



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! October 2018

Umbrella

SEN Provider Marketplace

10am-2pm, 11th October 2018

Come along and meet local service providers at this free event. Representatives from children's and adult services, care, play and leisure will be there to answer your questions! Drop in throughout the day. Refreshments on sale.

Broadway Baptist Church

DE22 1BP

Call Umbrella on 01332 785658



For more details



- | | |
|------------------------|----------------------------|
| To include: | Disability Direct |
| Derby City Local Offer | Derbyshire Autism Services |
| SENDIASS | Riding for the Disabled |
| Jumping Clay | DIASS |
| Contact | |



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
Friday 12th October 6:00pm to 9:00pm	Combined Group Session	DAS Office Ripley
Saturday 10th November 1pm to 5pm	Combined Group Session	Cosmo Restaurant

Derby

Date/Time	Activity	Venue
Friday 12th October 6:00pm to 9:00 pm	Combined Group Session	DAS Office Ripley
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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

Heart of Derbyshire cookery courses

Free courses for groups of people who would benefit from learning how to cook healthy meals and save money on their weekly food shop.

Heart of Derbyshire aims to improve the health of people in Derbyshire through healthier eating. As part of the project, free cookery courses for groups are being organised on request by Derbyshire County Council's Adult Community Education Service.

Heart of Derbyshire 'Cooking on a Budget' courses will cover:

- Basic cooking skills
- An introduction to creating simple and balanced healthy meals using affordable, seasonal and fresh ingredients
- Understanding the importance of food hygiene, storage and planning
- Budgeting and food shopping advice

Courses are aimed at groups of people who will benefit most from them. These include:

- Adults with learning disabilities
- Weight management groups
- Elderly people
- Carers
- Food bank users
- Families, especially those in deprived areas
- BME groups
- Brightside mental health
- Those at risk of homelessness

Cookery courses will be set up across Derbyshire on request, at venues that meet the needs of groups. Each course is designed to be delivered in six 2 hour sessions (12 hours in total) but delivery can be varied to meet the needs and availability of groups wanting the training.

If you work with any of the target groups listed above and they are interested in having a free cookery course organised for them, please contact Nikki Wright on **07518 863860** or email: nikki.wright@derbyshire.gov.uk

For more information about Heart of Derbyshire visit www.derbyshire.gov.uk/heartofderbyshire





This is **me!** network events

Tuesday 2 October 2018

9.30am – 1pm
Masson Mill, Matlock DE4 3PY

Thursday 11 October 2018

9.30am - 1pm
The Stuart- Best Western,
London Rd, Derby DE1 2QR

Facilitating **inclusive sexual health** for people with learning disabilities and difficulties.

Do you support or work with people with learning disabilities or difficulties? Find out how you can offer support around sexual health education and advice at our networking event.

Book your FREE place online, via our website:
<http://bit.ly/2CCXmMb>

Take a look at our website for the range of services and information available to you.



Website: www.yoursexualhealthmatters.org.uk

Information & Booking Line: 0800 328 3383

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>

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 9th October

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

mind | Derbyshire
for better minds, better lives



Enjoying Derbyshire, enjoying life.

Derby Adult Learning Service

Learning Opportunities for Adults

Mindful Drawing

Explore how drawing can support a deeply relaxed state. Create your own version of Art.

All sessions are led by Alicia Vernon and Kat Frakes.



This 5 week **FREE** course starts on Wednesday 17 October 2018 from 6pm till 8pm at the Littleover Community School, Pastures Hill, Littleover, Derby, DE23 4BZ

To book your place **FREE** place, please call our Learner Helpline

Tel: 01332 717900

Email: enquiries@derbyals.org

meet enjoy learn achieve



Derby City Council

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 October and 3rd November 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.

