

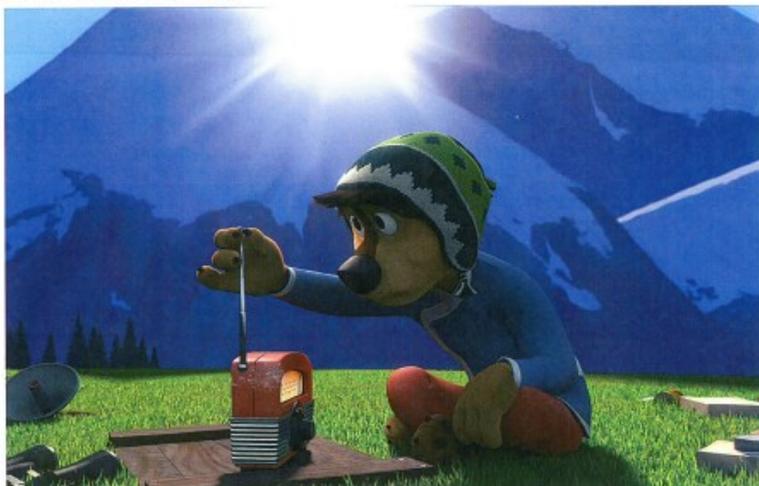
What's On! July 2017

QUAD Cinema

Supportive Environment Screenings

Film screenings suitable for adults and children with specific needs and people from within the autistic spectrum.

This is an adaptable environment screening with house lights slightly raised, sound lowered, and includes no adverts / trailers.



Rock Dog (PG)

Thursday 13th July 2017 at 11:00am
China/US 2016 90mins Dir: Ash Brannon

When a radio falls from the sky into the hands of a wide-eyed Tibetan Mastiff, he leaves home to fulfill his dream of becoming a musician, setting into motion a series of completely unexpected events.

DAS-Adult social groups, Chesterfield and Derby

Date/Time	Derby Venue/Activity	Date/Time	Chesterfield Venue/Activity
Every 3 rd Tuesday from 7pm	Regular Social event in Derby – Meeting at the Brewery Tap. 1 Derwent St, Derby DE1 2ED		
Saturday 15 th July 1-5pm	Intu Derby – shopping trip	Saturday 22 nd July 1-5pm	Meadowhall - shopping trip
Saturday 19 th August 1-5pm	Place of historical interest	Saturday 26 th August 1-5pm	Place of historical interest

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

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

Thursday 3rd August 6:00 to 9:00 pm

Please call Karen Airey on 01773 741221 or 07951 060686 if you wish to access these services

Carer support group meets once every two months on a Friday morning 10am until 12.30pm at DAS Unit 3A Unicorn Business Park, Wellington Street Ripley Derbyshire DE5 3EH 01773 741221.

No need to book. Just turn up!

Friday 25th August 2017 10 – 12.30pm

Friday 20th October 2017 10 – 12.30pm

Friday 15th Dec.2017 10 – 12.30pm

Frantic Families

The Frantic Families group offer support to families with children who suffer ASD / ADHD. They provide a non-judgemental safe place where families can share experiences so they understand they are not alone. The group will be meeting from 10.00am at the Langley Mill Welfare.

To find out more about the group, contact: Tracey: 07811 250555, Leigh: 07903 500233 or Gary: 01332 623700



Understanding Eating Difficulties and Disorders

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

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

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

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

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

Our development packages provide groups with promotional support, including free web page set up and design, group speakers, constituting and membership development

'One to one' sessions 'Go Get IT', and group support service 'GET IT TOGETHER', are free.

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

Free legal advice for residents in Derbyshire

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

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

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

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



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

We Meet

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

Beginners Welcome

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

For details contact: 0115 9726132/0115 9727544

Chair: john.mehy1@hotmail.com

Secretary: info@firststepsderby.co.uk

www.facebook.com/artinle

www.leamcc.org.uk



Patron: Tony Cowshaw International Artist

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

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

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

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

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

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 11th July

7.00pm – 11.00pm

The **Vibe**, Chesterfield

**** £4.00 each ****

If you want to book a ticket or have any queries please ring

Tel: 01246 913267

075990 76866 or 075990 76868

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

OVER 18's ONLY

Just Good Friends Nightclub event is a friendly, inclusive evening, but we can't offer one to one support, so if you need assistance, your friend or carer will need to buy a ticket too.



find us on Facebook [jgfc club](#)



Fully Accessible

Support Meetings What's on:

Welcome to the Grapevine Wellbeing Centre

The Grapevine Wellbeing Centre is open to all people who want support and help with their mental wellbeing. It is a resource centre providing access to a wide range of helpful services, activities and support.

