Derbyshire Autism Services Parent Support Group

Derbyshire Autism Services are running a parent/carer support group in the South Normanton area of Derbyshire.

Our next meeting will be on Friday 15th April 2016
10am until 12.30pm.

At the PostMill Centre

Market Cl, South Normanton, Alfreton DE55 2EJ
Phone: 01773 860296

From 10 until 11am Janette Ashworth Autism Services Manager will be presenting an Introduction to Autism.

To book a free place:-

**Please contact Karen Allen – DAS Groups Coordinator
on 01773 741221 or 07951 060686.**

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.

ADULT ASPERGER SOCIAL GROUP

We are a Derby based group that arranges social support for Asperger's Syndrome Adults, their extended friends, family and carers.

Enjoy the benefits of our friendly social, support group by attending our latest social event at The Brewery Tap.

If you would like to join us email l14ola@yahoo.co.uk or call 01332 704686 or text 07583 152560

Or, go to www.meetup.com and search Adult Asperger's to find us.

If you have been diagnosed with Asperger's (or are going through a diagnosis process) or, if you support an adult living with Asperger's Syndrome we welcome your enquiry about joining our group. Simply contact us by email, phone or text.

Please help save CAB services in Derby – sign the petition and, if possible, circulate to all your contacts.

Sign this petition to save Derby CAB s funding and the service. If we get 5,000 signatures the Derby City Council cuts to VCS grants in their entirety will need to be discussed again at the next Council cabinet meeting.

<http://you.38degrees.org.uk/petitions/restore-citizens-advice-centre-in-derby>



Walkers' Workshop Wed 13th April from 2-3 at Deda

Plan your next walk programme
Give us your feedback
Drinks are on us!

Tuesday Walks at 1:00 for a 1:15 start unless another time is given

April 5 Bluebell Wood Shipley L GC T60

12 Chellaston to the Bonnie Prince M GC T60

19 Borrowash to Alvaston Park L GC T30

26 Strawsbridge to the Bottle Kiln L GC T45

May 3 Allestree Park to Joiners Arms Quarndon L GC T30

10 Elvaston Castle M GC T30

17 Shipley Park M GC T60

24 Pickford's House and Great Northern Goods Sheds S

31 Wollaton Park L GC T60

Thursday Walks at 1:00 for a 1:15 start unless another time is given

April 7 Nottingham Castle Trip to Jerusalem M GC T60

14 Sandiacre to Long Eaton M GC T30

21 Castle at Mackworth & Eurocom House for coffee M GC T

28 Melbourne Pond M GC T120 12.00 START

May 5 Chaddesden Wood – Oakwood S GC T30

12 Chesterfield (DORA) M GC T120 12.00 START

19 New Marina at Willington M GC T60 12.00 START

26 Bakewell Town S GC T120 12.00 START

Key

GC = we are going on public transport; bring your Gold Card/Bus Pass if you have one.

S = short walk, under 1 mile – will take about one hour

M = medium walk under 2 miles, will take about two hours

L = long walk up to 3 miles will take about three hours

T = Travel time on the bus in minutes

TBA = to be arranged

While we aim to deliver the walks as advertised we may change the venue of walks

For all walks meet at the Assembly Rooms on the Market Place, Derby City Centre. To join us just turn up on the day.

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 – Alferton, 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

Help Save Our Environment and Raise Money by Recycling!

We are currently raising funds for **DERBYSHIRE AUTISM SERVICES GROUP** by recycling inkjet cartridges and laser/toner cartridges and your help would be greatly appreciated.

Our organisation will receive **50%** of the recycling value for any mobile phones, **£1** for each original empty inkjet cartridge or up to

o **£5** per empty laser/toner cartridge donated kindly by you, friends, family or colleagues.

Donate Your Old Items

To recycle your items for free and raise funds for this great cause simply go to: [Recycle 4 charity](#) scroll to Donate your item, select your donation and choose the DASG, and click to select.

If you think this is a good idea and want to help promote our recycling campaign further why not forward this email to anyone you know. Thanks for taking the time to help us and the environment, your support is always appreciated.

DERBYSHIRE AUTISM SERVICES GROUP in association with



INTERNET SAFETY FOR CHILDREN

We're proud to announce that a Beta version of our new website for parents and carers is now live at www.thinkuknow.co.uk/parents. The new site offers a completely re-freshed suite of articles and guidance on all aspects of child internet safety.

Families can visit www.thinkuknow.co.uk/parents to access advice and support on how to keep children safe from sexual abuse, both online and off. Articles provide guidance on topics as diverse as: challenging harmful sexual attitudes and promoting positive behaviours; helping a child with autism negotiate life online; supporting a child who has been sexually abused; and dealing with a range of online issues such as sending nude selfies and viewing pornography. Users will find films, downloadable guides and useful links to support organisations.