Specialist Children's Services Present:

Information Sessions for Parents and Carers of children/young people with Learning Disabilities and/or Autism, who live in North Derbyshire

Positive Behaviour Support (PBS)

Wednesday 7th November, 2018. 9:30am – 11:30am.
Old Lecture Theatre, Chesterfield Royal Hospital, Chesterfield S44 5BL
(Park in visitor car parks 5 or 6 and enter through the visitor entrance).

Positive Behaviour Support (PBS)

Monday 12th November, 2018. 9:30am – 11:30am
Fairfield Sure Start Centre, Victoria Park Road, Buxton, SK17 7PE
(Car parking available on site).

Sensory Processing Difficulties

Thursday 6th December 2018. 9:30am – 11:30am.
Fairplay, Alexandra Road West, Chesterfield S40 1NP
(Pay and display visitor parking in Mecca Bingo car park –
please do not park on Alexandra Road West).

These information sessions aim to support parents/caregivers of young people who have a diagnosis of moderate to severe Learning Disability and/or Autism Spectrum Disorder. Foster Carers should access our Professionals Seminars, which will be more relevant.

Please note, the two PBS seminars have exactly the same content. There is no need to attend both.

For all sessions, please arrive at 9.15am for registration and tea/coffee (which will be provided).

If you are interested in attending a workshop, or have any questions, please contact:
Louisa Campbell: 01246 514523; or email us on CRHFT.camhsadmin@nhs.uk

Please note, current and future information sessions are advertised on
www.camhsnorthderbyshire.nhs.uk

PLEASE BOOK EARLY AS PLACES ARE LIMITED



A new non-profit mental health organisation using the arts to directly respond to the lack of awareness and distinct stigma surrounding Borderline Personality Disorder (BPD).

BPD is a serious condition for which there is very little NHS support. It affects approximately 1% of the general population.

Yet, despite being so prevalent, BPD is not commonly understood. This creates issues not only for those with BPD but also for society at large.

If we address this root issue, there will be extensive benefits to those with BPD, those involved in their care and society as a whole. Increasing awareness can lead to better care and understanding, which is life changing and potentially life-saving.

Borderline arts is made up of four strands.



www.borderlineart.co.uk



Mental Health Awareness

FREE TO ATTEND

HOSTED BY
PAULINE LATHAM
OBE MP



This event is being sponsored by:



