



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! December 2019

Please be aware that we publish information that we think might be of interest/benefit to our readers, but we have no direct connection or responsibility for services advertised by others.

Adult Social Group meetings.

Please contact the office on 017733 741221 for a registration form and date details

Month	Derby	Chesterfield
December	<i>Christmas Party</i> Saturday 1pm – 4pm	<i>Christmas Party</i> Saturday 1pm – 4pm



Derbyshire Autism Services Children's Groups Alternate Saturdays at Buxton and Ripley

We are happy to consider supporting children between 8 and 18 who

- Have a diagnosis of autism or Asperger syndrome
- Are independently mobile
- Have limited communication skills
- Are happy in a group situation without dedicated 1:1 support
- Are capable of using the toilet without the need for personal care
- Can bring their own packed lunch and eat without 1:1 support.

Give us a call for more information on 01773 741221

Funded by
The National Lottery Community Fund



Highfields School

Autism Interest Group Meeting

Wednesday 15 January 2020

from 6.30pm-8.00pm
Highfields School (Lumsdale, upper school site)

Speaker: Sally Balderstone – Autism Outreach Tools for Autism



Professionals, parents/carers and anyone with an interest in autism are all welcome to share ideas.

Further meetings 22 April 2020 and 17 June 2020

For further information please contact

Sally Balderstone (Autism Outreach Teacher) sally.balderstone@derbyshire.gov.uk
or Matt Hodkin (Assistant Headteacher/SENCo) mhodkin@highfields.derbyshire.sch.uk

Highfields School, Upper Lumsdale, Matlock, Derbyshire DE4 5NA

Useful Numbers

DIASS (Derbyshire Info, Advice & Support for SEND)	01629 533668
Derbyshire Safeguarding	01629 532600
Call Derbyshire (Derbyshire Adult Social Care) (Support Assessment)	01629 533190
Derby City Adult Social Care (Support Assessment)	01332 640777
Derventio Housing Trust (Housing, Employment)	01332 292776
DBC (Training, Employment)	01332 295588
The Lighthouse, Derby Integrated Disabled Children's Service	01332 256990
STEPS Derby City Childrens Support	01332 641400



This is a good school. Ofsted, May 2017
A Good school with an Outstanding Sixth Form. Ofsted, October 2012



Your Own Space

Are you a parent/carer or know someone who cares for someone with Autism?

Do You Feel Isolated and would you like to meet other parents, carers for some informal Support and Social Opportunities

We are parents/carers who have set up a support group run for and by each other.

Where
Activity Suit Derbyshire Autism Services
3a, Unicorn Business Park, Wellington St, Ripley DE5 3EH

When last Thursday of the month

December 19th 7.30pm: Social evening (Fuddle) – Fish and Chips Supper
(Orders and payments will be taken on the night)

From 7.30pm to 9pm

If you feel this is you.

Contact

Julie Baker 0781 1516261
Fiona Trotter 07784356153

If you have not been to this support group before and are interested, Julie and Fiona say that you are welcome to attend. We are sure that you will find it enjoyable and productive. There is no cost to attend. The group runs every month on the fourth Thursday of the month at 7.30pm at DAS. Enjoy!

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>

Family Dog Workshops

Workshops for parents /carers of a child aged between 3 - 16 years old with a clinical diagnosis of autism.



Family Dog Workshops are ideal if you:

- Are at the early stages of considering getting a dog to help your autistic child
- Know that you want to get a dog and are looking for help choosing and handling a dog
- Already have a pet dog but would like training ideas and support

The series of three one day workshops use a combination of practical demonstrations, discussions, hands on learning and course hand outs.

Following the workshops, ongoing support is available to families including telephone support, online resources, and a private Facebook group.

For dates and venues visit:
www.dogsforgood.org/family-dog



ACCESSIBLE FAMILY EVENING

PRE BOOKED TICKETS ONLY

21st December 2019

5:30pm - 7:30pm

Autism Friendly

Disabled Guests, Carers and Spectators £12.95

Siblings and Family Members: £14.95

All Rides and Attractions Open (excluding the Nucleus and Outdoor Pool)

Booking for this event is essential

Remaining tickets may be sold on the door on the evening. Please call to check availability a few days prior to event if you wish to pay on the evening.

* Disabled Identification Card or other official paperwork required on the night

No music played

Only essential announcements

Guest numbers are capped to ensure minimal queuing on the slides

Our team of Water Ambassadors are on hand to assist guests and their families

A selection of floatation devices are available to use (on a first come first served basis)

An opportunity to ride some of our flumes with a carer

Book Online Now! www.waterworld-tickets.co.uk/#special

To book online please visit www.waterworld-tickets.co.uk, alternatively give our bookings team a call on 01782 205747 who can now take bookings for this event via the telephone. Payment in full is required upon making a booking. Payment is non refundable.

