



Derbyshire Autism Services

Unit 3a Unicorn Business Park, Wellington Street
 Ripley, Derbyshire DE5 3EH
 Tel: 01773 741221
 email: enquiries@derbyshireautismservices.org
www.derbyshireautismservices.org

What's On! August 2018

SPECTRUM

Autism

Friendly Festival 2018

Sunday 23rd September

10.00am-6.00pm

Lea Green Learning & Development Centre
 Main Rd, Lea, Matlock, DE4 5GJ



Live acts, Bouncy castles,
 Silent disco, Face painting
 Superheroes, Disney
 characters, Arts & Crafts,
 Indoor Soft Play, Cooking
 classes, Climbing walls,
 Information stands, Prizes,
 Creative studio, Outdoor
 activities, Yoga, Sensory
 areas, Magicians, Creepy
 Crawlies & lots, lots more...

Tickets available at
www.peaksGO.com

Adults £12.50
 Teens (13-18) £7.50
 Children £5.50



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

Adult Social Group Dates

Chesterfield

Date/Time	Activity	Venue
Saturday 11th August 1:00pm to 5:00pm	Bowling	
Saturday 8th September 1pm to 5pm	Cinema	

Derby

Date/Time	Activity	Venue
Saturday 4th August 1:00pm to 5:00pm	Laser Quest	
Saturday 1st September 1pm to 5 pm	Cinema	

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






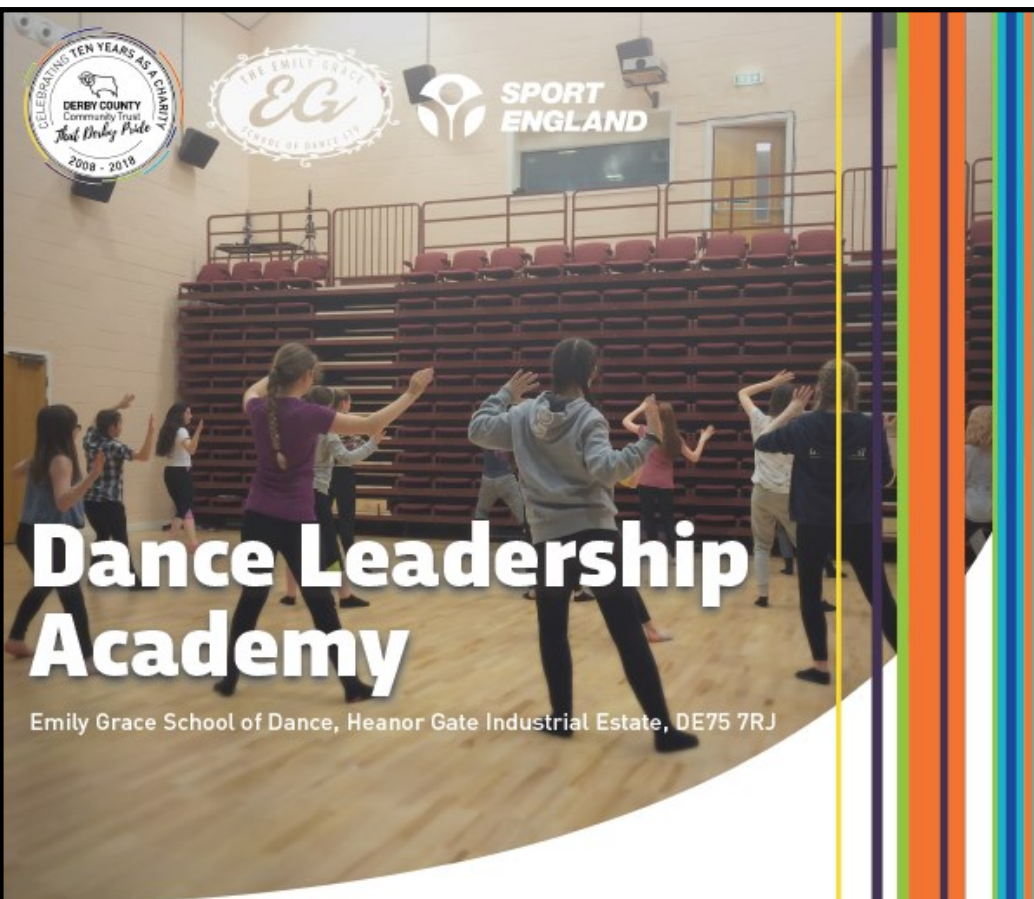
WINNING MINDS

A volunteer pathway for people affected by low self esteem or confidence to improve health and wellbeing and gain qualifications!

