

What's On! January 2018



Director:
Chris Ebborn

**East Midlands
Singing for Fun
Choirs**

A New Choir Coming near you!

**Starting Monday 15th
January 2018
10 to 12noon**



**Meeting at:
St John's Church, Canal
Street, Long Eaton,
NG10 4GA**

Interested:

**Text 'Yes to Long Eaton SfF Choir' to [Tel:07792089104](tel:07792089104)
Email: chris_ebborn@yahoo.co.uk**

Find us on Facebook: East Midlands Singing For Fun Choirs

**We meet Term time only and take part in frequent concerts.
£5.50 per session (approx. 30 weeks of the year.)**

*It's official,
Singing is Good for You!*

Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed.

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.

**Derbyshire Autism Services
Carer Support Group 2018**

Every fourth Friday of the Month 10am to 12pm

At DAS 3A Unicorn Business Park, Wellington Street, Ripley Derbyshire, DE5 3EH

Friday 26 th January	Friday 23 rd February	Friday 23 rd March
Friday 20 th April	Friday 25 th May	Friday 22 nd June
Friday 20 th July	Friday 24 rd August	Friday 21 th September
Friday 26 th October	Friday 23 rd November	Friday 21 th December

Please contact Derbyshire Autism Services on 01773 741221 to book a place or 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

BE A MATE

MAKE A DIFFERENCE

One in 10 young people experience a mental health problem.

- 1. CHECK IN**
- 2. HEAR THEM OUT**
- 3. SHARE SOME TIME**

Being a mate can make all the difference.

f Be A Mate


Southern Derbyshire Clinical Commissioning Group
North Derbyshire Clinical Commissioning Group
Erewash Clinical Commissioning Group
Hardwick Clinical Commissioning Group



'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 3 session 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 during 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 February 13th/ 20th/ & 27th

Time: 1.30-3.30pm

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)

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:**

6th of January and 3rd of February 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.



Information for partners and referrers

'Money Sorted in D2N2' is a financial inclusion project helping people with money management and improving people's financial well-being.

It is supporting people in Derby, Derbyshire, Nottingham and Nottinghamshire



LOTTERY FUNDED



European Union
European
Social Fund

Partner details in the local areas

Advice Nottingham

Julian O'Neill
07387 104933
Julian.O'Neill@StAnnsAdvice.org.uk
and
Nadine Morgan
07387 104934
nadine.morgan@StAnnsAdvice.org.uk

Derby Advice

01332 643394
Derby.Advice@derby.gov.uk

Derbyshire District CAB

Claire Knowles - Amber Valley,
Erewash, Derbyshire Dales
07866 947858
claire.knowles@ddcab.org.uk
OR
June Avison - High Peak
07866 947859
june.avison@ddcab.org.uk

Derbyshire Law Centre

Personal Navigator (Financial Inclusion)
01246 550674 Freephone: 0800 707
6990
dlo@derbyshirelawcentre.org.uk

Derbyshire Unemployed Workers Centre

01246 231441
info@duwc.org.uk

South Derbyshire CAB

Tory Smith
01283 210108
vsmith@southderbyshirecab.org.uk

DHA - Direct Help and Advice

Maureen Davison - Personal Navigator
07933 997219
01159 300 199
maureen.davison@dhadvice.org
OR
Karla Cook - Manager
0115 9300 199
07763 649306
karla.cook@dhadvice.org

Disability Nottinghamshire

Daniel Staniland
01623 625891
daniel@disabilitynottinghamshire.org.uk

Emmanuel House

0115 9507140
admin@emmanuelhouse.org.uk

Nottinghamshire Advice Network

Abbey Garnett
01623 415964
admin@nan.support

Nottingham and Nottinghamshire Refugee Forum

Joshua Aspden
0115 960 1230
joshua.aspden@nottsrefugeeforum.org.uk

Nottinghamshire YMCA

Samantha Collins
0115 9567600 Ext 259
07786 211275
samantha.collins@nottsymca.org

YMCA Derbyshire

Jenni Hewkin
01332 579583
jenni.hewkin@ymcaderbyshire.org.uk

Email: info@moneysortedInd2n2.org

Web: www.moneysortedInd2n2.org

Disabled?

Looking for a job?



The Disability Employment Service

Who we are

The Disability Employment Service is funded by Derbyshire County Council. We support disabled people to find training, work experience, voluntary work and paid employment.

Employment is not just about earning money. It provides social contact, structure, friendships and can improve wellbeing and self esteem. The Disability Employment Service can make employment a realistic option for many disabled people.

What we do:

- Help to match you to the job that's right for you
- Help finding work experience and voluntary work
- Make sure you find out about job vacancies
- Help with selling yourself in your application forms and CV
- Help you prepare for interviews
- Advise you about support in the workplace, such as equipment or other support you may need

- Support you to access work placements and apprenticeships
- Help employers to support their disabled staff.

What we cannot do:

- We cannot promise that you will get an interview or that you will get a job
- We cannot give you a job or create a job for you.



Who we work with:

We can assist anyone who has a disability.

For further information please contact the Disability Employment Service:

Tel: 01629 532441

Email: disabilityemploymentservice@derbyshire.gov.uk

Write to:
Disability Employment Service
Derbyshire County Council
Adult Care
County Hall
Matlock
DE4 3AG
Web: www.derbyshire.gov.uk/dep

This leaflet can be made available in large print, Braille, audio or alternate languages by calling 01629 532441.