

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.



Disability Derbyshire Coalition for Inclusive Living



Disability Derbyshire has a BACP Accredited counselling service for disabled people or carers, as individuals or couples, and parents and carers of disabled children.

We can see clients across the whole of Derbyshire. Our clients seek counselling for many different issues including anxiety, depression, to help with confidence, to address disabling influences in their lives, to improve relationships with others and many other reasons.

An individual can contact us by:

Phone: 01773 740246 - ask for the Counselling Coordinator

Email: counsell@dcil.org.uk

Letter: Disability Derbyshire, Park Road, Ripley, Derbyshire DE5 3EF

Where counselling is offered following assessment this is for up to 12 weeks at a venue to suit the client. Please note we do not offer counselling in the home. There is no charge for the counselling but a donation of £5 per session is encouraged to go towards the work of the charity.

Quotes from clients...

[It was] helpful to me to have opportunity to speak with a person who is not part of my family or friends group, not a medical person. Helped to step back and get better perspective, helped to begin to prioritise demands made on me in relation to my own needs.

I never thought I would be in a position to ever need counselling but am grateful for it and found it has helped with day to day dealing of my feelings. Thank you for listening and not judging. I would definitely recommend counselling to anyone in need of it.

The experience has been so helpful and has enabled me to accept my situation and move on with a much better quality of life.

As I have physical ailments not yet controlled by medication, it was difficult for me to know which was causing my anxiety. Overall I found it very helpful and my counsellor, extremely thorough.

To be able to discuss and analyse ones problems, doubts and hopes with someone outside the family who is prepared to listen sympathetically. I have found to be true that you will feel better if you can get it 'off your chest'.

DDCIL have helped me get back on my feet. I don't know where I am going yet but at least I am back on my feet, thanks to all at DDCIL.

I felt counselling was a very safe and welcoming place.

The BACP Service Accreditation Scheme helps the public and practitioners identify services providing a high standard of counselling / psychotherapy



BACP Reference No. 100147



Derbyshire Autism Services

28d High Street, Ripley, Derbyshire DE5 3HH
Tel: 01773 741221 email: dasg@autismsupport.co.uk
www.derbyshireautismservices.co.uk
Registered Charity Number 1105525

What's On! February 2016

All groups
and activities
are FREE



Derbyshire Children's Centre at IRONVILLE AND RIPLEY



Free activities at your Children's Centre
For children aged 0-5 years old and their
parents or carers
January to March 2016



To speak to a Children's Centre Worker
or to register with us

Please call Ripley: 01629 533900 or Ironville: 01629 532601
(calls charged at local rate)

www.derbyshire.gov.uk
[www.twitter.com/derbyshireecc](https://twitter.com/derbyshireecc)
www.facebook.com/derbyshireecc

Health services

Job Centre Plus

Money matters

Housing advice

Family support

Nursery education

Childcare

D DERBYSHIRE
County Council
Improving life for local people

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.



Always
Unique
Totally
Interesting
Sometimes
Mysterious



Welcome to our Parent/Carers Support group:

At Etwall Children's Centre (on the same site as Etwall Leisure Centre)

Come along for Tea and company and a chance to meet other parents who have children with **Autism, ADHD and /or challenging behaviour.**

No need to book just come along on:

Friday 26th February 2016, 9.45am to 12 noon

Friday 18th March 2016, 9.45am to 12 noon

Friday 22nd April 2016, 9.45am to 12 noon

Friday 20th May 2016, 9.45am to 12 noon

Friday 24th June 2016, 9.45am to 12 noon

Friday 15th July 2016, 9.45am to 12 noon

For more information and details of further dates, contact:

Sue on 07805880438 or suegillott@yahoo.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

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 refreshed 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>

www.erewash.gov.uk



50 years +

**Sensational new activity session
Every Monday - 10am - 2pm**

Rutland Sports Park

- > Group exercise class
- > Badminton
- > Tennis
- > Table Tennis
- > Gym

All for just £3.75 (with a leisure card / £4.25 without)
Great fun, sociable and good for your health and wellbeing

Starts Monday 11 January 2016



Rutland Sports Park

West End Drive, Ilkeston, Derbyshire, DE7 5GH

☎ 0115 930 2033

✉ rutlandsp@erewash.gov.uk

f /rutlandsparks

**BRIGHT
SIDE**

Supporting mental health
through learning something new.
Develop confidence in a
friendly environment.

