

What's On! September 2017



BRIGHT SIDE

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

FREE COURSE



Available for anyone experiencing mental health difficulties, or emotional or psychological distress.


Time to Relax

Helpful ways to reduce stress through positive thinking, mindfulness, breathing techniques, walking meditations and being kind to yourself.

14, 21, 28 September, 5, 12, 19 October 2017

6 week course, Thursday's 10.00 - 12.00

At Amber Trust, 1a Hardwick Mount, Buxton, Derbyshire, SK17 6PP
Contact Tracy Litchfield on 01773 742051 or email Tracy.litchfield@ambertrust.co.uk

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 15 th September 6-9pm	Activity Suite DAS Exploring Autism - Karen	Friday 15 th September 6-9pm	Activity Suite DAS Exploring Autism - Karen
Friday 29 th September 6 to 8pm	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 Base	Friday 29 th September 6 to 8pm	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 Base

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

<p>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.</p> <p>No need to book. Just turn up!</p> <p>Friday 20th October 2017 10 – 12.30pm</p> <p>Friday 15th Dec.2017 10 – 12.30pm</p>

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

Call
01246 555908

Men Going Forward
Embrace | Believe | Live

MGF

Are you a man aged between 40 and 60 years old?

MGF

Do you live in North Derbyshire?

MGF

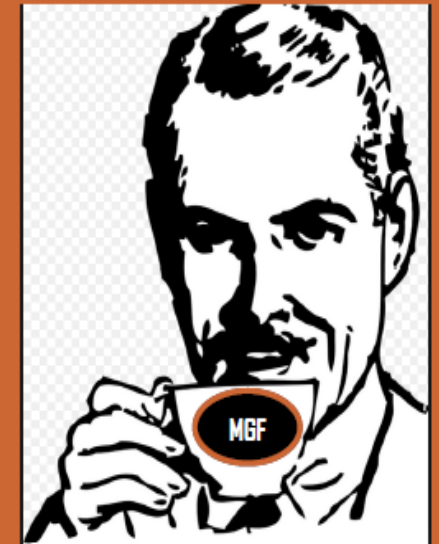
Is your life what it could be?

MGF

Would you like to improve your physical and mental wellbeing?

MGF

Do you perhaps need to combat feelings of loneliness or gloom?



If you answer yes to any one of the above, then join Men Going Forward. Meet others like yourself to work together in a non-medical way to explore your interests and engage in social activities to help you embrace life, believe in a brighter future and learn to live in a healthier, happier way

Derby Adult Learning Service

Learning Opportunities for Adults

NEW - HEALTH AND WELLBEING PROGRAMME

Cognitive Behavioural Therapy (CBT) focused courses starting in September 2017

Managing Depression and Planning Activity

Depression comes in many shapes and sizes. It does not discriminate and may be with any one of us in our lifetime as we face life's challenges.

Planning and integrating a healthy regime to help stimulate endorphins may help to regulate and stave off the possibility of sinking lower and lower.

Managing Relaxation and Sleep

Sleep is something that sounds like it should be simple to achieve, but for so many this is not the case.

Learn how to make simple changes to help manage your sleep and relaxation better. There is nothing quite like restful sleep, and we all need it.

Managing Stress and Understanding Anxiety

Anxiety and stress continue to dominate people's lives. Once in the grip of its power, it can seem like the world's hostilities are never ending. However, anxiety is often more manageable than we realise.

Come along to one of our courses and explore why this is, and gain valuable knowledge and tools to help you.

www.adult-learning-derby.org.uk
enquiries@derbyals.org
Helpline 01332 717900

meet enjoy learn achieve



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>

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:**

2nd September and 7th October 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.



Non-Emergency Patient Transport Service

From Monday 4 September your current Non-Emergency Patient Transport Service (NEPTS) is adopting existing regional and national eligibility criteria for patients who live and are registered with a GP in Derbyshire.



If you are in receipt of a higher rate enhanced mobility component of Disability Living Allowance (DLA) or Personal Independence Payments (PIP), you will no longer be eligible and will need to make alternative arrangements.



