



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! July 2018

CROAK

Carers & Relatives Of Autistic Kids



Do you care for a child with ASD or ADHD?

Maybe you're just starting to suspect something because of certain behaviour?

We are a group of parents, relatives & carers who understand! You don't need a diagnosis. If you need some support, a cuppa & somewhere to talk it out freely & not feel judged then you have found the right place!

We meet every other WEDNESDAY 11am till 1pm

NEW VENUE!!!!

Kirk Hallam Community Academy
(6th Form Block – ask at reception)

Godfrey Drive

Kirk Hallam

DE7 4HH

Contact Liz for further details on 07568 196968
or email croak.ilkeston@gmail.com

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 7th July 1:00pm to 5:00pm	Heights of Abraham	
Friday 13th July	Joint Social Group	DAS office Ripley

Derby

Date/Time	Activity	Venue
Saturday 7nd July 1:00pm to 5:00pm	Heights of Abraham	
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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.

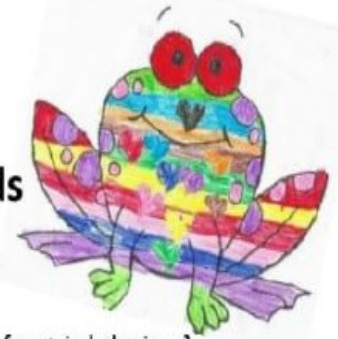
The Law Centre has a team of solicitors and advisers who provide free legal advice, assistance and representation on a range of housing and employment issues to tenants and employees such as prevention of homelessness and evictions, redundancies and dismissals.

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

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Join us on Facebook – just search @croakilkeston

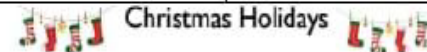
We have a secure chat group where no question is too big or too small, someone will try to help you.

To maintain the confidentiality & security of the group you will need to answer a couple of quick questions to join. This is the page you are looking for...



Families of children of all ages or schools are welcome.

Daytime 11-1pm Lakeside Building (6th form)	Evening 5-7pm Learning Support Department
Wednesday 27 th June	
☀☀ Summer Holidays ☀☀	
Wednesday 5 th September	Thursday 27 th September
Wednesday 19 th September	Tuesday 6 th November
Wednesday 3 rd October	Thursday 6 th December
Wednesday 17 th October	
Wednesday 14 th November	
Wednesday 28 th November	
Wednesday 12 th December	



Christmas Holidays

Find us at Kirk Hallam Community Academy, Godfrey Drive, Kirk Hallam, DE7 4HH

For further details contact: Liz on 07568 196968 or email croak.ilkeston@gmail.com

Hi,
 I would like to introduce myself, my name is Sharon and I am the newly appointed Financial Futures Support Officer for Alfreton and Ripley. I wanted to let you know about a new project that has now been launched in Alfreton and Ripley. Called Financial Futures, our aim is to provide access to digital technology (with support) to help those with a lack of financial and/or digital capability to improve their skills and knowledge. At the moment we have sessions open based at Ripley library on Tuesdays from 10am – 12.30pm (starting May 22) and Alfreton library from 12.30pm – 3pm. Sessions may include:

Help with completing forms online	Basic IT Skills	Job search
UC applications or other benefits	CV writing	Budgeting skills
Money saving tips	Online banking help	

The list is endless..... We want to offer a digital service to anyone that needs it and hopefully we can upskill people along the way. We would like to work in partnership with you to reach the people who really need this kind of help and support. I'd like to come and talk to you about what I can offer as part of the service and how I can liaise with you to provide the kind of sessions that you know people may need. If you would like to find out more, contact me to arrange a visit, or to talk further, either by email or on the number below and I'll get back to you as soon as I can.
 Kind regards,
 Sharon

Sharon Quinn
 Digital and Financial Support Officer
 Tuesday and Thursday, 9.45am – 3.45pm, and Wednesday 9.45am – 12.30pm
 0115 9441806
 Citizens Advice Derbyshire Districts, Castledine House, 5 Heanor Road, Ilkeston DE7 8DY



For advice please call our Telephone Advice Line [open Monday to Friday, 9.00am to 4.00pm]
0300 456 8390 [calls to this number are charged at the same rate as 01 and 02 numbers]

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>

About

Insight Healthcare's Talking Therapies provides help for people with anxiety, depression and other similar difficulties. The service is free; funded by the NHS.

You can contact us directly for an appointment on

0300 555 5582



Who is the Service for?

The service is available to anyone living in the county who is aged 18 and above.

The service provides help for people experiencing common difficulties such as:

- Low mood
- Depression
- Anxiety
- Stress
- Panic
- Anger
- Phobias
- Trauma
- Bereavement
- Loss
- Relationship difficulties
- Family problems

How it Works

The first step is to arrange an assessment appointment for you with one of our therapists. A range of appointment times can be made available including out of hours and Saturday morning appointments. This can be provided face to face or on the telephone. The assessment allows us to get an understanding of your current difficulties. At the end of the assessment the therapist will discuss the next steps with you. Insight Talking Therapies is able to offer a range of effective treatment options and the best way forward will depend on your particular needs. For example, counselling, cognitive behavioural therapy (CBT), psychotherapy or group work.

Your Therapy

The therapy may be provided in your local GP surgery or at another venue convenient for you. Therapy can also take place over the telephone or online where that is suitable and convenient. Insight Healthcare has therapists with a range of different training and specialist skills so that we can provide the appropriate support for your particular needs.

To Make an Appointment

You can contact us yourself on 0300 555 5582 or ask your GP for a referral to Insight Talking Therapies.

Confidentiality

Insight Healthcare complies with NHS confidentiality guidelines. This means that information relating to you and your treatment will remain confidential to us unless we have your consent to share it or where there is a risk to you or someone else.