Families can also use the website to access the CEOP Safety Centre (www.ceop.police.uk/safety-centre) where they can report abuse and exploitation direct to CEOP.

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>

EREWASH MENTAL HEALTH INNOVATION PROJECT INFORMATION EVENT

TUESDAY 12 APRIL 2016
1.30pm - 4.30pm

ARENA CHURCH 1 RUTLAND STREET ILKESTON



Come along and find out what community groups,
organisations and services are available in the Erewash area

Find out about activities you can take part in

Learn about volunteering opportunities

Have a go at a creative activity

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



If you are aged **16-25**, into **Art** and not at college or work, then '**Get Started**' with us and we will help you achieve your goals!

Join our **FREE** five-day development programme in Chesterfield

- + Work with professional artists to learn new skills and produce your own art work
- + Gain a Bronze Arts Award qualification
- + Enjoy a fun and rewarding week improving your teamwork, communication skills, and confidence
- + Receive three months support after the programme to help you move into education, training or employment

We will help with travel costs, and lunch will be provided every day.

The course will take place from **4th -7th April 16**, celebration event **12th April 2016** at DCAS ,
Chesterfield , **S40 1NL**. The taster day will be held **Thursday 31st March**.

To register your interest or to find out more please contact us:

Call: Keith Whalley 07717488540

Text: 'Art' to 07717488540 and we'll call you back

E-mail: keith.whalley@princes-trust.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 DASG 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 of our Parents and has been running for the past 6 years. The cost is £12 per family. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

April 16th and May 14th 2016 7pm-8pm

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 Dis-
co (Over 18s
only). Disco for people with learning disabili-

ties 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

Tuesday 3rd May

7pm - 11pm

The Vibe Bar

(Opposite Eyres)

Chesterfield

**** £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 have any queries please ring

Tel: 01246 913267
075990 76866 or 075990 76868

OVER 18's ONLY

Quotes from some 'clubbers'
"A brilliant night" "Best night ever" "Wicked" "Fantastic"
"Nice to meet up with my friends"



Fully Accessible



Personal Health Budgets

FREE Half-day, Awareness Event for Individuals, Carers,
Families and Service Providers

Wednesday 27th April 2016 - 9.30am- 1.00pm (lunch provided)
Derby Conference Centre, London Road, Alvaston
Derby DE24 8UX

What is the purpose of the event?

This event will provide you with the opportunity to:

- Learn about what a personal health budget is and the principles behind them (see below for more information)
- Hear directly from a personal budget holder about their experience of having and managing their budget
- Gain an understanding about the NHS national perspective and the legal duties of the Clinical Commissioning Group around personal health budgets
- Learn about Southern Derbyshire's local progress and help develop the strategy and vision around personal health budgets
- Work with Southern Derbyshire Clinical Commissioning Group to help plan the next steps for personal health budgets in Southern Derbyshire

Who should attend?

- Individuals, carers and families
- Providers of health and social care services (including voluntary and community sector organisations)

To book your place please complete the registration form below or overleaf.

For further information or any queries please contact: Joanne Goodison, Commissioning Manager – Personal Health Budgets joanne.goodison@southernderbyshireccg.nhs.uk Tel: 01332 868727

ADDITIONAL INFORMATION: From 1st October 2014 anyone in receipt of continuing healthcare funding, including adults and children, have the 'right to have' a personal health budget. Since April 2015 Personal Health Budgets have been available to people with long-term conditions.

Southern Derbyshire Clinical Commissioning Group is offering individuals, carers, families and providers the opportunity to attend a half-day information and engagement event to share our learnings and experience to date and talk about how we roll forward the ambition for Personal Health Budgets over the next 3 – 5 years.



**Improve your strength,
balance & co-ordination!**
**An exercise class
including seated and
standing balance
exercises adapted for all
abilities**



**Every Friday
Starting 29th April**

10.00am

Cost £2.50

**Amber Valley CVS
33 Market place,
Ripley**

**Call – Collette 01773 512076
Or – Diane 01246 515657**

Remember use it or lose it!

What's on...

Summer 2016

Adult Community Education Centres

Alfreton – 01773 832201

Belper – 01773 829478

Peverel House, Codnor – 01773 743665

The Hub, South Normanton – 01629 533733

Community House, Long Eaton – 0115 973 2827

Cotmanhay and Ilkeston – 0115 930 6909

Swadlincote – 01629 533290

Get Into Work!

We can help you to become better equipped to get into work. We can help you to make the most of yourself, your skills and reach your true potential.

