

What's On! May 2018



arts Create. Participate. Connect

Therapeutic Textiles

'Love-a-Lampshade' project

Learn diverse textile skills in a friendly, informal group to promote your own health and wellbeing.

This term we will be using various techniques to transform a series of lampshades to help Fleet Arts look as diverse and welcoming as possible.

9th April
14th May
11th June
9th July

Second Monday of the month in Spring/Summer 2018
1.30pm – 3.30pm
£3 including all materials

Just come along or book a place
Tel: 01773 820484 Email: jane@fleet-arts.org
Fleet Arts The Fleet Belper DE56 1NU
www.fleet-arts.org

arts Registered Charity no. 516342 This project is supported by Belper Town Council 

Adult Social Group Dates

Chesterfield

Date/Time	Activity	Venue
Saturday 5th May 1:00pm to 4:00pm	Joint Creative Workshop	DAS Activity Suite, Ripley
Saturday 9th June 1:00pm to 4:00pm	Joint Paint a Pot	

Derby

Date/Time	Activity	Venue
Saturday 5th May 1:00pm to 4:00pm	Joint Creative Workshop	DAS Activity Suite, Ripley
Saturday 5th May 1:00pm to 4:00pm	Joint Paint a Pot	

DAS Relationship Group

Thursday 24th May 6.30pm to 8:00pm	Thurs 21st June 6:30pm to 8:00pm
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DAS Carer Support Group

Friday 25th May 10:00am to 12:00am	Friday 22nd June 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



emh care & support



CHESTERFIELD
BOROUGH COUNCIL



Join us for our stroll and roll accessible walks at...



Eastwood Park



Meet up at:

The Sports Pavilion, Eastwood Park, Eastwood Park Drive, Hasland, Chesterfield, S41 0AY and walk round the park followed by activities and refreshments in the Village Hall.

Part of the Chesterfield and District Walking Festival

'Stroll and roll' are fully accessible walks led by qualified walk leaders. The walks are free and the pace is set by you! Wear appropriate shoes and check the weather forecast and dress appropriately. Both locations have disabled parking available.

For more information and to reserve your place contact:

Tom Whittaker Operational Manager Community and Engagement

07736 822305; Tom.Whittaker@emhcareandsupport.org.uk

or Tina Hensey Community Lifestyle Officer

01246 345669; tina.hensey@chesterfield.gov.uk



Cromford Canal



Meet up at:

Cromford Wharf, Mill Road, Cromford, DE4 3RD for a walk along the Cromford Canal, there will also be an opportunity to use 'friends of Cromford Canal' narrowboat 'Birdswood' to complete part of the journey to or from the High Peak Junction.

Roll and Stroll walks are fully accessible, wheelchair friendly and led by qualified walk leaders. Disabled parking, cafes and refreshments, picnic areas and accessible toilets are always available. The walks are free and the pace is set by you! Wear appropriate shoes and check the weather forecast and dress appropriately.

IMPROVE YOUR HEALTH, EXPLORE THE DALES, SOCIALISE AND GET ACTIVE

For more information and to reserve your place contact:

Howard Griffith Derbyshire Dales Walking for Health Officer

01629 761194; Howard.Griffith@derbyshiredales.gov.uk

Tom Whittaker Operational Manager Community and Engagement

07736 822305; Tom.Whittaker@emhcareandsupport.org.uk



If you need someone to support you please don't come on your own as unfortunately we can't offer any additional support. Please ring us with any questions.

Welfare Benefits



Thousands of people in Derbyshire are missing out on benefits that are theirs by right.

Sometimes the system doesn't make it easy for you to understand the rules about benefits or how to claim the benefits you are entitled to.

We can help with advice and can take on any representation that you may need.

- We deal with welfare benefits and tax credits, sometimes referred to as social security.
- We can give advice over the phone about which benefits to claim and how to claim them.
- We can send out claim forms and advise on how to challenge decisions by the benefits authorities.
- We can assist with benefits appeals, including representing Derbyshire claimants at tribunal hearings.

If you disagree with a benefits decision you only have one month in which to challenge the decision, so you need to seek advice right away.

If you need help filling in benefit claim forms, your local Citizens Advice Bureau can help.

Contact us

Email welfarebenefits@derbyshire.gov.uk or phone our benefits helpline, 11am-4.30pm, Monday to Friday, on 01629 531535.

If your call isn't answered right away, please leave a message and we'll call you back.

