

What's On! November 2017

Special Needs Circle East Midlands



Special Needs Circle—East Midlands

Autumn 2017

CONNECT AT ASHBOURNE

Wed 13th September, Wed 11th October, Wed 8th Nov, Wed 13th Dec
Connect @ St Oswald's Church Hall, School Lane Ashbourne DE6 1AN -
11am - 1.00pm

CONNECT AT AWSWORTH (Nr IKEA, Nottingham)

Thurs 14th September, Thurs 12th Oct, Thurs 9th Nov, Thurs 7th Dec
- Connect @ Awsworth Village Hall, Awsworth, NG16 2QQ 10.30—
1.00pm

CONNECT AT RIPLEY

Friday 22nd Sept, Friday 13th October, Friday 17th Nov, Friday 15th
Dec - Connect @ St Joseph's Church Hall, Butterly Hill Ripley DE5
3LW 11.00am—1.00pm

CONNECT AT SWADLINCOTE

Friday 29th Sept, Fri 20th Oct, Fri 24th Nov, Fri 22 Dec- Connect
@ Emmanuel Church Hall, Church Street, Swadlincote DE11 8LF
10.00am—12.30pm

CONNECT AT LONG EATON

Tuesday 17th October, Nov TBC, December TBC @Stanton Vale
School Thoresby Road, Long Eaton NG10 3NP

NO NEED TO BOOK JUST TURN UP

*A chance to meet others who
get what you're going through
and share your experiences in
an environment that doesn't
judge you.....*



Get in Touch

Tel or txt us on 07495 551974

Drop us an email to:
admin@specialneedsircle.co.uk

Where friends are waiting to meet
you



Special Needs Circle
East Midlands

www.specialneedsircle.co.uk Tel: 07495 551974
Email :admin@specialneedsircle.co.uk

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

DAS-Adult social groups, Chesterfield and Derby

Date/ Time	Derby Venue/Activity	Date/Time	Chesterfield Venue/Activity
Every 3 rd Tuesday from 7pm	Regular Social event in Derby – Meeting at the Brewery Tap. 1 Derwent St, Derby DE1 2ED		
Friday 10 th November 6 – 8pm	Cosmos in Derby	Friday 10 th November 6-8pm	Cosmos in Derby
Saturday 18 th November 1 – 5pm	Job Club – a chance to come and get support to write a CV, make an application, interview practice and searching for voluntary work with Mark Smith from Employment Support Project. DAS Office Ripley	Saturday 18 th November 1 – 5pm	Job Club – a chance to come and get support to write a CV, make an application, interview practice and searching for voluntary work with Mark Smith from Employment Support Project. DAS Office Ripley
Friday 15 th December 6-9pm	Christmas Gathering DAS Office Ripley	Friday 15 th December 6-9pm	Christmas Gathering DAS Office Ripley

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 15th Dec.2017 10 – 12.30pm

Borderline Personality Disorder Support Group



If you're ready to talk...

...we're ready to listen!



A new local support group is being set up for anyone affected by...

Borderline Personality Disorder

Also known as 'Emotionally Unstable Personality Disorder'

We aim to create a friendly, relaxed and confidential environment in which we can share our experiences, provide information and, most importantly, support each other.

Dates and venue to be arranged.

If you would like to know more, please email Sue on derbyshireborderlinepd@gmail.com, or phone/text 07597 644558



'Capacitar'* workshops

at the

Elephant Rooms, Draycott

Are you perhaps a carer? or supporting others in different ways? or just aware that you're too busy, maybe feeling stressed and tired?

Do you find it really hard to make time for yourself to re-charge your batteries?

Then come on this course at the beautiful, newly opened Elephant Rooms, and learn some very simple wellbeing practices, a little tai chi, a little mindfulness, and other easy to learn and use practices. It could give you a boost before the winter and help begin to restore your sense of being YOU!