Males only
Ages 13-19
Wednesdays: 3pm-5pm
Chamos Centre, Kirk Hallam, Ilkeston, DE7 4LT

For more information,
please contact:
David on 07920703484 or John on 07580 723007





Dance Leadership Academy

Emily Grace School of Dance, Heanor Gate Industrial Estate, DE75 7RJ

Gain dance leadership level 1 qualification over the summer holidays! Make friends, gain confidence and have fun!

Dates and Times

Monday 30th July: 3pm-5pm
Wednesday 1st August: 10am-12pm
Monday 6th August: 3pm-5pm
Tuesday 7th August: 6pm-8pm
Monday 13th August: 3pm-5pm
Monday 20th August: 3pm-5pm

Monthly session to develop volunteering and healthy lifestyle after the course!

☎ Call David: 07920 703 484 or Miss Emily: 07970 207 187

✉ Email David: David.Goulding@dcct.co.uk

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 August and 1st September 2018 6.45pm-7.45pm

Derbyshire Independent Community Advocacy Service

Contact Us:

Telephone: 01332 623732

Email: enquiries@derbyshireindependentcommunityadvocacy.org.uk

Website: www.derbyshireindependentcommunityadvocacy.org.uk



Give as you Live™

The "Give as you live" website brings together thousands of online retailers that have all signed up to donate a percentage of every purchase you make to us at no cost to you.

When you download "Give as you live" and sign in using your Everyclick account, or create a new one nominating "Derbyshire Autism Services Group" as your preferred charity. When you shop directly with one of the retailers listed they will donate a percentage of your purchase to us. The average internet shopper can raise £25 in one year, without any extra cost to themselves. It's quick to install and is 100% secure, so why not give it a try.

ACTIVITIES & EVENTS

THINGS TO DO & PLACES TO GO

TRAMPOLINING SESSIONS AT RIPLEY

For young people with additional needs. Qualified and experienced coaches. General supervision to be provided by parent/carer.

At Ripley Leisure Centre, Derby Road, Ripley. Saturday at 11.15 am, only £4.00 per session. Please contact Vanya Currell or Ripley Leisure Centre on: 01773 514727 and leave a message for Tracy to call you.



Ilkeston 1st Bowl

DASG members can bowl at the reduced cost to them of £2.50 each, per game, Monday – Sunday at anytime

Social Night—Over 18s

A social evening is held for the over 18's with additional needs at Hacketts, 8 King Street Belper (behind Boots) on the third Wednesday of each month between 7pm and 10pm.

There is no entrance fee.

A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar.

Further details are available from Elaine 07527364947.



Dimensions

Disco (Over 18s only). Disco for people with learning disabilities at

The Venue Night Club, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Contact: Shelly Burton on 07721 384920 or

Discos

Social Night at Hacketts Bar in Belper - social night for adults (18+) with learning disabilities. The 3rd Wednesday of the month 7-10pm. No entrance fee. A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar. Contact Elaine on 07527364947.

Dimensions Disco - disco for people with learning disabilities at The Venue Night Club, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Over 18s only. Contact Shelly Burton on 07721 384920

or michelle.burton@dimensions-uk.org

Just Good Friends - night club event for people with learning disabilities at Escapade, Cavendish Street, Chesterfield. Over 18s only. Contact 07599 076866 or 07599 076868.

Live
Life
Better
Derbyshire



Your FREE Health and Wellbeing Service

If you're 16 and over and live in Derbyshire we can help you to:



Lose Weight



Stop Smoking



Get Active



Improve Your Wellbeing



To find out more:

www.livelifebetterderbyshire.org.uk

Email: llbd@nhs.net

Freephone 0800 0852299 or 01246 515550 (local rate)

Text 'LLBD' free on: 80800

@llbderbyshire

llbd.nhs

DERBYSHIRE
County Council
Improving life for local people

Derbyshire Community Health Services NHS
NHS Foundation Trust

This service is funded by Derbyshire County Council and provided by Derbyshire Community Health Services NHS Foundation Trust.