You can find out more the next time you book your transport or for more information call
0300 300 34 34

Southern Derbyshire
Clinical Commissioning Group
East Midlands Ambulance Service
NHS Trust

Things to do in Derbyshire

The Big Derbyshire Food Festival

10.30am-4.30pm FREE to enter fantastic foodie day out for all the family. Delicious street food stalls, a fabulous craft marquee with lots of unique gifts for sale, children's entertainment and live music throughout the day. Organised by Mad Hatters Events.
Meet: Shipley Country Park Event Field. Equipment: Suitable clothing and footwear. Cost: FREE entry to event.. Parking charges apply. Location: OS ref SK431 452 Sat Nav DE75 7GX
Information: www.madhattersevents.com tel. 01773 813771.

Shipley Country Park Derbyshire DE75 7GX
Sunday 3 Sep 2017

Chesterfield Miniature Railway Train Rides

School Holiday passenger Train Rides Behind various replica Locomotives in different gauges
11am-4pm Free Entry Free Parking £1 per ride 6 rides £5

Hady Hill Chesterfield Derbyshire S41 0EE
Sunday 3 Sep 2017

Contact telephone: [07710273614](tel:07710273614)

New Mills Festival

New Mills Festival is a two week annual celebration of community spirit through a diverse range of events from talks and walks to concerts, gigs, exhibitions, trails, quizzes concluding with a spectacular lantern procession through The Torrs Gorge ending in a Community Street Party in the centre of town. There is so much to do over the two weeks! The overall aim is to enrich our community experience of and participation in different creative activities and to have fun. All the events in the calendar are available to view on our website. Highlights include music from Dutch Uncles supported by Camens, Holy Moly and the Crackers, and Andy Kershaw.

New Mills Derbyshire SK22 4AE
Friday 8 Sep 2017 to Sunday 24 Sep 2017
Contact telephone: [07801352655](tel:07801352655)

CODNOR CASTLE Heritage Weekend Part of the National Heritage Weekend

HERITAGE WEEKEND 9th and 10th September 2017 CLAYMOORE BATTLE Re enactment, TEAM FALCHION Re-enactment group, stonemason ,craft stalls, spinning demonstrations, costumed guided tour and talks,dress up corner,all welcome in or out of costume, 11.00am -4.00pm ADULTS £2.00 CHILDREN £1.00 UNDER 5'S FREE PARKING CHARGE £3.00 ACCESS FROM ALFRETON ROAD/CODNOR LANE

Vintage Fair & Dog Show 2017

Join us for our Vintage Fair and Dog Show in 2017 a new format for this event 10am till 5pm Vintage vehicles, stalls and music, fun for the whole family young and old, with a just for fun Dog Show starting at 12 noon. Register your dog into the 8 categories £2 per dog per category. Stalls and fun for the whole family. Join our Professional judges and have a great time parking available on site. entrance to the event £2 per person, children under 12s free
Entrance £2 per person (Children under 12s free) Dog Categories £2 per Dog, Gate open at 10am Registration before 12 noon Free Car Parking Dog show starts at 12 noon prompt.

Treetops Hospice Care Derby Road Risley Derby Derbyshire DE72 3SS
Sunday 24 Sep 2017

Contact telephone: [0115 949 6930](tel:0115 949 6930)



A QClub
Screening of

Captain Underpants

Everybody is invited!

Come along on the 4th September
at 3.30pm, tickets £2 per person.
Please book through box office in
person or on 01332 290606.

QUAD

Supported by
BBC
Children in Need

BBC 2007. Reg. Charity England & Wales no. 900802
and Scotland, SC 029500



healthwatch
Derbyshire

**Rate and review your local health
and social care services using our
TripAdvisor style Patient Feedback Centre.**



www.healthwatchderbyshire.co.uk

1. Visit www.healthwatchderbyshire.co.uk
2. Search for the service you want to leave feedback on
3. Leave your review

If you require this document/leaflet in an alternative format please get in touch:

Tel: 01773 880786 Email: enquiries@healthwatchderbyshire.co.uk



Excell
for Training Ltd

IN ASSOCIATION WITH

Chesterfield Community Care Farm
OPPORTUNITIES FOR ALL



We have been accepted onto the new Derbyshire County Council Framework for day services.