Additional information can be found on our website, visit www.derbyshire.gov.uk/welfarebenefits

Benefits Helpline – 01629 531535
Monday to Friday – 11.00am – 4.30pm

Published & Printed by Derbyshire County Council, County Hall, Matlock DE4 3AG

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:**

5th May and 2nd June 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.

the transition event

#TransitionEvent

FREE*
PARENT TICKETS

FREE
EXHIBITION

ONE-TO-ONE
PARENT ZONE

Thursday 17th May 2018
Ricoh Arena, Coventry CV6 6GE

Building the best future for young people with additional needs

Moving into adulthood (or transition) can be exciting but challenging for young people and their families. This popular conference and exhibition provides information and inspiration to navigate the journey.

Conference agenda

- Education, Health and Care Plans
- Employment
- Uncovering Benefits
- Education options and the future
- Navigating Transition
- Housing

The **FREE** exhibition showcases products and services.

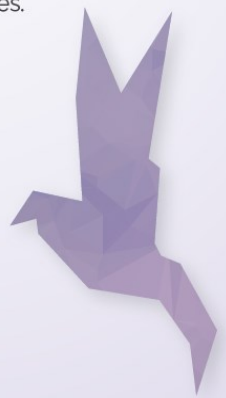
*Limited free conference tickets available for parents and carers. £10 + VAT thereafter. Advanced booking required.

Professional (non care provider) tickets also available.

Organised by 
www.myfamilyourneeds.co.uk

Want to know more?

Tel: 01223 206953 • Email: events@myfamilyourneeds.co.uk



Principle sponsor:



Sponsors:



Cine Kids

Cine Kids are family focused film screenings every weekend and during the school holidays.

All tickets are £3.50 for Cine Kids Club members (which includes the whole family and their guests).

Membership is FREE and available from QUAD Box Office to families with children under 16. Non-members also welcome, who will be charged the standard cinema ticket price.

To hear when new Cine Kids films are announced please see www.derbyquad.co.uk/cine-kids.aspx or join our Cine Kids Facebook Group.

 www.facebook.com/groups/quadcinekids


Cine Babies

Cine Babies screenings are exclusive screenings for parents or carers with babies under 12 months which take place every Thursday.

To enable entrance, join QUAD's Cine Babies club for free. Register either over the phone, in person or by downloading the Cine Babies membership form and returning it to QUAD Box Office with baby's birth certificate or red book before the screening.

Tickets for Cine Babies screenings are bookable in advance or on the day via QUAD Box Office.

Find out what films are screening please see <https://www.derbyquad.co.uk/cine-babies.aspx> or join the Facebook group.

 www.facebook.com/groups/quadcinebabies



Supportive Environment Screenings

Every second Thursday of the month at 11:00am

Monthly screenings suitable for adults and children with specific needs and people from within the autistic spectrum. Adaptable environment screenings with house lights slightly raised, sound levels lowered and no adverts or trailers before the films.

Tickets are: £6 or £5 Concessions, tickets for carers are free.

Supportive Environment films are not available to book online, please contact QUAD Box Office to book, you can also sign up to receive regular details.



Cine Babies Tickets

Cine Babies tickets for adults are £7.00 or £6.00 concessions, tickets for babies are free. Please note that there is no general admittance for these screenings.

Image: Laura Mitchell

Children's Art Week

Happy Families Animation

Saturday 9th June 11:00am - 4:00pm
(with 1hr break) Suitable for ages 5+

We're celebrating Children's Art Week by looking at what makes us happy in this family friendly iPad animation workshop. Explore what makes your family happy and design, build and capture your joy in stop motion.

Tickets: Under 16s £2.50, 16+ £5.00

Booking required. Children must be accompanied by an adult throughout

Happy Hours

Monday 11th & Friday 15th June
4:30pm - 5:30pm

Free

Suitable for ages 5+

Join us for this free drop in after school creative workshops for all the family where we look at what makes us happy. There will be various digital and craft materials available to design, build and create the things that give you the most joy.

Drop In

Listen Love Learn

Tuesdays 12:30pm - 2:30pm

Creative activities for all families with children up to 5 years. A supportive environment to learn new skills and share experiences, includes specific focused sessions for young parents, babies, toddlers, mums, dads and the family together.