WINNING MINDS

A volunteer pathway for people affected by low self esteem or confidence to improve health and wellbeing!

Various weekly sessions across Derbyshire for anyone between ages 10 and 25.

Gain qualifications including Sports Leadership Level 1 and First Aid training.

For more information, please contact:

david.goulding@dcct.co.uk | 07920703484





Feelgood Fleet



7pm - 8.30pm third Friday of the month

A healthy kick-start to your weekend
with different creative well-being activities
for both adults and teenagers (accompanied by an adult)



- 5th May - World Labyrinth Day Peace walk** with Allison Prince
- 18th May - Sound Bath Meditation** with Cara 'Studio Amirah'
- 15th June - Drum Circle** with Nikki Fenwick 'Tribal Vibes'
- 20th July - Movement Medicine** with Claire Armstrong
- 17th August - Elemental Tai Chi** with Cara 'Studio Amirah'
- 21st September - Sound Bath Meditation** with Cara 'Studio Amirah'
- 19th October - Yin Yang Yoga** with Laurie Lowe 'Sage Yoga'
- 16th November - Singing for the Soul** with Sue MacFarlane
- 21st December - Solstice Labyrinth** with Allison Prince

Soundbaths are £10 per person & all other workshops are £5 per person
Places are limited and bookings will be taken 4 x weeks prior to a session

For more information please visit our Website: www.fleet-arts.org
To book/enquire please Email: events@fleet-arts.org or Tel: 01773 820484
Fleet Arts is a registered charity No: 516342

This project is supported by Belper Town Council



LONGSHAW, BURBAGE AND THE EASTERN MOORS - SUMMER PLAY TRAIL

Come and adventure around Longshaw, have fun along a family trail and spot wildlife, hop, hide and balance. Pick up a trail from the caf or shed for 1. There's so much to do at Longshaw in the summer; from paddling in the Burbage Brook, to clambering on rocks and building dens. Booking Not Needed. Dogs on leads welcome.

Longshaw, Burbage and the Eastern Moors, Longshaw Estate, near Sheffield, Derbyshire S11 7TZ Sat 21st July to Sun 9th Sept

A National Trust Event - Start 10:30. End 16:30. Normal Admission Charges Apply. Start from the café or shed, where you can pick up a trail for £1, from 10.30am - 4.30pm.

SUSSED OUT FOR SUMMER 2018 AT SUDBURY HALL

Looking for something to keep the little ones entertained this summer holidays? Well here at Sudbury We've got it sussed out for you!

Join us for a summer of crafts, trails and outdoor activities. With a different theme each week there will always be something different to do.

£1 per child Admission applies at venue

(Please remember that the crafts are only available Monday - Friday)

Sat 21st July to Sun 2nd Sept

Sudbury Hall and Museum of Childhood, Main Road, Sudbury, Ashbourne, Derbyshire DE6 5HT

ILAM PARK, DOVEDALE AND THE WHITE PEAK - SUMMER PLAY TRAIL AT ILAM PARK

Explore, play and enjoy the great outdoors with a self led trail at Ilam Park this summer. Suitable for families of all ages, you'll be able to build a den, play pooh sticks, spot sheep and balance on logs along the way. 1 trail sheet available daily from the shop at Ilam Park, 11 to 5. Booking Not Needed. Suitable for children of all ages. Dogs on leads welcome.

A National Trust Event - Start 11:00. End 17:00. Normal Admission Charges Apply.

Check website for latest information

Ilam Park, Dovedale and the White Peak, Ilam, Ashbourne, Derbyshire DE6 2AZ

Sat 21 Jul 2018 to Sun 9 Sep 2018



Crafters Group

Mondays

1.00 - 4.00pm

Join our social craft group

Meet other crafters

Bring your own project

Share skills

£2 per session

**At Amber Trust
Ripley**

**Contact Tracy Litchfield
on 01773 742051 for more info**

**AMBER
TRUST**

P3

Robin Hood Festival

Monday 27 August - Sunday 2 September 2018 11am to 4pm Sherwood Forest Country Park Free

Visit the home of Robin Hood at Sherwood Forest for the 34th annual Robin Hood Festival, organised this year by the RSPB, Nottinghamshire County Council and a consortium of partners.