At the Wellbeing Centre we have experienced volunteers who are always happy to listen and help out where they can. If they can't help they will point you in the right direction and guide you to the most suitable alternative services.

The Grapevine Wellbeing Centre is located at:
15, Scarsdale Place, Buxton and is **open every weekday from 12.30pm to 3.30pm.**

Drop in for a drink, a chat and to catch up with Grapevine news, events and group activities.
Help and advice is always on hand.

Cypress Support Groups

Supporting Parents and Carers of children and young people with additional needs and/or disabilities. To find out more about Cypress Support Groups and the times, venues and upcoming dates of your nearest group visit the website at: www.cypress.org.uk or call: 07990731477

Parent /Carer support group for ASD/ADHD in Chesterfield

This group is run with the support of Derbyshire Carers. We meet at **St Thomas's Centre in Brampton, Chesterfield S40 3AW** on a Tuesday once a month 9.30 - 11.30am. We are quite an informal group and sometimes have speakers to come and talk to us.

For more information please contact Clare Griffiths on:
claree73@gmail.com or Derbyshire Carers at 01246 222373

Derby City Parent Carer Forum

We are a group of parents and carers of children & young people with disabilities and additional needs from Derby City. Our children are of various ages ranging from new born to 25 years of age. We are interested in making a difference and ensuring our children have the best future possible.

For more information call: 07733500336
or visit <http://www.derbycityparentcarerforum.org.uk>

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 4th July

7pm – 11pm

Tickets £5 on the door

The Spot

WILMOT STREET WEST,
DERBY
DE1 2JW



If you want to book a ticket or queries

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.

****Carers Half price £2.50****

Fully accessible for wheelchairs

Please ring 01246 913267 or 07599076866

OVER 18's ONLY



find us on facebook



RotheraSharp
Solicitors



Do you need some free legal advice?

Visit one of our weekly drop-in advice clinics in Derbyshire for advice on a wide range of legal matters.

Find out where and when you can visit us below.

Rothera Sharp Solicitors are working in Partnership with The Carers Association to ensure you have access to quality legal advice. If you would like to visit one of our legal clinics, please contact the location of your choice to make an appointment.

All of our clinics will run from 12-5pm every Tuesday.

First Tuesday of every month: Derbyshire Carers Association Resource Hub, South Lodge, Boythorpe Avenue, Chesterfield S40 2BF
Tel: 01246 222 373 | Email: chesterfield@derbyshirecarers.co.uk

Second Tuesday of every month: 32-46 King Street, Alfreton, DE55 7DQ
Tel: 01773 833 833 | Email: info@derbyshirecarers.co.uk

Third Tuesday of every month: Ground floor, Pride Park, 22 Mallard Way, Derby, DE24 8GX
Tel: 01332 200 002 | Email: derby@derbyshirecarers.co.uk

Fourth Tuesday of every month: 43 Market Place, Long Eaton, NG10 1JL
Tel: 0115 973 4111 | enquiries@rotherasharp.co.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:**

8th July and 5th August 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.



Healthwatch Reference Group

Wednesday 19 July 2017

Dear Healthwatcher

We would like to invite you to the next Healthwatch Reference Group. This is an open forum to find out your views and experiences of health and social care in Derby - anything from GPs to hospitals, dentists, opticians, pharmacies, residential and nursing homes and anything else that comes under this heading.

Whilst we want to know about people's experiences of health and social care services in the City, if you have a specific concern please contact us separately as this will not be the platform for talking about in-depth personal issues.

Your comments and views will be shared with the Healthwatch Derby Management Board to inform and to help decide future work priorities. They will also be made known to the commissioners of services to help them in their planning and to try and bring improvements to services and also to recognise gaps.

The meeting will be held on the afternoon of Wednesday 19 July at the Council House. Places are limited, so booking is essential - please contact me for more information.

Best wishes

Rebecca



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Our mailing address is:
Healthwatch Derby
The Council House
Corporation Street
Derby
DE1 2FS

Telephone: 01332 643988
Text: 07812 301806



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

- July 4th West park long Eaton M GC T 60 min
- 11th Allestree park M
- 18th Belper river gardens M GC T 60 min
- 25th Elvaston Castle L GC T 20 min
- August 1st Melbourne circular 12.00 start LGC T 120min
- 8th Sandiacre to Long Eaton M GC 60min
- 15th Alvaston Circular L GC T 30min
- 22nd City Quiz walk M
- 29th Chesterfield river rother L GC 120min

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

- July 6th Wollaton Hall 12.00 Start L GC 120 min
- 13th River gardens to pride park to do an Enjoying Derby Trampoline session! £2.00 for socks, to book a place please tell Kat on a walk or contact Sinead on 07747478583 M GC 15min
- 20th Loughborough S 12.00 start GC 120min
- 27th Staunton Harold Reservoir 11.45. start M GC 120min
- August 3rd Chester green to Darley L
- 10th Willington Marina M 11.45 Start GC 45 min
- 17th Meynell Langley to Markeaton XL 12.30 start GC 45min
- 24th Jermain Jepson Memorial walk Riber castle XL 11.45 Start expect to be lack late. GC 120
- 31st Mystery walk GC

Please be aware we will be walking during the hottest part of the day please bring sufficient water sunscreen and money for drinks.