Are you an adult looking for exciting activities working with animals in the great outdoors?

Do you want Hands on Experience and Accredited Training?

Would you like to be part of a friendly team of people and help to run our farm?

Read on to find out about our exciting activities!!



INVESTORS
IN PEOPLE



About Us

Chesterfield Community Care Farm works a 23 acre site at Lower Pilsley, near Chesterfield.

We offer a range of supportive and inclusive activities for all people with learning, physical disabilities and emotional behavioural difficulties. You would be working as part of a team caring for our livestock and land.

We are a Not For Profit Social Enterprise working to benefit all the community.



Activities on Offer

Animal Care - including Pigs, Rabbits, Goats, Chickens, Geese, Guinea pigs, Cattle, Sheep and more. Horticulture - Growing vegetables, Fruit and Flowers, Maintaining Fences and Hedges. General Construction.

We are constantly developing new activities, our future plans include:

- ◆ Establishing a farm shop
- ◆ A veg box service
- ◆ Making garden furniture and other timber items
- ◆ Bee keeping and producing honey.

The Farm provides a specialist programme that helps people to overcome the barriers preventing them from engaging in mainstream society. The programme aims to raise attainment levels, encourage learning and achievement and personal, social skills. The ultimate purpose of the programme is to enable people to develop the essential skills needed to flourish in life.



Land Based Studies

Service users have the opportunity to gain real life work experience such as care of livestock, horticulture and land maintenance, gaining level 1 & 2 qualifications on our 23 acre site. The Farm provides suitable programmes for service users with Special Educational Needs. All qualifications are provided by Excell For Training Limited.

If this is something you are interested in, we offer FREE taster sessions.

Functional Skills

We can provide support to develop English and Maths skills. All service users will be assessed to identify their preferred learning style and our programmes will be delivered accordingly.



Personal and Social Development

As part of the programme, service users take part in activities to encourage personal and social development skills, such as:

- ◆ Teamwork
- ◆ Communication
- ◆ Motivation
- ◆ Understanding of difference
- ◆ Confidence

Engagement in the programme will enable service users to gain the necessary skills, employability qualifications and confidence.

General Construction

There are also opportunities to take part in activities such as:

- ◆ General maintenance of onsite facilities.
- ◆ Carpentry
- ◆ Construction of Animal Enclosures
- ◆ Maintaining Animal Enclosures
- ◆ Fencing
- ◆ Constructing Timber Products

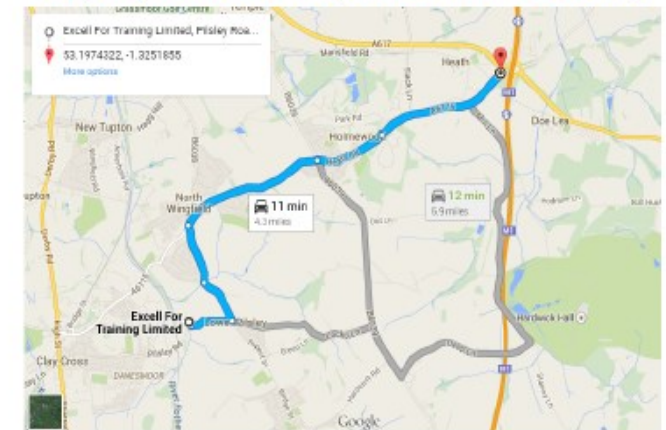
PPE is readily available however you must bring your own Protective footwear.

N.B Trainers are not permitted when working on the farm.



Getting Here

The number bus from Chesterfield to Lower Pilsley is 55 and 56. Please discuss with us if you have any transport problems, we may be able to advise or help.



Contact Details;

**Mill Cottage, Pilsley Road, Lower Pilsley,
Chesterfield, Derbyshire, S45 8DL**

01246 859 492

info@excellfortraining.co.uk

www.excellfortraining.co.uk

Company Registration Number; 07475491