Suitable for all ages and mobility levels, all the practices are gentle and can be done seated or standing...(older people particularly welcome). The Elephant Rooms is a five minute level walk from the bus stop at 'The Square' Draycott.

Facilitator: Teresa Dickens - is a counsellor and psychotherapist working in various voluntary settings locally; and also a retired nurse and health visitor with 30+ years experience in the NHS.

Venue: The Elephant Rooms, 36 South Street, Draycott, DE72 3PP.

When: Tuesdays 17th / 24th / 31st October & 7th November 2017.

Time: 2-4pm

Cost: Free!

(Donations towards the running costs of the Elephant Rooms - a not-for-profit Social Enterprise- will be very welcome).

For more information or to book a place please contact me directly on:

Tel: 07788 401164

email: teresa.dickens@hotmail.com

*(www.capacitar.org)

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

	<h3><u>Understanding Eating Difficulties and Disorders</u></h3> <p>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</p>
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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

GOT YOUR BACK SHOWCASE!

THE ROYAL BRITISH LEGION

30 Poppyfields Drive, Derby, DE3 9GB

THURSDAY
23RD NOVEMBER

10AM - 1PM

WWW.GOTYOURBACK.TV



GOT YOUR BACK SHOWCASE!



The showcase is being hosted by the GYB Youth Forum. Join us to hear from people who have been victims of crime, and have benefitted from support from the Got Your Back team.

THE ROYAL BRITISH LEGION
30 Poppyfields Drive, Derby, DE3 9GB.

THURSDAY 23RD NOVEMBER
10AM - 1PM

Lunch will be provided.

To confirm your place at this event, or for more information

call 0800 612 6505.

Alternatively text "**CORE**" to **82055** or email support@derbyshirecore.org

**Don't worry on your own, come and talk to us.
Together we can find solutions.**

Visit us:

Mon, Tues, Thurs & Fri

Drop-in & appointments: 10.00am - 2.00pm

Appointments: 2.00pm - 4.00pm

Weds

Reception service & appointments: 10.00am - 2.00pm

Appointments: 2.00pm - 4.00pm

Ilkeston
Castledine House
Heanor Road
DE7 8DY

Meet us: **Our Outreach Advisers are based in most GP surgeries and some Children's Centres and Libraries across Erewash.**

You can book an appointment through your Children's Centre and GP reception or call our Adviceline number below.

Our Money Advice Team is on hand at our Ilkeston office and our outreach sessions at Long Eaton Town Hall.

Call our Adviceline number below to see us there.

Call us: **Our Adviceline is open Monday - Friday 9.00am - 4.00pm**

0300 456 8390

(Calls charged at same rate as 01 & 02 numbers & count towards inclusive minutes)



Registered Charity No.1094369



DHA Courses Offered through various programmes

16 years+, for anyone who is looking for a skills top-up, support to enter employment, socially isolated, needs to build their confidence we are able to offer:

- Basic Computer Training (weekly sessions - Thursday mornings)
- Job Club (weekly sessions - Tues - All day open day)
- *Level 2 Food Safety - Accredited by CIEH/RoSPA
- *Level 2 Health and Safety Essentials - Accredited by CIEH/IOSH
- *Level 2 Manual Handling - Accredited by CIEH/IOSH
- Interview Skills Workshops
- Telephone Skills Workshops
- Confidence Building Workshops
- Horticulture Club
- *Nationally Accredited Qualifications – Customer Service, Employability Skills, Business Administration, Warehousing & Storage, Retail
- *British Safety Council approved Qualifications – CSCS Card Training
- Understanding Debts & Budgeting Training

Call us on 01159 300 199 to discuss further

DHA Training & Legal Advice Centre , 153 Bath Street, Ilkeston, DE7 8AS

Registered charity number 1073231

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 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 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:**

4th November and 2nd December 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.