Walks cost £3 each. Buy your ticket from Derby Museum shop on the Strand or the Tourist Information Office on the Market Place.

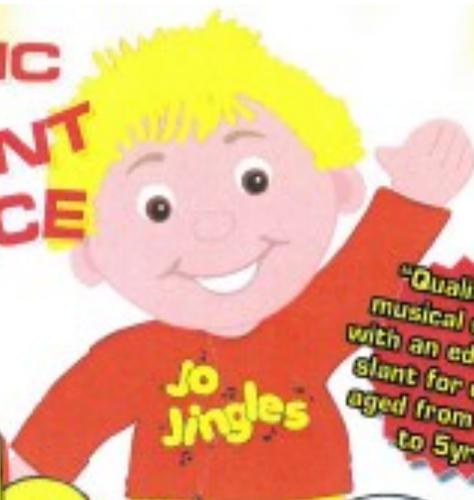
Key

- 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 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.

THE MUSIC
AND
MOVEMENT
EXPERIENCE

Jo
Jingles



"Quality, fun,
musical sessions
with an educational
slant for children
aged from 3mths
to 5yrs"



at

EVERY WEDNESDAY

TERM TIME ONLY

10.00 - 10.45am • for ages 3 months to 5 years

EVERY THURSDAY

TERM TIME ONLY

10.00am - 10.45am - over 2's • 11.00am - 11.45am - under 2's

Admission : £5 per Class

Book in Advance for the whole Term & get your Sessions at £4.25 each

01159 386 206

www.escapeplay.co.uk

6 Pentrich Rd, Giltbrook, Nottingham, NG16 2UZ



Summer Inclusive
Play Sessions

for Children with Special
Educational & Physical Needs

£5.50

per child

Advance bookings only

Wed 26th July, Mon 7th Aug

& Fri 18th Aug

9.30am to
11.30am

01159 386 206

www.escapeplay.co.uk

Escape will be closed for these events & will re-open to the public at 1.45pm



6 Pentrich Rd, Giltbrook, Nottingham, NG16 2UZ

FIND US ON FACEBOOK

Search: Escape Family Adventure Play Area!



Improving mental health in Derbyshire

Derbyshire Recovery and Peer Support Service

This exciting new service has been developed in partnership with people like you. It aims to help people to improve and maintain their mental health and wellbeing; access social networks and peer-support and provide opportunities in your local community.

The service can offer access to:

- Targeted support through one-to-one and group sessions
- Self-help and peer support groups
- Telephone support
- Drop-in sessions
- Information and advice
- Recovery education to help you understand and manage your mental health condition
- Support in relation to housing, welfare benefits and employment if required
- Social and physical activities
- Supported signposting to other sources of community support
- Volunteering and peer-support training

How to access the service

If you or someone you know would benefit from accessing the service, please contact us through one of the following methods:

Derbyshire Recovery and Peer Support Service, The Croft, Slack Lane, Ripley, Derbyshire DE5 3HF

Phone: 01773 734989 Fax: 01773 513196

Email: DerbyshireRecoveryPeerSupportService@rethink.org

 www.rethink.org/derbyshirerecovery

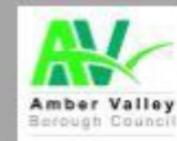
 www.facebook.com/groups/rethinkderbyshirerecovery/



In partnership with



Registered Charity Number 271028



RIPLEY LEISURE CENTRE WELLBEING EVENT

FRIDAY 14TH JULY 9.30-3.30PM

Come along for your FREE BODY MOT

BLOOD PRESSURE & HEART RATE, HEIGHT/WEIGHT & BMI,

BODY FAT % SKELETAL MUSCLE % VISCERAL FAT %

WE OFFER FRIENDLY PERSONAL ADVICE AND SUPPORT TO HELP GET YOU ACTIVE AND IMPROVE YOUR LIFESTYLE AND WELLBEING

LEISURE CENTRE FREE PASSES AND ACTIVITY VOUCHERS ARE AVAILABLE

Other organisations in attendance include:

DERBYSHIRE VICTIMS SUPPORT SERVICE AMBER TRUST (P3)

DERBYSHIRE COMMUNITY POLICE AIR AMBULANCE CVS

FALLS PREVENTION ALZHEIMERS SOCIETY CT4TC

DERBYSHIRE HEALTHWATCH SIGHT SUPPORT DERBYSHIRE CARERS

FUTURES HOUSING GROUP CENTRAL ENGLAND CO-OPERATIVE

DCHS WELLBEING SERVICE CITIZENS ADVICE BUREAU



and many more...



