

What's On! April 2018

Looking For a Day Service?

Struggling With Funding For Adult Day Care?

Chesterfield Community Care Farm is currently running an exciting programme that allows service users to access their day service for up to 30 days **FREE** of charge. This opportunity is available to anyone aged 19 and above who is unemployed and in receipt of state benefits.



During this period service users will have the opportunity to develop a range of land based and animal care skills, working with a variety of livestock on the farm including: cattle, pigs, sheep, goats, rabbits, chickens, ducks and reptiles—plus many more!

General support is available, however you are welcome to bring along your own support if needed.

As part of the programme service users will be enrolled onto the Level 1 Award in Land Based Studies and Functional Skills in Maths and English.

Travel will be reimbursed to a maximum value of £15 a week and food is provided.

This fantastic opportunity will not have an impact on any benefit claims and is a great chance to mix with peers, have lots of fun and gain accredited qualifications.



For more information or to book your place contact: 01246 859 333

Adult Social Group Dates

Chesterfield

Date/Time	Activity	Venue
Friday 13 th April 6pm-9pm	Joint Social Session	DAS Activity Suite, Ripley
Saturday 5th May 1:00pm to 4:00pm	Joint Creative Workshop	DAS Activity Suite, Ripley

Derby

Date/Time	Activity	Venue
Friday 13 th April 6pm-9pm	Joint Social Session	DAS Activity Suite, Ripley
Saturday 5th May 1:00pm to 4:00pm	Joint Creative Workshop	DAS Activity Suite, Ripley

DAS Relationship Group

Thursday 19 nd April 6.30pm to 8:00pm	Thurs 24th May 6:30pm to 8:00pm
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DAS Carer Support Group

Friday 20th April 10:00am to 12:00am	Friday 25th May 10:00am to 12:00 am
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Please contact Derbyshire Autism Services on 01773 741221 for Relationship and Carer Support Groups and ask for Karen Airey to request more information.

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@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

Derby Adult Learning Service

We have a **NEW Mindful Crafts** course starting soon!

On this course we will try a range of different crafts from fabric crayoning and painting to simple embroidery and applique, beginners crochet or something that you want to explore which we can incorporate into the sessions.

These sessions are about being creative, making new friends and being inspired to do more than you thought you could, so come along and have some 'you time' and creativity, it can do you the world of good.

If you are interested or know anyone who would be interested in this course please contact our Learner Helpline on 01332 717900.

Thank you

Derby Adult Learning Service

Enquiries | Adult Learning | People Services Directorate | Derby Multicultural Centre, Dairyhouse Road, Derby, DE23 8HN | Tel: 01332 717900 | Web site: www.adult-learning-derby.org.uk and www.derby.gov.uk Follow us on Twitter @dalsderby

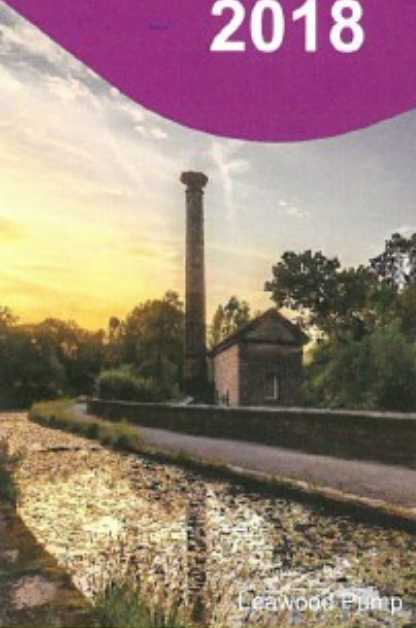
**Monday to Thursday 9am – 5pm
Friday 9am – 4pm**



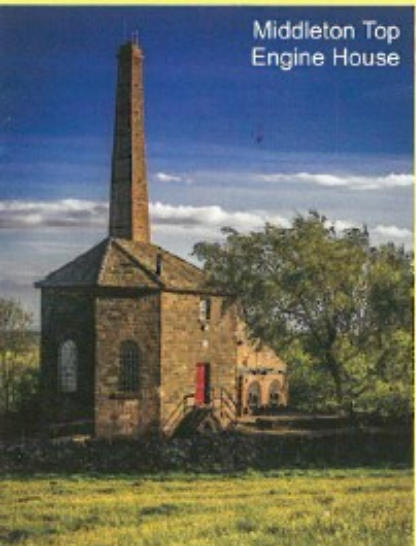
Steam Heritage

Leawood Pump and Middleton Top Engine House Operating Days

2018



Leawood Pump



Middleton Top Engine House

Leawood Pump Operating Days - Open 12 noon to 5pm

Experience the power of this great steam engine. The heat of the boilers, the smell of grease and coal and the power of the wave as tons of water are pumped from the River Derwent to the Cromford Canal. Look out for Birdswood the traditional narrowboat, which is horse drawn on these dates.

Directions: Park at High Peak Junction car park, signed from Cromford, or enjoy a pleasant walk of just over a mile along the Canal from Cromford Wharf.

Charges: FREE but donations are gratefully received. Parking charges apply.