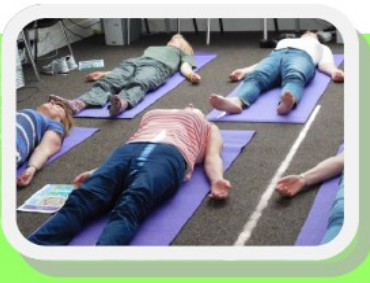
Self Care Day for Erewash Family Carers



Wednesday 15th
November 2017
10.00am to
2.00pm



This special one-off event is organised by carers FOR carers. Come and join us for a relaxing day at our first Erewash 'pop-up' retreat and choose activities which are right for you.



Come to our one day unique pop-up retreat at:-
Erewash Voluntary Action (CVS)
Granville Centre, Granville Avenue,
Long Eaton NG10 4HD

Includes lunch, activities such as meditation, massage, art & crafts and lots more!



Limited places so MUST book!

Call Creative Carers on
01332 227711 or email:
creativecarers@gmail.com
sending your name and a contact
telephone number

Still
got
questions?

Give us a ring
and have a chat
01332 227711



A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 5th December

7pm – 11pm

Tickets £5 on the door

The Spot

WILMOT STREET WEST,
DERBY
DE1 2JW

If you want to book a ticket or for any queries
please ring 01246 913267 or 07599076866

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



OVER 18's ONLY



QClub are delighted to welcome 'Lightseekers' to host a Family workshop - introducing junk metal as a material for creation - supporting QClub members and their families to create their own sculptures.

Lightseekers are currently exhibiting work throughout the corridors at Quad - depicting various works created in participatory workshops - and there are a variety of photographs and sculptures to view around the building.

The morning will provide an exciting opportunity to design and create your own sculptures, either as a family or individually. Using magnets and wire to fix, there will be a variety of scrap and junk metals and materials to choose from, which Lightseekers will support you to transform your ideas into form.

This QClub Family workshop will run from 10.30am-12.30pm on Saturday 4th November, in the Participation Space, on the ground floor of Quad.

The cost is £5 per family, with snacks and drinks provided at break time.

Spaces are limited, so do let me know if you would like to book your family to join us for what should be an exciting morning of creation!

For further information and to make a referral please contact Abbie Canning on: 01332 285427 abbiec@derbyquad.co.uk

Long Eaton All Media Art Club

Join us for a **Christmas Crafternoon**

at the United Reformed Church Hall,
Nottingham Road, Long Eaton NG10 4HD

Saturday 11 November 2017
11.00 am to 3.00 pm

Come in and see what we do and
get hands on with a variety of festive crafts
Light refreshments available

For details contact: 0115 9726132/0115 9727544

Chair: john.rushby1@btinternet.com

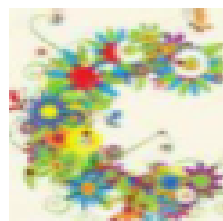
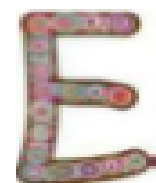
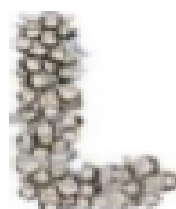
Secretary: Imblotheridge@hotmail.co.uk



www.facebook.com/artinle

www.leamac.org.uk

Patron: Tony Cowlshaw – International Artist



mhfa
mental health first aid england



LOCAL HISTORY CAFE AT EREWASH MUSEUM

Are you aged 50 or over, living near Ilkeston and interested in heritage and history?

Would you like to be part of a friendly, community based project?

Local History Cafes are monthly heritage and wellbeing get togethers tackling loneliness in our communities. They are places to meet and make friends over tea and cake, enjoy heritage themed presentations from fascinating speakers and take part in creative activities.

PLACES MUST BE BOOKED



When? Last Thursday of every month, 10 - 12.30, starting 30th November

Where? Erewash Museum, High St, Ilkeston, DE7 5JA

How much? £3 per monthly session

How do I book a place? Email rebecca.buck@erewash.gov.uk or call Erewash Museum on 0115 907 1141

How do I get there? Make your own way, or ask us about help



NATURE BABIES

Mon 13th Nov



NATURE BABIES

Our new and exciting 'Nature Babies'. This session is aimed at 0-2.5 year olds to come along for messy play and sensory base play with a different activity each session. It's also a good chance for parents and guardians to grab a cup of tea and have a chat. Appropriate outdoor clothing needed for the outdoor play space.