**FREE
COURSE**

**Free
Brightside
Digital Photography Course**

A 4 week course to help develop your confidence through photography

starting at

Cotmanhay Adult Education Centre

Bennerley Ave, DE7 8PF

On

Monday 22nd February 2016

10am – 12pm

If you are interested in this course please contact the

Centre on

0115 9306909

Or

Call in the Centre to put your name on the list.

Learn locally with Derbyshire County Council's Adult Community Education Service

www.derbyshire.gov.uk/adulteducation



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:**

February 13th and March 12th 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 Disco
(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

The Vibe Bar

(Next Door to Evolution)

Chesterfield

Tickets available NOW

**** £3.00 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: 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"



Derbyshire Children's Centre

Roper Avenue, Heanor, Derbyshire, DE75 7BZ
Tel: 01773 530892 Heanorcc@derbyshire.gov.uk
Bailey Brook Drive, Langley Mill, NG16 4FS
Tel: 01773 767982 Langleymillcc@derbyshire.gov.uk

Child Health Clinic Drop-in

A play session for children and an opportunity for you to speak to a member of the health visiting and/or children's centre team for advice and support and to get your baby weighed.

Little Learners

Lots of enjoyable activities aimed at children who are aged between 18 months and 2 ½ years old.

Children will come along to the sessions with their parents, for a period of around 12 weeks (some may need more or fewer weeks, depending on their level of development)

Priority will be given to children who are or maybe eligible for the 2 year old nursery funding and children with a particular developmental or other need.

Places are very limited and need to be booked.

Parents will then be contacted by a member of the team to talk about your child's suitability for the group. If places are full, names will be taken and placed on a waiting list.

To check if your child is eligible for the 2 year funding, please call the Childcare Improvement Service on 01629 539319

Creative Critters and Come & Play

Drop-in play sessions for children aged 0-5 years. Activities include singing, dancing, crafts and messy play. Run by our centre volunteers and Parent's Forum members

Citizens Advice Bureau

Appointments are available at both Heanor and Langley Mill Children's Centres. To book an appointment, please call: 0844 375 2712, Line open Monday—Friday, 9.30am—4pm.

Under 1's

Group for babies with activities specially planned to encourage and support development. An opportunity to meet other parents and receive advice on a range of subject areas.

Toy Library

Borrow from a wide range of toys/games for your children for only 30p per toy per fortnight and £1.00 for life long membership. Call in and browse the catalogue anytime.

DAAS (Derbyshire Alcohol & Advice Service)

Free, confidential support, advice, information and counselling to anyone over the age of 18 who is experiencing problems related to alcohol. This could be your own problem, that of a friend or relative or someone else you know. We are a team of specialist, non-medical alcohol workers offering a service throughout Derbyshire and we can offer appointments at the Children's Centre. If you would like more information or to make a referral, contact your Children's Centre Worker or contact The Hub on 0845 308 4010

Support to Stop Smoking

Clinics available every Thursday morning at Heanor Children's Centre. Phone 0800 085 2299 for information or to make an appointment

Interested in Adult Learning Courses?

Let adult education service help you to get well qualified or discover new hobbies or interest. Many courses are local and free. Call the Children's Centre or the Brochure and Information line on 08465 058 058 or online www.derbyshire.gov.uk/adulteducation

Volunteering Opportunities

Available in the Children's Centres through a variety of roles providing skills, experience and training in working with families. Ask a member of staff for information.



Look who's talking!



Spread the word! TinyTalk's award-winning musical Baby Signing Classes have gone interactive... Our NEW hands-on sensory activities will delight your baby and develop their communication skills. Give your baby a voice with a little helping hand from TinyTalk.