UNIVERSITY OF
DERBY

calm people

Friday 12th October 2018
10.00am - 2.00pm

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

Speakers

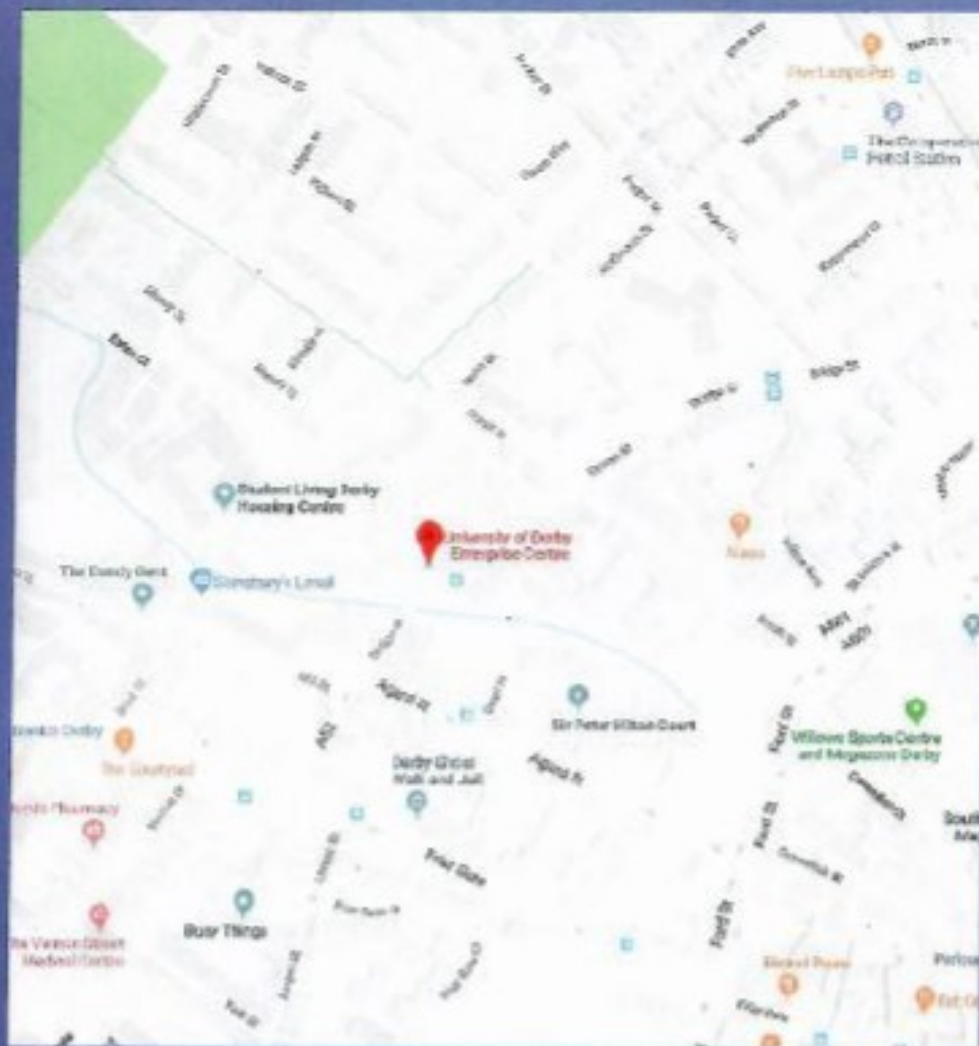
11.00am **Amanda Solloway** from HeadHigh

Amanda will be talking about the impact of mental health on families

11.30am **Julian Hall** from Calm People

Julian will be talking about Emotional Resilience - What it means and how it impacts individuals and the workplace

The event will be free to attend and will have information on accessing mental health services, supporting people with mental health issues and information on emotional health and well-being



This event is being sponsored by:



UNIVERSITY OF
DERBY

calm people

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

If you would like to exhibit at the event, register to listen to speakers or require further details, please call 01332 676679 or email howitta@parliament.uk

Specialist Teaching and Psychology Service

Children and Young People with Social Communication difficulties/ Autism



Derby City Council

The Team

We are experienced teachers and practitioners for children with Social Communication difficulties and/or Autism. We provide a range of support for pre-school and school aged children in Derby City mainstream schools and nurseries.

Safeguarding

All the members of the Social Communication and Autism Team have a Disclosure and Barring Service check. We all have a responsibility to share concerns about a child's welfare with statutory agencies responsible for safeguarding children within their home and settings.

How are children referred?

Pre-school Children

Referrals from parents and professionals are discussed at the Early Years Referral and Assessment Panel which meets every 3 weeks.

School aged Children

All Schools have the option to purchase a package of support from the team.

We liaise with many other professionals and agencies including:

- Educational Psychologists
- Speech and Language Therapists
- Occupational Therapists
- SENDIASS
- Vulnerable Learners Service

Our role may include

For parents

- Providing support and advice to parents about the diagnosis
- Providing a weekly drop-in parent group at 3 locations across the City
- Library facilities at the Drop-in
- Offering 'Introduction to Autism' Parent Courses for parents of under 8's. Signposting parents to Autism courses run by other agencies for children aged over 8
- Signpost parents to local and national support agencies
- Liaise with other agencies involved with the child.



For Early Years

- Advice and support on approaches and resources
- Training for settings
- Support with transition into school
- Home visiting service for children not in a setting.



STePS admin 01332 641400
stepsadmin@derby.gov.uk

Social Communication and Autism Team, STePS,
People's Services,
The Council House,
Corporation Street,
Derby DE1 2FS