



Derbyshire Autism Services

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 Ripley, Derbyshire DE5 3EH
 Tel: 01773 741221
 email: enquiries@derbyshireautismservices.org
 www.derbyshireautismservices.org

What's On! June 2018

DORA 2017

Championing people's mental health in Chesterfield

Feeling low? Anxious? Isolated?

Need some support or advice?

Don't know where to turn?

Come to our **Coffee Mornings**

1st Tuesday in each month 10.30am – 2.30 pm

where you'll find a friendly and welcoming social environment



A chance to socialise, find out what going on in the community, join in with activities including arts, crafts, games or just have a chat

NEW from March: a Walking for Health group is starting up from Monkey Park. 12.30 for short walks in the local area; all welcome!

Drinks and cakes available – we'd appreciate a small donation to cover costs

@ Monkey Park CIC 128a Chester Street, Brampton, Chesterfield
 S40 1DN

(on the corner of Chester Street and Clifton Street, **Bus 2a from town**)

Find us on Facebook DORA 2017

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 9th June 1:00pm to 5:00pm	Historic Place of Interest	
Saturday 7th July 1:00pm to 5:00pm	Heights of Abraham	

Derby

Date/Time	Activity	Venue
Saturday 2nd June 1:00pm to 5:00pm	Historic Place of Interest	
Saturday 7th July 1:00pm to 5:00pm	Heights of Abraham	

DAS Carer Support Group

Friday 22nd June 10:00am to 12:00 am

This is now a self run group and this is the first date. Please call 01773 741221 if you would like to attend. This is a new format and we will monitor interest shown to determine the future of the group

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

RNIB Connect

Big Connection East Midlands!

RNIB Connect are holding an open day to enable our East Midlands community members to meet, socialise, share stories, experiences, skills and much more. There will be the opportunity to hear about the hobbies and interests of our Connect Community Volunteers, along with having a go yourself! These include crocheting, fitness, base guitar, audio description and goalball.

There will also be a social area and information from RNIB, Guide Dogs and Sight Support Derbyshire.

When & Where

Saturday 2nd June

11am to 3.30pm

Derby University Enterprise Centre, Bridge Street, Derby, DE1 3LD

Additional info

Parking is available and there will be a free minibus doing shuttles from Derby Train station. Passenger assist and volunteers will be able to direct you.

Closest public bus stop is Quaker Way Adj Seven Stars and this is a 5 minute walk to the venue.

Light refreshments will be provided. For more information call us on 01509 632413. We look forward to meeting you on the day!

*Photo's will be taken on the day, please make yourself known to a staff member if you do not wish to be photographed.

ADDITIONAL NEEDS FAMILY NIGHTS



This event
is wheelchair
and SEN
friendly.

Saturday 2nd June 2018 - 5.30pm-7.30pm
Saturday 11th August 2018 - 5.30pm-7.30pm
Saturday 17th November 2018 - 5.30pm-7.30pm

**Disabled Guests, Carers
and Spectators:**

£9.99 per person

Siblings and Family Members:

£12.99 per person

All Rides and Attractions open
(excluding the Nucleus and Outdoor pool).

**Booking for this event is essential
as event is restricted to 600 guests.**

Remaining tickets may be sold on the door on the evening. Please call to check availability a few days prior to event if you wish to pay on the evening.

*** Disabled Identification Card or other
official paperwork required on the night.**

**TICKETS
AVAILABLE 2
MONTHS PRIOR
TO THE EVENT.**

To book online please visit www.waterworld-tickets.co.uk alternatively give our bookings team a call on 01782 205747 who can now take bookings for this event via the telephone. Payment in full is required upon making a booking. Payment is non refundable.

Terms and Conditions may apply.
Please visit our special events page on
www.waterworld.co.uk for more details.

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:**

2nd June and 7th July 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.

**Chesterfield and North Derbyshire
Tinnitus Support Group**



Free Wellbeing Conference

For anyone experiencing Tinnitus (noises in the head or ears) or anyone wishing to find new ways to manage stress and anxiety

Wednesday 27th June 2018

11.00am – 3.00pm (Registration from 10.30am)

Winding Wheel, 13 Holywell Street, Chesterfield S41 7SA

Speakers include:

Jamie Broadley – Health and Wellbeing

David Lees – Mindfulness

Tim Buckle – Psychological Wellbeing

**Refreshments including lunch will be provided
Loop system and speech to text transcription available on
the day**

Ample parking is available close to the venue

**BOOKING IS ESSENTIAL. To book a place please contact
the Chesterfield and North Derbyshire Tinnitus Support
Group on 01246 380415 or
email: mail@tinnitussupport.org.uk**



Sharing Not Wasting is a new initiative in Belper to share food that would otherwise go to landfill.

- The food we are sharing may be the result of over-forecasting or fluctuations in demand, etc.
- We do not know in advance what will be in the delivery each week, or the quantities.
- If you can take a bag and use it (and/or share it), you can be part of the solution to food waste :)
- The food is not for sale, but we ask for donations on a 'pay as you can/feel' basis (for deliveries, bags, etc)
- If you know people who would like to be part of the solution to food waste, tell them about us.
- We will be at The Children's Centre every Friday between 2pm & 4pm
- This is a new project and we will be learning as we go along - so expect teething troubles and changes :)
- All of the people involved in the project are volunteers. If you would like to volunteer to be part of the project, please message us via Facebook for further details.
- Keep up to date with developments and news via <https://www.facebook.com/groups/sharingnotwasting>

FREE COURSES

BRIGHT SIDE

Taking steps towards feeling positive through learning new skills



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

Learn locally with Derbyshire County Council's Adult Community Education Service
www.derbyshire.gov.uk/adulteducation



These **FREE** courses are available for anyone experiencing mental health difficulties, or emotional or psychological distress. One in four of us go through this at some time in our lives. People can join Bright Side as an individual or through a support group.

The Bright Side courses are normally 12 hours long, spread over several weeks. They deliver a rich variety of practical and hands on skills, such as outdoor and creative activities, cookery and relaxation, all in a friendly setting.

Each programme will be adapted to the interests of each group and can offer a stepping stone onto other activities.

People with understanding and experience of mental health issues are helping us to design the Bright Side project because they know how learning new skills can help. Additional support will be provided to help people to join in, enjoy themselves and move on.




BRIGHT SIDE

For more information about this exciting new project, please contact

brightside@derbyshire.gov.uk
01629 536569

To get a copy in a community language, on audio tape or in large print, please call **01629 536569** or visit www.derbyshire.gov.uk/adulteducation

The details contained in this brochure are correct at the time of going to print. However we may have to make changes, giving advance notice wherever possible.