There will be lots of activities for children and families including storytelling, street theatre, traditional music and performances happening at different times each day throughout the week and of course the ever popular skirmishes between Robin Hood and the Sheriff of Nottingham. More details of specific event dates and times will be released closer to the festival - follow the [Robin Hood Festival Facebook page](#) for regular updates!

Refreshments will be available to purchase from the exciting new Visitor Centre.

The festival is free to enter, however there is a car parking charge of £5 per car.

Organised by: RSPB, Nottinghamshire County Council and partners

Suitable for

Suitable for all ages.

Time guidance

Daily 11am-4pm

Booking details

No need to book.

The festival is free to enter, however there is a car parking charge of £5 per car



Winning Minds

Gain qualifications including Multi Sports and Leadership Level 1!

A volunteer pathway for people affected by low self esteem or confidence to improve health and wellbeing! For ages 10+

Where

St. Andrews Church Hall, Station Road,
Langley Mill, Derbyshire, NG16 48P

When

Wednesday 25th July - 29th August,
10am-12pm

✉ For more information email david.goulding@dcct.co.uk

☎ Or call David on 07920 703 484



Winning Minds

Gain qualifications including Sports Leadership Level 1 and First Aid Training!

A volunteer pathway for people affected by low self esteem or confidence to improve health and wellbeing! For ages 16+

Where

Willows Sports Centre, 1 Willow Row,
Derby, DE1 3NZ

When

Starts Thursday 16th August, 1pm-2pm

✉ For more information email david.goulding@dccct.co.uk
☎ Or call David on 07920 703 484

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 11th September

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

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

Hi

We opened the new Buxton Cinema at the end of last year in the Pavilion Arts Centre and we usually show a couple of Autism-friendly screenings each month.

We are a charity ourselves, so one of our fundraising groups kindly gave us money for a sensory tent, beanbags etc so that we can set up a chill out area in the foyer. We have also produced a visual story for the cinema: <https://buxtonoperahouse.org.uk/autism-friendly-screenings> and we offer free 'essential companion' tickets.

I really want to be able to continue providing these screenings as part of our regular programme, but the moment we are struggling to get many people attending.

Would you be able to share our events on your Facebook page and in your What's On booklet?

The next films are:

Incredibles 2: Saturday 28 July at 10am <https://buxtonoperahouse.org.uk/event/incredibles-2-pg-autism-friendly>

Hotel Transylvania 3: Saturday 25 August 10am <https://buxtonoperahouse.org.uk/event/hotel-transylvania-3-autism-friendly>

At the moment the screenings are at 10am on a Saturday, but we are thinking of changing this to 10.30 to tie in with Morrison's Quieter Hour.

Any help or advice would be much appreciated.

Many thanks
Emma

Emma Oaks
Head of Marketing & Audiences
Buxton Opera House & Pavilion Arts Centre
T: 01298 72050
E: eoaks@boh.org.uk

W: buxtonoperahouse.org.uk



Rufford on the Beach

Saturday 21 July - Sunday 9 September 2018 Rufford Abbey Country Park Free

Come and enjoy all the fun of the seaside at Rufford Abbey Country Park with our bespoke built beach. We will have regular children's entertainment, from music and dance to traditional Punch and Judy shows. You will also see our Resident Donkeys on selected dates throughout the summer. Bring your bucket and spade, beach towel and sun hats and enjoy! Summer Entertainment Programme will be announced shortly. Entry: Free to enter (normal parking charges apply)
Opening times: All day from 10:00 - 17:00

Organised by: Member of the public

Time guidance

Open daily from 10.30am - 5.00pm

Rufford Abbey Country Park

off Old Rufford Road
Ollerton
Nottinghamshire
NG22 9DF

Telephone: 01623 821 338

E-mail: ruffordabbey@parkwood-leisure.co.uk