Traineeships for 16–24 year olds

Traineeships can prepare you for your future career, get ready for the world of work and improve your chances of getting an Apprenticeship or job. They last anything from six weeks to six months with the content tailored specifically to your needs, including:

- Employability and job skills
- Functional English and maths skills
- A substantial work placement for at least 100 hours.

They can also include training in First Aid, Food Hygiene, ICT, Personal Development, Childcare.



For further information, please call
your local centre or visit
www.derbyshire.gov.uk/coursesearch

Pathways to Learning and Employability for learners 14–19 years of age

We offer programmes tailored for young people aged 14–19. We can help you to build your confidence and gain real skills for work or to help you into further learning. On all of our programmes you will learn maths, English, ICT, job and personal development skills. You will also learn appropriate work-related qualification(s).

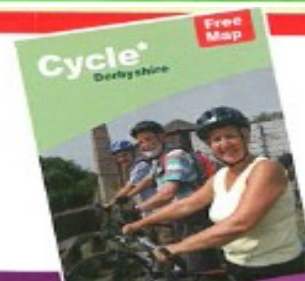
Take the first step by phoning or popping into your local
Adult Community Education Centre
Visit www.derbyshire.gov.uk/adulteducation
or phone 01629 536568

GET ACTIVE, STAY ACTIVE!

Visit Active Derbyshire to find out how you can get active and stay active in your local area. Lots of events and activities can be found including walking routes and local walking groups that you can join. More opportunities to get active in Derbyshire can be found at:



www.activederbyshire.co.uk



Pick up your **FREE** copy of Cycle Derbyshire with a map showing cycle routes throughout the entire county and information and advice to get you cycling within our borders.
Call Derbyshire on 01629 533190 to ask for your **FREE** leaflet.

Visit Swadlincote Tourist Information Centre

to find the hidden gems within The National Forest

You will find us located within Sharpes Pottery Museum,
West Street, Swadlincote, Derbyshire, DE11 9DG
Open Mon-Sat 10am-4.30pm



Swadlincote Tourist Information Centre

Tel: 01283 222848

tico@sharpespotterymuseum.org.uk www.south-derbys.gov.uk/swadlincotelic

[f](#) Swadlincote Tourist Information Centre [t](#) @swadlincotelic



Darwin Dogs

Community Interest Company



Contact us if you think we could help you, or someone you know.

0774 379 2628

www.darwindogscic.webs.com

darwindogscic@gmail.com

We can help you to regain your independence by training your pet dog specifically for your needs.

Darwin Dogs CIC was specially created for people with mental health problems or on the autistic scale and was named after the first dog trained for this role.



Darwin

We train your dog to be better behaved, easier to handle or to perform special tasks, whatever you will benefit from them doing.

All the training is tailored to your individual needs and conducted in your home or other location considered to be safe.

During the training process, your relationship with your dog will develop and you will start to reap the benefits of increased confidence, comfort and companionship.

If you are registered as disabled we can train your dog to be an Assistance Dog. This allows you access to many more places with your dog, meaning the benefits the dog is giving can continue wherever you need to be, in the home, at work, and during leisure activities.

If you are not registered as disabled we will still train your dog to be a great support to you.

And we're not just helping you! We believe that by improving the lives of people suffering from mental health issues or on autistic spectrum we will also be improving the lives of their family and friends.

The increase in mental well-being gained by our clients saves on the amount of care they need, can reduce the need for drugs and reduce attendance at doctors practices or hospitals.

In short our clients can go from feeling they are a burden to feeling they are a useful and productive part of society again.

We have based our work on the valuable work started by the Psychiatric Service Dog Society in America and now spreading to many other countries, principally Australia.

This table shows some of the tasks that dogs have been trained to perform.

Disorder	Symptoms	Trainable Tasks
Anxiety	Restlessness Distractibility	Tactile Stimulation
	Social Anxiety	Assist owner to leave situation
Autism	Non-verbal Communication	Task training encourages use of words
	Poor Relationships	Encourage interaction with others
	Unwilling to go out alone	Provide companionship
Bipolar	Hyper focus or Irritability	Alert to incipient manic episode
	Aggressive driving	Alert to aggressive driving
Major Depression	Hypersomnia	Wake-up owner
	Memory loss	Remind to take medication on-time Scent tracking to find lost objects
	Disorganization	Assist daily routines and household chores
Obsessive Compulsive	Repetitive behaviours	Interrupt behaviours
Panic	Dizziness	Brace or lean against the owner
	Fight or Flight response	Lead handler to a safe place
Post Traumatic Stress	Hyper-vigilance	Alert to presence of other people
	Fear	Safety check room
	Nightmares	Turn-on lights and wake owner
Schizophrenia	Confusion or disorientation	Take owner home
	Feeling overwhelmed	Buffer owner in crowded situations