YOUR NEAREST CLASS:

Victoria Park Leisure Centre,
Manners Road,
Ilkeston,
DE7 8AT

Waingroves Community Centre,
Church Street,
Waingroves,
Ripley,
Derbyshire,
DE5 9TF

Wednesdays: 10-11am
(Term Time Only)

Wednesdays: 2-3pm
(Term Time Only)

Call Katie Morley for more information on 07562 341907 or visit www.tinytalk.co.uk/katm
www.facebook.com/tt/ilkeston

Or visit: www.tinytalk.co.uk



because babies have so much to say

Try a FREE class!

Go to: www.tinytalk.co.uk/free-class

At our NEW Sensory TinyTalk Baby Signing Classes, your baby will:

- Learn a weekly theme of useful signs, related to words about the family, playing at home, going to the park, meal times, bedtime...
- Sing, bounce and giggle along to a range of fun nursery rhymes and action songs.
- Experience bright and beautiful sensory toys, such as voile scarves, tactile rubber shapes, flashing balls, stretchy Lycra, bubbles, mirrors and stunning quality music.
- Play instruments to accompany the songs and read books together with you, having fun with the signs, being introduced to the magical worlds within literature.
- Have a 2nd half hour just for playtime (with refreshments for you), to make new friends and to recharge everybody's batteries. It's good to talk!

Babies understand so much before they can talk. Help them to express themselves with baby signing. Using their senses, your baby will learn early communication skills:

- Developing their listening skills, as they hear the nursery rhymes, action songs and, specially written for TinyTalk, quality music from internationally-acclaimed composers.
- Focusing their visual tracking skills, as they follow the bubbles in the air, the flashing balls bouncing on the Lycra and when they play peek-a-boo with you using the voile scarves.
- Enhancing their fine motor skills as they pick up and handle the tactile rubber shapes, the scarves and the instruments, helping them to clap, point, wave and sign!
- Strengthening their vocal skills, as they babble, stick their tongue out, blow raspberries with you and begin to join in the songs.

Signing babies are happy babies, able to get their message out! It makes sense to sign up to our Signing Classes to help your little one learn how to talk - because chatter matters! Give your baby a voice with a little helping hand from TinyTalk.



We also offer:

- TinyTalk Toddlers, for those steady on their feet and ready for more fun, active language-learning
- A wide range of Training Programmes - for parents, childminders, nursery staff and health professionals

Visit our website for more details:

www.tinytalk.co.uk



because babies have so much to say

South Derbyshire

Community Forum

Wed 27 Jan 2016

11am - 1.30pm

Sharpe's Pottery

(Conference Room), 23 West Street,
Swadlincote, DE11 9DG

Buffet lunch provided by Sainsbury's



Sainsbury's Waste Less, Save More Community Consultation Event

Swadlincote has been selected to work with Sainsbury's as part of its Waste Less, Save More initiative. Over the next year, Sainsbury's will work closely with South Derbyshire District Council and the community to deliver a number of activities and initiatives designed to help residents waste less food and save money. A budget of £1million has been ring-fenced to invest in Swadlincote to try ideas and innovations throughout 2016. Funding will be administered through a grant scheme.

Come and find out more!

Agenda

- Welcome and introductions
- Waste Less, Save More Project - history, overview and key themes
- Questions & Answers
- Group discussions
- Feedback and summing up
- Grant making process
- Next steps
- Networking lunch

To book go to:

<https://www.surveymonkey.co.uk/r/SDCVSCommunityForum>

Or contact Elspeth Frudd

T: 01283 219761 Email: development@sd cvs.org.uk



South Derbyshire CVS is a registered charity no. 1101450 and a company limited by guarantee no. 4958943. Registered office: 46-48 Grove Street, Swadlincote, Derbyshire DE11 9DD. Registered in England & Wales.

HOW TO COOK ON A BUDGET

The course will be ideal for those that would like to learn how to cook tasty, healthy meals on a budget. This practical course is a way to put all those good intentions into practice!

- Learn about new food
- Increase your confidence in the kitchen
- Receive a wide range of recipes
- Friendly informed step by step guidance

Morning Course - 10am to 12 noon

Tuesdays 23 Feb, 1, 8, 15, 22, 29 March 2016

At Nottingham Road Methodist Church Hall, Nottingham Road, Ilkeston DE75BB

Booking is required on these free courses. You must be an adult and an Erewash Resident or be registered with an Erewash GP.

