



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! April 2019

**EVERYONE
 WANTS TO BE HEALTHY**



ACTIVE AUTISM SESSIONS

Our Active Autism sessions are designed to bring families and friends together of people who have autism or other special needs. A variety of play equipment will be provided in a fun and safe environment. A tuck shop will run during/at the end of each session. Prior booking is advised – please telephone the leisure centre directly the week before to book and pay. For specific requirements email katherinehibberd@everyoneactive.com or tel. 07734 003832

- Twilight Swim at Hucknall (NG15 7TX) Sat 30th March 6.15-7.15pm £8.30
- Ice skating at Lammas (NG17 2AD) – 28th April 3.30-4.30pm £15
- Skate and Bounce at Festival Hall (NG17 7DJ) 18th May 1-3pm £12
- Twilight Swim at Hucknall 8th June 6.15-7.15pm
- Twilight swim at Hucknall 13th July 6.15-7.15pm
- Twilight Swim at Hucknall 24th August 6.15-7.15pm

Hucknall – 0115 9568750 Lammas 01623 522508 Festival Hall 01623 457101

Ask the team at reception for more information
 or visit www.everyoneactive.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.

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 have an active Facebook chat group called "CROAK! Chat group for carers & relatives of autistic kids" we ask three security questions when you join for members safety, please find us & join in the chat!

In the Cafe	Learning Support Department
Daytime 11 – 1pm	Evening 4.30 – 6.30pm
Big Kirk Hallam Community Centre Kenilworth Drive Kirk Hallam	Kirk Hallam Community Academy Godfrey Drive Kirk Hallam
Tuesday 2 nd April	
Tuesday 30 th April	Wed 8 th May
Tuesday 14 th May	
Tuesday 11 th June	Wed 19 th June
Tuesday 25 th June	
Tuesday 9 th July	

Contact Liz for further details on 07568 196968

or email croak.ilkeston@gmail.com

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

EREWASH MENTAL HEALTH PARTNERSHIP and COMMUNITY CONNECTORS

INFORMATION CAFE

Tuesday 9th April 2019

**St Andrew's Methodist Church -
Bath Street, Ilkeston, DE7 8BD
(Entrance off Wilmot Street)**

CALL IN ANYTIME BETWEEN 11.00am and 1.00pm



- Find out what is happening in Erewash - groups, activities and volunteering - and how to become involved
- Tea, coffee, cake and biscuits provided free of charge

Everyone Welcome

**For further details contact Cats or Jo at
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD
Tel: 0115 9466740.**

Email: catriona@erewashcvs.org.uk or jo@erewashcvs.org.uk



A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 9th April

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:**

13th April and 4th May 2019 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

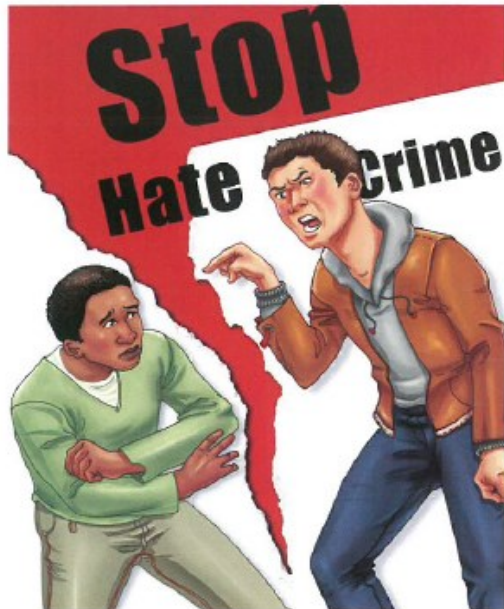
Social Night at Hacketts Bar in Belper - social night for adults (18+) with learning disabilities. The 3rd Wednesday of the month 7-10pm. No entrance fee. A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar. Contact Elaine on 07527364947.

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.

STOP HATE UK



Independent Hate Crime Support

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE ©
Text Relay 18001 0800 138 1625

IMAGES © CHANGE. WWW.CHANGEPEOPLE.CO.UK

Disability Gender Identity Race Religion Sexual Orientation



ADULT WELL-BEING WORKSHOPS



A series of well being workshops each focusing on one of the 5 Ways to Wellbeing using the Equine Assisted Activities and Learning alongside mindfulness exercises to explore that workshops theme and leave you feeling relaxed and connected.

First Session – 25th April 12.30 – 3pm – part funded sessions at £15 per person

Will include:

- Ground work round pen activity.
- Mindfulness activity.
- Equine Assisted Learning Activity.
- Group Activity.

CHILDREN'S WELL BEING ACTIVITY DAY

Children's activity day during the Easter holidays. These sessions are suitable for 8 to 14-year-olds.

17th April – All Children Welcome (aged 8 – 14) Full Day 10 – 3pm (£40 please provide own lunch) or half day 10 – 12.30pm (£25). Second child half price.

23rd April – Additional Needs Group (aged 8 – 14) Half Day 10-12.30pm (£25). Suitable for children with additional emotional support needs, Special Educational Needs or disabilities.

Please contact the centre if you are not sure of suitability for your child.