For further information please contact - Amanda Gowling (Community Project Officer, Amber Valley) Tel: 01773 523325

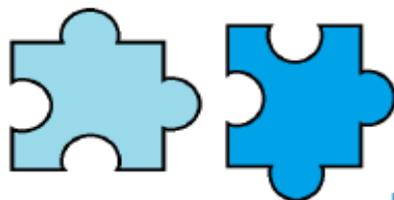
Email: amanda.gowling@ambervalley.gov.uk

Community Movers works across Amber Valley to help local people improve their health and wellbeing and be more active.



Information Sessions for Parents and Carers of Young People with Learning Disabilities and / or Autism, who live in North Derbyshire

A Guide for Parents and Families



Chesterfield Royal Hospital 
NHS Foundation Trust

What Is This Leaflet About?

This leaflet outlines the aims of various topic specific information sessions for parents and carers.

These information sessions are aimed to support parents/caregivers of young people who have a diagnosis of either moderate to severe Learning Disability (LD) and/or Autism Spectrum Disorder (ASD).

You can attend any information session that you feel would be helpful for supporting your child.

Information Sessions are a great way to meet other parents who are experiencing similar challenges. Come along and share tips and ideas with parents and professionals!

Where/When are Workshops?

We run a regular rolling programme of workshops. Please see the insert for upcoming sessions, dates and venues.

How to Book a Place on a Workshop

If you are interested in attending a workshop please book a place by contacting:
Helen Dunkley: 01246 514523;
or Lindsey McGarry: 01246 514480

Places are limited so please book early to avoid disappointment. Please also let us know if you can no longer attend a session, so that we can offer the place to someone else.

Consent and Confidentiality

We will not disclose any personal information about you or your involvement with our service at any time during the workshops.

We are happy to answer general questions during the session; however as this is a focused information giving session, we are unable to offer advice on individual circumstances.

If you disclose information that makes us feel concerned that you or someone else is at risk, we are obliged to report this to the Safeguarding Starting Point Team. If appropriate, this would be discussed with you at the time.

Comments and Concerns

We welcome your views, feedback and suggestions about how we can improve the service. Please complete an evaluation form at the end of any session you attend. You can also contact the Assistance and Complaints Service (ACS) if you have any concerns.

The ACS office takes calls Monday to Friday, between 9 am and 4 pm, and there is also an answer phone service available.

Tel: 01246 512640
E-mail: crhft.acs@nhs.net

Produced November 2016



Workshops and their Aims:

Positive Behaviour Support for Managing Challenging Behaviour

- Consider challenging behaviour in the context of ASD and LD.
- Understand the possible triggers and functions of challenging behaviour.
- Think about positive behaviour support strategies for managing challenging behaviour.

Managing Anxiety

- Understand what anxiety looks like in young people ASD and/or LD.
- Think about common causes of anxiety
- Find out what you can do to help.

An Introduction to Sensory Needs

- Gain an overview of the sensory system
- Find out what this means for young people with LD and / or ASD
- Find out what you can do to help your child.

Relationships, Puberty and Sexuality

- Develop awareness of puberty related issues
- Share thoughts and ideas to help you feel more confident to support young people to understand puberty and sexuality
- Promote proactive approaches in order to help keep your child safe.

Developing Relationships through Play

- Opportunity to think about the importance of play in children's development
- Understand the barriers to successful play
- Learn how you can make play a positive experience.

Supporting Communication for Young People with ASD: Using Visual Resources (not PECS)

- Understand how symbols can be used to help your child make sense of their world.
- Produce your own materials to use at home with your child.

Managing Sleep Problems

- Consider the function and importance of sleep.
- Understand sleep problems in children with ASD and/or LD.
- Find out what you can do to encourage good sleep habits.

Toileting Problems in Young People with ASD

- Understand more about toileting problems in young people with ASD.
- Consider strategies to help with toileting problems
- Share experiences – i.e. what works, what doesn't work, coping strategies.

Managing Restricted Eating

- Understand difficulties with food and eating for young people with ASD and / or LD
 - Think about what you can do to help your child with these difficulties.
- 