To book a place on a 6 session cooking course call Marion Farrell 07801 122 494 or email mf Farrell@groundwork.org.uk.



A self-support group for people with
Mental Health and social isolation issues.

Feel free to
bring someone
to support
you.



Bowling Group

Friday Mornings at
Ilkeston MFA on
Derby Road
£5 per set of 3 games
or £1.75 per game

Come and join us between 10 am and 12 midday

For more information please contact John on 07887836068



Your child may be entitled to up to 15 hours per week of FREE nursery education funding (starting the term after their 2nd birthday) The funding is subject to meeting eligibility criteria



Call 01629 539319



You'll need to provide your name, date of birth & National Insurance Number so that the Childcare Improvement Service can tell you if are eligible to the funding & how to apply

Thinking about going back to work but need childcare or want to know more about the free entitlement for 3 & 4 year olds?

Contact Call Derbyshire on

01629 533190 or 08456 058 058



For more information on early learning or childcare choices you can also speak to the Families Information Service on 01629 535793



SWAN UK
Genetic Alliance UK
Unit 4D Leroy House
436 Essex Road
Islington, London
N1 3QP

info@undiagnosed.org.uk
0207 704 3141

Hello,

I'm Jo, I live in a south Nottinghamshire village with my husband Martin, eldest daughter Charlotte (16) and our beautiful 'Swan' Jacob who's nearly 11 years old. I'm the SWAN UK Parent Rep for the East



Most of Jacob's issues are related to his profound learning disability and sensory problems but he also has ADHD, hypoplasia of the corpus callosum, hypotonia, and autistic behaviours.

He's non verbal and has mobility problems too. He will always need 24 hour care and he is often described by the medical profession as being 'very complex' - you could say we've "been through it" with our little man! Although Jacob has all these problems I'm grateful he's physically well, although he was poorly for a few days after he was born and we thought we might lose him.

I've tried other groups but I've not found that anyone really "gets" what we go through with our undiagnosed status. SWAN UK is the only place I've felt at home and I've really valued the support I've had through the online communities and I'm excited about extending this into the 'real world'. We've already got regular coffee mornings established in Nottingham and Derby and hopefully more will be added if people are keen.

I've thought for a long time that I've gained so many skills and experiences from having Jacob and from my work and I've had no way of putting them to good use - until now! I'm so excited to be the SWAN UK Parent Rep for the East Midlands and would love to come and talk to you and your team about life with an undiagnosed child and the support SWAN UK can offer. You can contact me by emailing jo.burt@undiagnosed.org.uk.

Jo



SWAN UK is an initiative of the charity Genetic Alliance UK. 020 7704 3141 undiagnosed.org.uk info@undiagnosed.org.uk

Registered charity numbers: 1114195 and 15039299. Registered company number: 05772999

COPE

Creating Opportunities for Personal Empowerment

Are you or someone you know feeling isolated, anxious, depressed, worried about well-being issues or just in need of some company to break up the boredom of the day? Well, Why Not Come And Join Our New Social Support Group.

WHERE: The Mandela Centre, 179-181 Peartree Road, DE23 8NQ Nr Peartree Police Station Opposite Super Sams

Launching: Thursday Jan 28th 2016 2pm-4pm

With Tea, Coffee & Cake.



Programme Schedule: Thursdays Feb - April 2016, 2-4pm

Feb 4th: Quiz.

Feb 11th; DVD (Title to be confirmed - What would you like to watch?)

Feb 18th: Fuddle (bring and share food)

Feb 25th: Discussion On Hate Crime and Mental Health.

March 4th: Games, Games Games!

March 11th: Craft Demo.

March 17th: Group Discussion on Stigma

March 24th: Easter Coffee Afternoon.

March 31st: Speaker (to be confirmed).

April 7th: Group Member's Birthday Bash

April 14th: Therapeutic Art Session.

April 21st: Newspaper Quiz.



For more Information Contact: Nancy 01332 347066 E: cope.spectrumd@gmail.com