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 St Andrews Church Hall, Station Road, Langley Mill. To find out more about the group, contact: Tracey: 07811 250555, Leigh: 07903 500233 or Gary: 01332 623700

Understanding Eating Difficulties and Disorders



First Steps is Derbyshire's only eating disorder charity. We support those affected by eating difficulties and disorders - this includes parents, partners and families - via support groups, online and telephone support and complementary therapies. Our support groups are non judgemental, welcoming and there is no pressure to participate.

t: 01332 367571 e: info@firststepsed.co.uk <http://www.firststepsed.co.uk>

FREE HELP FOR CARERS OF PEOPLE WITH A LEARNING DISABILITY Go Get It.

Offers carers the choice of 'one to one' coaching in stress and anxiety management, career development, health improvement and/or up to 10 hours home based training on how to best use tablet devices, smart phones, social media, getting online and I.T. training.

Get It Together. Offers Carer groups free 'start up, or grow packages'.

Our development packages provide groups with promotional support, including free web page set up and design, group speakers, constituting and membership development 'One to one' sessions 'Go Get IT', and group support service 'GET IT TOGETHER', are free.

Register your interest by calling the Helpline on 0845 8150139 or online at www.ldcarersdirect.com.

Free legal advice for residents in Derbyshire

Chesterfield Law Centre is a registered charity that was set up in 1989 to provide free legal advice to Derbyshire residents. With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund (Advices Services Transition Fund), Derbyshire residents will now be able to get free legal advice from eight offices throughout Derbyshire - Alfreton, Bolsover, Buxton, Clay Cross, Ilkeston, Matlock, Ripley and Staveley.

The Law Centre has a team of solicitors and advisers who provide free legal advice, assistance and representation on a range of housing and employment issues to tenants and employees such as prevention of homelessness and evictions, redundancies and dismissals.

John Duncan, Chair of Chesterfield Law Centre's Management Committee said: "With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund, we are proud to be able to provide free specialist legal advice in housing and employment across Derbyshire."

For free advice on employment, housing and homelessness matters, contact **freephone 0800 707 6990**. For more information about this article, please

A Night Club Event for Adults with Learning Disabilities

£5
PAY ON
THE DOOR

Tuesday 10th December

7pm-11pm

**The Cross Keys
Belper**

£5
PAY ON
THE DOOR

Just Good Friends Nightclub Event is a friendly, inclusive evening. We can't offer one - to - one support, so if you need assistance your friend or carer will need to buy a ticket too. Fully accessible for Wheelchairs



07599 076866
07599 076868
01246 913267
Trish
Sare
Office
jgfcclubwhitwell@hotmail.com

SPONSORED BY



The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 14 th January 20	12.30 – 15.00	Meadow View Care Centre Bakewell Rd Darley Dale Matlock
Thursday 16 th January 20	12.30 – 15.00	Staveley Fire Station Crompton Road Staveley
Tuesday 18 th February	10.30 – 13.00	Alfreton Library Severn Square Alfreton
Thursday 27 th February 20	10.30 – 13.00	The Arc Committee Room 2 High Street Clowne
Thursday 27 th February 20	10.30 – 13.00	Swadlincote Fire Station Community Room
Thursday 19 th March 20	13.30 - 16.00	Tesco Community Room Clay Cross
Friday 27 th March 20	12.30 – 15.00	Eckington Library Market Street Eckington
Tuesday 7 th April 20	10.30 – 13.00	Buxton Library Bank Road Buxton
Tuesday 14 th April 20	10.30 – 13.00	Ripley Library Grosvenor Road Ripley
Wednesday 22 nd April 20	13.00 – 15.30	Salvation Army Hall Long Eaton

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.

To Refer: Email - kziglam@citizensadvicemidmercia.org.uk or Tel: – 07487 257187

Feeling stressed, anxious or low?

One in four people will experience mental health problems at some point in their lives.

Trent PTS is an independent psychological therapies service funded by the NHS. We provide quick and easy access to a range of psychological therapies to get you the help that you need. **Our services are free of charge.**

Problems we can help you with:

- Stress
- Anxiety
- Panic attacks
- Phobias
- Low mood
- Depression
- Low self-confidence
- Low self-esteem
- Relationship problems
- Loss, grief & bereavement
- Anger problems
- Sleep problems
- Obsessions & compulsions
- Trauma
- Eating problems
- Alcohol problems

Contact us

Full details of all our clinics can be found on our website

T: 01332 265 699

E: enquiries@trentpts.co.uk
www.trentpts.co.uk

Trent PTS
 Woodlands Lodge
 111 Uttoxeter New Road
 Derby, DE22 3NL



Working in partnership with the

P3

iDecide is now

Derbyshire Independent Living service

The service will offer a choice-led approach to support people's wellbeing whilst enabling them to better manage at home. We work alongside people experiencing mental ill-health who need support to maintain their tenancy or find a more suitable place to live.