Easter	Sunday 1 April
	Monday 2 April
May Bank Holiday	Sunday 6 May
	Monday 7 May
June	Saturday 2 June
	Sunday 3 June
July	Sunday 1 July
August	Saturday 4 August
	Sunday 5 August
August Bank Holiday	Sunday 26 August
	Monday 27 August
September Heritage Open Day	Saturday 15 September
	Sunday 16 September
October	Saturday 6 October
	Sunday 7 October
November	Saturday 3 November
Discovery Days	Sunday 4 November
	11am - 4pm

Middleton Top Engine House Operating Days - Open 1pm to 4.30pm

See the world's oldest beam engine of its type in action. Discover how it got wagons up and down steep hills on one of the world's first long distance railways.

Directions: From the A6 at Cromford, climb the B5036, and follow the signs.

Charges
Admission and parking charges apply.

Group Visits to Middleton Top and Leawood can be arranged. Please contact us **01629 533298**.

Easter	Sunday 1 April
	Monday 2 April
May Day	Sunday 6 May
	Monday 7 May
Spring Bank Holiday	Sunday 27 May
	Monday 28 May
June	Sunday 3 June
July	Sunday 1 July
	Sunday 22 July
	Sunday 29 July
August	Sunday 5 August
	Sunday 12 August
	Sunday 19 August
August Bank Holiday	Sunday 26 August
	Monday 27 August
September	Sunday 16 September
Heritage Open Day	FREE
	donations welcome
October	Sunday 7 October

Contact: Middleton Top Visitor Centre, Rise End, Middleton by Wirksworth, Derbyshire DE4 4LS.
Tel: 01629 533298
www.derbyshire.gov.uk/countryside

Photographs: by Ashley Franklin Photography



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:**

14th April and 5th May 2018 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.

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 17th April

7.00pm – 11.00pm

The **Vibe**, Chesterfield

**** £5.00 each ****

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

Tel: 01246 913267

Get Ahead

Employment Support Programme

Newly Unemployed?

Looking for support to get back to work?

Our 'Get Ahead' Programme is for you!

This intensive training programme covers the knowledge and skills you need to find a job in a variety of sectors by giving you CV and job search skills as well as preparing you for the application and interview stages of gaining employment.

Included in the 'Get Ahead' Programme:

- CV and Application Form support
- Interview technique training
- Short skills training - including: IT/MS Office, Food hygiene, Digital skills, Customer Service, Retail, Warehousing, Construction and more
- Guaranteed interview with employer/recruitment agency

How to get involved:

Regular weekly Information Sessions are held at DBC Derby. Please phone to reserve your space

Eligibility:

- Unemployed and not in full time education
- A British/EU citizen or have lived in the UK for 3 years or more
- Open to all ages from 16 onwards

✉ Info@dbc-training.co.uk

☎ 01332 295588

📍 3-4 St Peter's Churchyard, Derby, DE1 1NN


delivering better careers,
companies & candidates

Young people learning valuable skills at The Money House...

The Money House programme opened its doors to six young people early in 2018, where they learnt about budgeting, banking, borrowing, benefits, bureaucracy and consumer rights. Any young person fitting the criteria will be considered:

- Between the ages of 17 to 24 years and in supported housing, foster/residential care and planning to move to live independently within the next 3 months OR
- Has signed a tenancy agreement within the last 6 months OR
- Has approached an agency for debt relief or advice.

The course takes place over 4 days in a real flat in Newbold, Chesterfield, and prides itself on being informal and friendly.

The next available dates are:

20 – 23 March 2018
10 – 13 April 2018
24 – 27 April 2018
15 – 18 May 2018



"The Money House is a great scheme with great staff in a good environment. You don't do much written work and you can have a laugh. You also learn a lot of valuable skills and meet people who can give you advice."

Kelham, aged 19

For more information contact

Claire on: 07960 584 141 or

Gail on: 07738 107 072

Or visit www.ruralactionderbyshire.org.uk



DORA Youth

Young people's mental health matters

DORA Youth is a voluntary mental health organisation for young people in Chesterfield, North East Derbyshire and Bolsover.

One in 10 young people have a mental health diagnosis. DORA Youth's on-line survey, backed up by anecdotal evidence, reveals that one of the biggest issues affecting young people is stigma around mental health. DORA Youth has been set up to challenge perceived views of mental health by raising awareness and thereby breaking down stigma.

DORA Youth has teamed up with the Chesterfield Butterfly Project, a peer support group for people affected by self-harm. The first meeting of the Youth Butterfly peer support group

took place on the 27 February 2018 and going forward it will meet twice a month.

DORA has also welcomed on board Image, a peer support group which supports people with Eating Disorders in the Chesterfield area. DORA Youth will be supporting a Youth Image group, facilitated by volunteers from the Image group for adults. Image ran their first youth peer support group for young people aged 13-18 on 6 March 2018, and the group now meets monthly.

In response to considerable interest, DORA Youth intends to set up a peer support group for young people affected by anxiety and depression. The first meeting will be on 20 March 2018 and going forward the group will meet monthly.

For more information, or to signpost a person to a group contact: 07922 520 057 or email: dorayouth17@gmail.com

Anxiety and Depression



Image



The Butterfly Project