The sessions will include ground-based activities including:

- Round Pen Activity with horses.
- Creative Activity.
- Mindfulness Activity.
- Learning about horse care and horse grooming.

To book please go online at www.spiritandsouleaac.co.uk/bookonline or contact us on email: info@spiritandsouleaac.co.uk phone: 07837 257 813.

sinfonia
VIVA

Sing Viva

C H E S T E R F I E L D C A R E E R S
C H O I R

Join us for a sing through some choral favourites, as well as songs from the shows and pop favourites. There's no previous choir experience needed, so why not make new friends, or bring someone with you, and enjoy the chance to try something new together, in a relaxed, friendly and supportive environment.

CHESTERFIELD LIBRARY THEATRE
NEW BEETWELL STREET, CHESTERFIELD S40 1QN

FOR MORE INFORMATION, AND TO REGISTER, PLEASE CONTACT ANDREW@VIVAORCH.CO.UK | 01332 207602

FOR PARKING AND ACCESSIBILITY INFORMATION, PLEASE CONTACT US BEFORE THE SESSION

Take some time out for yourself and join us to sing through some choral favourites, as well as songs from the shows and pop favourites. Make new friends, or bring someone along with you - join like-minded people and enjoy the chance to try something new together, in a relaxed and supportive environment. There's no previous choral experience needed, just come along and give it a go - you'll be given everything you need when you join.

You'll work in regular monthly sessions exploring music and singing, and there'll be a range of performance opportunities at venues across the county, supported by Sinfonia Viva, the East Midlands professional orchestra. You'll also benefit from offers to attend Viva concerts.

FORTHCOMING COME-AND-SING EVENINGS
TUE 29TH JANUARY, 7.30PM - 9.30PM
TUE 26TH FEBRUARY, 7.30PM - 9.30PM
TUE 26TH MARCH, 7.30PM - 9.30PM
TUE 30TH APRIL, 7.30PM - 9.30PM
TUE 21ST MAY, 7.30PM - 9.30PM
TUE 25TH JUNE, 7.30PM - 9.30PM
ALL SESSIONS ARE FREE OF CHARGE. REFRESHMENTS PROVIDED.

FOR MORE INFORMATION, AND TO REGISTER, PLEASE CONTACT
ANDREW NESBITT, EDUCATION PROJECT MANAGER
ANDREW@VIVAORCH.CO.UK | 01332 207602

THE
HEADLEY
TRUST

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ORCHESTRAS *Live*

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LOTTERY FUNDED

Supported using public funding by
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FOUNDATION

Things to do this month

Easter Trail at Sherwood Forest

Saturday 6 - Sunday 28 April 2019 10am to 3pm Sherwood Forest Visitor Centre £2.00 (concessionary: £1.60 RSPB Members.)

Come out of hibernation and stretch your legs while following our family-friendly Easter trail around Sherwood forest.

Wiggle your tail and flick your ears, the Easter Bunny is looking for new recruits! If you can complete all the challenges around the Major Oak Trail you can claim your reward at the end.

10am - 3pm daily

£2.00 per trail and standard car parking charge applies.

Organised by: RSPB

No need to book.

Creswell Crags

Few archaeological sites are more fascinating than this picturesque limestone gorge and country park. Its many caves have yielded Ice Age remains and are home to the only Ice Age rock art in Britain. Visit the brilliant Museum and Education Centre to learn more about our ancestors, take a cave tour or enjoy one of the many walks before relaxing in the café. Easter trail from 26th March-15th April.

Crags Road, Welbeck, Worksop S80 3LH, 01909 720378 www.creswell-crags.org.uk

Crich Tramway Village

Make sure you bring your tin hat if you visit the National Tramway Museum from 1st-2nd April. The site will be turning back time to World War II with a Home Front theme. Expect wartime vehicles on show, themed entertainment and a range of vintage trams offering rides. There are plenty of places to eat and drink including a pub, tea room and old-fashioned sweet shop, plus woodland walks, a sculpture trail and a workshop gallery.

Crich, Matlock DE4 5DP, 01773 854321 www.tramway.co.uk

Carsington Water

Owned by Severn Trent Water, this large reservoir offers a great day out. In the Visitor Centre, an interactive exhibition explains the water cycle and how clean water makes it to our taps, whilst a variety of walking trails, a cycle hire, restaurant, shops, picnic areas, an adventure playground and sailing club offer something for everyone. Easter Bunny Hunt from 24th March-9th April.

Carsington, near Ashbourne DE6 1ST, 01629

540363 visitcarsington.co.uk/whats-here

Conkers

An ideal destination in changeable weather, Conkers offers a mix of indoor and outdoor experiences at the heart of the National Forest. Check out 120 acres of woodland or take the 18-stage Activity Trail challenge or Vertigo Adventure with high and low ropes, zip wire and climbing wall. Indoors, there's a 4D cinema, play zone and over 100 interactive exhibits. Easter fun from 24th March-15th April includes orienteering, bushcraft and pond-dipping activities, shows and an Easter Bunny Challenge.

Rawdon Rd, Ashby-de-la-Zouch, Swadlincote DE12 6GA, 01283

216633 www.visitconkers.com