



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! November 2018



Derbyshire Recovery & Peer Support Service

HORIZON

A self help group that provides a safe place to meet others, socialise and gain peer support to support those experiencing and recovering from mental health concerns and emotional difficulties.

Thursdays - 10am - 1pm

United Reformed Church,
 Trent Street,
 The Green,
 Long Eaton

If interested, you can just pop in to the group or call 01773 734989 for more information

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 10th November 1pm to 5pm	Combined Group Session	Cosmo Restaurant
Saturday 8th December 1pm to 5pm	Pantomime	

Derby

Date/Time	Activity	Venue
Saturday 10th November 1pm to 5pm	Combined Group Session	Cosmo Restaurant
Saturday 8th December 1pm to 5pm	Pantomime	

Useful Numbers

- DIASS (Derbyshire Info, Advice & Support for SEND) 01629 533668
- Derbyshire Safeguarding 01629 532600
- Call Derbyshire (Derbyshire Adult Social Care) (Support Assessment) 01629 533190
- Derby City Adult Social Care (Support Assessment) 01332 640777
- Derventio Housing Trust (Housing,Employment) 01332 292776
- DBC (Training, Employment) 01332 295588
- Derbys County Council Support Services for Special Educational Needs 01629 532722
- STEPS Derby City Childrens Support 01332 641400

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

QUAD Cinema

Supportive Environment Screenings

Film screenings suitable for adults and children with specific needs and people from within the autistic spectrum.

This is an adaptable environment screening with house lights slightly raised, sound lowered, and includes no adverts / trailers.



Johnny English Strikes Again (PG)

Thursday 8th November at 11:00am

UK | 2018 | Dir. David Kerr | 88 minutes

After a cyber-attack reveals the identity of all of the active undercover agents in Britain, Johnny English is forced to come out of retirement to find the mastermind hacker.

QUAD, Market Place, Cathedral Quarter, Derby
Tickets & Information 01332 290606 www.derbyquad.co.uk

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 23rd October

7pm – 11pm

Tickets £5 on the door



The Cross Keys

35 MARKET PLACE,
BELPER
DE56 1FZ



If you want to book a ticket or for any queries
please ring 01246 913267 or 07599076866

Just Good Friends Nightclub event is a friendly,
inclusive evening, we can't offer one-to-one support,
so if you need assistance, your friend or carer will

need to buy a ticket too.

****Carers Half price £2.50****

Fully accessible for wheelchairs



OVER 18's ONLY



find us on facebook



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:**

3rd November and 8th December 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.

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 6th November

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

Derbyshire Recovery & Peer Support Service

Hearts & Minds

A women's only peer support group that meets in various locations around Erewash. The group enjoys trips out for lunch and social gatherings.

The group meets every Tuesday around 1pm - 3pm

For more information about how you can access this group, please call

01773 734989

Derbyshire Recovery & Peer Support Service

Albion Group

A peer support group that meets at the Cat and Fiddle, Kirk Hallam every Monday (except bank holidays) at 12pm - 2pm.

The group enjoys lunches, bingo, raffles and other fun social activities.

For more information about how to access this group, please call us on 01773 734989



Derbyshire Carers Association Free First Aid Training for Carers

**Monday
26th November
10am—12noon**



**Room 1, Market Hall,
Chesterfield, S40 1AR**

The course delivered by Paramedical First Aid Training will cover:

**Safety • Recovery Position
Choking • CPR • Wounds
Assessing for breathing**

To book your place on this
FREE course contact DCA on:

01773 833833

Registered Charity Number: 1062777





Winning Minds

Starts 5th November, 12:30pm - 2pm

Where?

Long Eaton Youth Club
173 Derby Road, Long Eaton
Nottingham
NG10 4LL

Age Groups

For ages 16 - 25

Winning Minds is a mental health focused, person-centred and social action development programme. Sessions cover mental health and wellbeing, physical activity, social action and personal development. We aim to build confidence and raise self-esteem and also improve mental wellbeing throughout.

For more information email david.goulding@dcct.co.uk or call the DCCT team on **01332 416140**

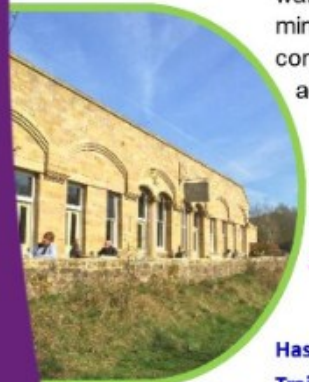


Derbyshire Carers Association Dementia Friendly Walks



Walking for Health, Making Space and Derbyshire Carers Association would like to invite you on a walk to suit any ability.

These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support.



Whitworth Centre free car park in Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks

2nd Tuesday of month—9 Oct, 13 Nov, 11 Dec 2018

Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers

3rd Tuesday of month—16 Oct, 20 Nov, 18 Dec 2018



For more information please contact Helen Milton at Walking for Health on: **01629 761 194** or email helen.milton@derbyshiredales.gov.uk

Registered Charity Number: 1062777