£1 per adult per session

For more information regarding the sessions and additional weekend activities, please see:

www.derbyquad.co.uk/creative-wellbeing/listen-love-learn.aspx

A Year of Wellbeing

Well Dressing

Derby's annual well dressing activities take place in June. Come along and take part in this ancient tradition which is so closely associated with Derbyshire and the Peak District.

www.derbyquad.co.uk/whats-on/event.aspx

Get Creative

Q Club

For children and young people 5-18yrs old, with additional support needs.

QClub is targeted at children on the autistic spectrum, children with additional support needs or who are socially excluded, have disabilities, are young carers, looked after or bereaved children.

Various supported activities are run after school throughout term time and during school holidays.

For further information or to make a referral, please contact Abbie Canning on: 01332 285427

abbiec@derbyquad.co.uk

www.derbyquad.co.uk/creative-wellbeing/q-club.aspx

QClub Outdoor Projection

In support of Autism Awareness Week and Autism East Midlands 50th Anniversary, QClubbers and their families worked together to produce an animation that will be projected on the outside of the QUAD building across Autism Awareness Week 2018, 26th March to 2nd April.

QClub Virtual Reality World Exhibition

Resource Area, QUAD
Saturday 26th May - Sunday 3rd June

From floating castles and cloud sheep, through to Thomas the Tank Engine and 'Le Sausage Hotel', come and stroll through the virtual reality world that QClubbers have created with artist Darius Powell, during the spring term.



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Scams alert

Scams aim to con you out of your money.

They can arrive by post, phone call, text message or email or a scammer may turn up at your home.

Follow our top tips to spot a scammer.

A scammer may:

- contact you out of the blue
- make promises that sound too good to be true - if something sounds too good to be true it probably is!
- ask you to pay for something up-front - for example, they'll ask you to pay a fee before you can claim a prize.
- ask you to make a quick decision by saying things like 'if you don't act now you'll miss out'. This puts you under pressure and you don't have time to think.
- be over-familiar and over-friendly with you.
- tell you an offer has to be kept secret.
- ask for your bank account details. **Never** give your bank details to people you don't know, especially people you meet online.
- give a mobile number or PO Box number as the contact for their company - these are easy to close and difficult to trace. It may be a sign that the company doesn't exist or isn't legitimate. Check out the company's details with Companies House or look on the internet for more details about them.

If you think you have been scammed you can find help and support here...

Action Fraud

Telephone: 0300 123 2040;

Monday to Friday, 9am to 6pm;

Website: www.actionfraud.police.uk;

Textphone: 0300 123 2050

ActionFraud
www.actionfraud.police.uk

Citizens Advice Derbyshire Districts

Adviceline: 0300 456 8390

Monday to Friday, 9.00am to 4.00pm;

Textphone: 0300 123 2050

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www.erewash.gov.uk



CLICK, Create, connect

Fridays 18 May - 6 July

10am - 12 noon

**Kirk Hallam
Community Centre**

Come and 'click' with us at our free, friendly photography and creative writing sessions.

**No camera?
No problem**

come along and we'll make one!

For more information contact

Katherine Brown
Arts Development Officer

0115 907 1141

Katherine.brown@erewash.gov.uk

Please note only 10 spaces available



Hello,

Hope you are well. Please see below information about a show which might be of interest to your group.

The show comes in 3 different versions:

For those with profound and multiple learning disabilities - this performance takes place on **Sunday 17 June at 1:30pm.**

For those on the autism spectrum - these performances take place on **Saturday 16 June at 1:30pm & Sunday 17 June at 10:30am.**

For those who are deafblind with or without any cognitive impairment - this performance takes place on **Saturday 16 June at 10:30am.**

Thanks so much,
Hannah

Hannah Redfern
Marketing Assistant
Derby Theatre
www.derbytheatre.co.uk

Mountains

Thursday 10 - Saturday 12 May

derbytheatre.co.uk

01332 593939



Supported in public funding by
**ARTS COUNCIL
ENGLAND**

Part of the



European Union
European Regional
Development Fund

Derby Theatre is a Registered Charity and relies on the generous support of individuals and funders to deliver our work with localschools, communities, audiences and artists.

Financial Futures

Helping you make better decisions about your money.

From April 2018 you can get free help and support sessions in our Ilkeston **computer hub** to..

- develop IT skills and confidence.
- get the best deals on offer on your energy and utility costs.
- complete on-line forms and documents including benefit applications.
- find the information you need when job searching.



citizens
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Derbyshire
Districts

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
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.