The service is delivered across Derbyshire via one-to-one visits in people's own homes and drop-in sessions at one of our local P3 Navigators, as well as safe places in the community.

Come to our launch event and find out more about P3 support services

Friday 29 November 9.30am-1pm

Hasland Village Hall, Eastwood Park, Hasland Road, Chesterfield, S41 0AY

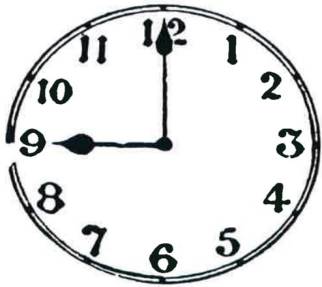
- **Networking and Q&A opportunities**
- **Local partners marketplace event**
- **Lunch and refreshments provided**

RSVP to tracy.litchfield@p3charity.org | 01773 742051
www.p3charity.org/DIL

Christmas at Our Vision Our Future

OVOF Christmas Market Stall

FRI	
6th	
DEC	



Stall Open: 9am



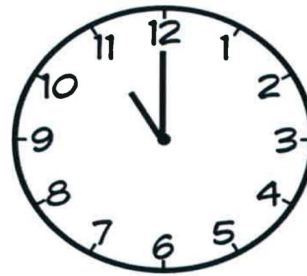
Stall Close: 4pm

Come meet our members and grab a Christmas Bric-a-Brac bargain at Chesterfield Market!



Inspire Choir at OVOF

FRI	
20th	
Dec	



TIME: 11am

WHERE:

Our Vision Our Future
Chesterfield Ragged School
Markham Road
Chesterfield
S40 1TA

Parking: There is a small carpark to the side of building.

ALL WELCOME

Come celebrate with OVOF before the holidays with a Christmas sing-a-long with Inspire Choir.

Mince pies and hot/cold drinks provided



A not-for-profit company from  money

Why not use Virgin Money to promote your fundraising activity and ask your friends and colleagues to donate to the DAS on-line. **Direct Debits can also be set up, for further details please contact the office on: 01773 741221.**

Thank you once again

Autism Friendly
Water Meadows Swimming Club Water Meadows
Mansfield NG18 1BA

This Saturday Swimming Club is organised by one or our Parents and has been running for the past 6 years. The cost starts at £12 for 2 people, £15 for 3 and £18 for 4 or 5. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

7th December 2019 and 4th Jan 2020 6.45pm-7.45pm

Derbyshire Independent Community Advocacy Service

Contact Us:

Telephone: 01332 623732

Email: enquiries@derbyshireindependentcommunityadvocacy.org.uk

Website: www.derbyshireindependentcommunityadvocacy.org.uk



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.



WHAT WILL TOWARDS WORK DO FOR YOU?

We will help you get closer to work, education or training in the following ways;

- Our Work Coaches will work with you and agree the support you need to get you closer to your goals
- We will help you to remain in work or training once you have secured a placement, by working on some of the barriers you face
- We will support you to feel more confident and ready to look for the right opportunities for you
- We will provide you with a Personal Budget to help you access work. It can be used for things like child care, work equipment, training, bus passes, clothing and much more!



TOWARDS
WORK

BUILDING BETTER
OPPORTUNITIES

**SUPPORTING YOU WITH THOSE FIRST STEPS
TOWARDS GAINING EMPLOYMENT,
EDUCATION AND TRAINING.**
THROUGH A PERSONALISED JOURNEY.



**NATIONAL
LOTTERY FUNDED**



European Union
European
Social Fund



ABOUT TOWARDS WORK

The Groundwork Greater Nottingham **Towards Work** project is part of the national Building Better Opportunities Programme.

Jointly funded by the Big Lottery & the European Social Fund, the programme is delivered throughout Nottingham, Nottinghamshire, Derby and Derbyshire by a partnership of local organisations who specialise in supporting people in to work.

We aim to support with those first vital steps towards gaining employment through a personalised service and support to overcome barriers an individual may face.



To find out more about Towards Work and how to access one-to-one support, access to a personal budget and employment assistance please visit the 'Get In To Work' page on the website.

www.towardswork.org.uk