Accessibility

Insight Healthcare is sensitive to the diverse needs within our community and welcomes clients irrespective of race, gender, disability, sexual orientation, national origin or any other difference.

We can provide therapists who are able to speak languages other than English, or interpreters where necessary. Leaflets and materials can be supplied in a range of languages, in large print, braille or audio tape as required. Please let us know if you have any queries or special requirements.

T: 0300 555 5582

E: Derbyshire@insighthealthcare.org

www.insighthealthcare.org

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:**

7th July and 4th August 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.

Rhubarb Farm Courses Summer 2018

Marigold Club

Thursdays,
10.30am – 2.30pm
*Women's
woodworking & DIY
Group*

Healthy Eating Talk

Friday June 29th
1.15 – 2.30pm

Wednesday August 8th
10.45 am – 12.00pm

Rhubarb Shed Men

Mondays,
10.00am – 3.00pm
*Men's woodworking
group*

Brightside Courses

Art Class
Wednesdays
for 5 weeks,
10.30am – 12.30pm
Starts June 13th

Buddy Training for Volunteers

Friday July 13th
10.30 am – 12.30pm
Wednesday July 18th
1.15 – 2.45pm

Friends and Relationships

Thursday 9.30 – 12.30
September 13th
*For young people
aged up to 25 years*

Knocker Knitters

Wednesdays,
10.45am – 12.30pm
*Knitting group for
people of all skill
sets.*

Inspire Courses

Tuesday July 17th
Cook Lunch with
Farm Food
10.00 – 12.30
Make and Bake
1–3pm
for 3 weeks

COMING SOON...HEALTHY TAKEAWAYS.....COMING SOON...



If you are interested in attending any of these courses, please contact
denise@rhubarbfarm.co.uk
Hardwick Street, Langwith
NG20 9DR
Tel: 01623-741210

**Flexible local
services to
support you
and your family**



**Relate services in Derby
Southern Derbyshire
and East Staffordshire**



You're not alone

Let's face it - life is full of twists and turns and we could all use some extra support at times. Change can sometimes feel overwhelming, even if you're the one that's making it happen.

That's why we're here.

At Relate Derby and Southern Derbyshire we offer a wide range of services to help support you and the people around you.

Our current range of services include:

- Relationship counselling for couples and individuals
- Counselling for children and young people
- Family counselling
- Sex therapy
- Education and learning courses
- Coaching for work, life and relationships
- Employee assistance programmes

We deliver services face to face, by telephone and also via the web using webcam, LiveChat and email.

Common questions

How to get started

If you've decided that you'd like to explore how Relate could help, then please get in touch. Our staff will explain more about our services and how to book. You'll be offered an initial consultation with a counsellor so we can decide together whether our services are right for you at this time.

How many sessions?

This will depend on the issues you're dealing with and how you'd like to proceed. Some people benefit from just one or two sessions while others do need more.

Is it confidential?

We offer private and confidential help to all our clients. We don't give your name or information from or about you to anyone outside Relate unless we have reason to believe that someone is at risk of harm.

How much will it cost?

This will depend on which service you want and where you live. We work to find funding to deliver as many of our services as possible free or at a subsidised rate. Please contact us and we can discuss options with you.

Telephone Helpline and LiveChat Drop in
0808 178 9363

www.relatederby.org.uk/live_chat

Talk for free to an experienced relationship and family counsellor with additional training in understanding Asperger Syndrome, Domestic Violence and Abuse and mental health issues.

Relate Relationship counselling

Counselling for individuals and couples
Relationship counselling is for everyone - you don't have to be married or living together to seek our help and you can also come by yourself. We can also help people who are separating or divorcing, whether they want to try to rebuild their relationship or to part amicably and healthily.

Relate Safe Speak

Counselling for 5-18 year olds
We provide face-to-face support to children and young people across Derbyshire and East Staffordshire and LiveChat counselling to over 11 year olds.

Safe Speak is for any child or young person who is having problems. Our counsellors understand what's going on in young people's lives and can help them deal with the challenges of school, home life and growing up. We listen to the young person and help them to understand their relationships better, whether they are with parents, peers or teachers.

'Having counselling was good for me and us as a family. It helped us to talk about our concerns and worries. Our house seems a lot calmer now.'

Counselling client

Family counselling

Support for any family members who want to improve things at home
All families have arguments at some time and big changes can affect parents, step-parents, grand-parents and of course children. We see individuals as well as varied groups of family members to deal with their family difficulties. Relate family counsellors don't take sides or tell people what to do, but they do really care about helping families to find a way forward.

Sex therapy

A chance to talk over problems in a safe and private environment
Most people encounter sexual problems at some point in their lives. Relate sex therapists understand that people might feel embarrassed talking about what isn't working for them in their sex lives. We can help identify the cause of issues and help people build a better and more satisfying sex life.

Relate training

Our training service offers:


- Courses and workshops
- Coaching services
- Supervision support for groups and individuals

relate
the relationship people

Relate Derby Southern Derbyshire and East Staffordshire

3 Wentworth House
Vernon Gate
Derby DE1 1UR
Phone: 01332 349177

Email: info@relatederby.org.uk
Website: www.relatederby.org.uk

 @RelateDerby

If you are deaf we can arrange to take your details face to face with a BSL interpreter present.
Text us on 07503 288677

Relate Safe Speak
Phone: 01332 349301

Email: info@safespeak.org.uk
Website: www.safespeak.org.uk

Safe Speak is the name used for our children and young people's services

Training, Supervision and Coaching services

Email: training@relatederby.org.uk
Website: www.relatederbytraining.org.uk

If you have any comments, ideas or complaints please use the Feedback Form on our website or write to our CEO.

Relate Derby and Southern Derbyshire
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