Time: 10am -12pm arrive and leave when you like

Cost: £3/£2 second child

Address: Whistlestop Centre, Matlock Bath Railway Station, DE4 3PT

Booking is essential as numbers are limited. Contact 01773 881 188

Age : 0-2.5 year olds

Free parking available on the cobbled area in front of the WCC building (left hand side of main car park area), large pay and display car park alongside.

Meeting place: Whistlestop Classroom

Event contact Name: Emma Wood

NATURE TOTS : HELPING HEDGEHOGS

Come along to our playgroup with a difference. Nature tots has a different wildlife theme for every session and encourages tots and parents to get outdoors to learn together. Sessions tend to include a story, outdoor activities, crafts and a snack and drink.

Time: 10.30am -12.00pm and 12.45pm -2.15pm

Cost: £3/£2 second child

Address: Whistlestop Centre, Matlock Bath Railway Station, DE4 3PT

Booking is essential as numbers are limited. Contact 01773 881 188

Meeting place: Whistlestop Classroom

Special instructions: Bring appropriate outdoor clothing and footwear for the weather.



Inspire Local Links to Work

Would you benefit from 52 weeks of individual tailored support to assist you back into employment?

Are you ...

Aged 18+ on Health related benefits (ESA)?

**Aged 50+ and have been unemployed /
inactive for 6 months or more ?**

Do you live in Erewash or Amber Valley?

If the answer is YES to any of the above

Call us on 0115 9300 199 to book your place

and speak with us about the services you can access

**DHA Training & Legal Advice Centre
153 Bath Street
Ilkeston
DE7 8AS
Registered charity number 1073231**



European Union
European
Social Fund



Fully Funded Youth Engagement Courses

**Are you 16-24 and currently not in
Employment, Education or Training?**

**Gain the skills and confidence to help you look
for Work, Traineeships, Apprenticeships or
Further Education...**

Information, advice and guidance provided

Employability qualification

CSCS card training available

Short courses including; Warehouse&Storage, Retail, Administration & more

Job searching online and application form guidance

8 week admin placements

Call us on 01159 300 199 to book your place

**DHA Training & Legal Advice Centre
153 Bath Street
Ilkeston
DE7 8AS
Registered charity number 1073231**



European Union
European
Social Fund

Chesterfield 50+ Inspired Group OPEN MEETING

Thursday, 9th November 2017 - 1015am-1245pm
Council Chambers - Town Hall

Brampton Primary School Choir



Leader of the Council, Tricia Gilby

The Mayor & Mayoress,
Cllr Maureen Davenport & Mrs Liz Archer



Central Methodist Church
Christmas Puppet Show



Refreshments & Christmas Raffle

DISABLED ACCESS is available by using the Disabled Entrance. Take the lift to the first floor where you will be greeted by the Door Host waiting to allow you access.

Free transport is available if you cannot get to the meeting by yourself. Contact the Forum Support Officer on 01629 532446 by Friday, 3rd November.

We would like to introduce our new
name for Derbyshire Domestic
Violence and Sexual Abuse Service ...



6 Fairfield Road, Chesterfield, Derbyshire. S40 4TP

01246 540464

info@theelmfoundation.org.uk



Chesterfield TimeBank
 The Parish Centre, 91 Sheffield Rd,
 Stonegravels,
 Chesterfield, S41 7JH
chesterfieldtimebank@gmail.com
www.chesterfieldtimebank.org



Charity No. 1122996



SOCIAL GROUP

& Time Exchange sessions

Everyone Welcome - no restrictions apply

Fridays, fortnightly starting 3rd November 2017

Drop in 10am to midday

at Pillar of Rock, 15 Castle Street, Bolsover.

Come and have a chat. Find out what TimeBank is about with
no commitment.

See how TimeBank can help you with getting jobs done. How you can offer
 you skills to help others or just chat about the weather!

WHAT IS TIMEBANK?

TimeBank is a FREE membership group whereby the volunteering work you do is **when, where and what you choose** and you earn time credits in return to exchange for the help you need. The volunteering work is mainly person to person, one off tasks such as gardening, cleaning, transport, sewing, be-friending the list is endless.

If you need transport or moral support to attend, please call us
 on 01246 204418 and this can be arranged

To find out more about the Group or TimeBank 01246 204418 or
chesterfieldtimebank@gmail.com.



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

**FREE
 COURSE**

Take steps to boost your self-esteem in a
 friendly, relaxing environment

Free 6 Week Course

Confidence Building

@ Ashbourne Adult Education Centre,
 Cokayne Avenue, DE6 1EJ

Thursdays from 10.00 - 12.00 starting 2nd Nov.

For more information or book contact: 01629 533386

Learn locally with Derbyshire County Council's Adult Community Education Service
www.derbyshire.gov.uk/adulteducation





Improving mental health in Derbyshire

Derbyshire Recovery and Peer Support Service

Advice and Support Drop-In Sessions

Feel free to join our weekly drop-in supporting individuals with mental ill health

sessions are every other Wednesday from 25th October 10.30 until 12.30 at The Bowls Pavillion Victoria Park Ilkeston

sessions are every other Wednesday from 1st November 10.30 until 12.30 at Big Kirk Hallam Community Centre, Kenilworth Drive, Kirk Hallam

t: 01773 734989

e: DerbyshireRecoveryPeerSupportService@rethink.org

t: 01773 734989

e: DerbyshireRecoveryPeerSupportService@rethink.org



Improving mental health in Derbyshire

Derbyshire Recovery and Peer Support Service

Advice and Support Drop-In Sessions

Feel free to join our weekly drop-in supporting individuals with mental ill health

sessions Every Friday from 17th November 11am until 1pm at The Croft Slack Lane Ripley Derbyshire DE5 3HF

For More Information

t: 01773 734989

e: DerbyshireRecoveryPeerSupportService@rethink.org

Darwin Dogs

Community Interest Company



Training a new member of the care team

What some clients have said, about what their dog means to them

"She gives me a reason to get out of bed in the morning, and now she's trained she's a pleasure to walk too"

"I can't always take him with me, but I know when I get home there'll be a happy smiley face to greet me"

"I always come back from a walk in a good mood"

"I tell her all sorts of things and she never judges me, she just listens and loves me, it's like having a therapist at home"

"With my dog at my side I'm more confident. I try new routes when we're out walking and I go new places without needing my husband or any other carer"

"If I wake in the night with nightmares he comes to nuzzle me and calms me down"

"He stops me dissociating when I have a panic attack, he grounds me"

"Even on a 'black' day, when I really don't want to go out, I know she needs her walk, and I always come back feeling better"

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

Darwin Dogs CIC

0774 379 2628

Website coming soon!

darwindogscic@gmail.com



It could be the best phone call you ever make

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	Alert owner to leave situation
Autism	Non-verbal Communication	Task training; encourages use of words
	Poor Relationships	Encourage interaction with others
Bipolar	Unwilling to go out alone	Provide companionship
	Hyper focus or Irritability	Alert to incipient manic episode
Major Depression	Aggressive driving	Alert to aggressive driving
	Hypersomnia	Wake-up owner
	Memory loss	Remind to take medication on-time Scout tracking to find lost objects
	Disorganization	Alert daily routines and household chores
Obsessive Compulsive	Repetitive behaviours	Interrupt behaviours
Phobic	Dread	Brace or lean against the owner
Post Traumatic Stress	Flight or Flight response	Lead handler to a safe place
	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