

What's On! August 2019



2019 Summer holiday workshops

W: www.fleet-arts.org E: events@fleet-arts.org T: 01773 820484

Children's Art 'Making Mondays':

Monday 29th July, 10am – 3pm

Create model fairgrounds... with Tan Draig

Monday 5th August, 10am – 3pm

Explore Ocean & harbours...with Nansy Ferrett-Paine

Fleet Arts, The Fleet, Belper DE56 1NU

For children aged 5 – 13yrs old. Booking essential.

Cost per child, per day: £10 waged, £5 low/un-waged

Supervised lunch break - please bring your own lunch



Teenager activities:

'Summer Rock School', Tuesday 30th July - Friday 2nd August

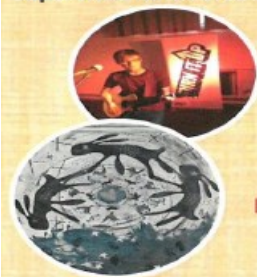
FULLY BOOKED

Stencil Spray painting Mural, 1pm – 5pm

Monday 12th (11–14yr olds) & Tuesday 13th August (15–19yr olds),

Design stencils, then paint with them directly onto an outside wall.

Fleet Arts, The Fleet, Belper. FREE. Contact us for more information.



Family workshops:

'Nature Nurture', Wednesday 24th July, 1.30pm – 4pm

Creative activities in the Deer park with Claire Simpson

Meeting at the Early Years Centre, Alder Road, Belper

Adult to stay/join in with children (max 3 per adult) aged 5–13yrs

Children FREE. Adults £3 with healthy snacks for all. Booking essential.

'Larks in the Park', Sunday 11th August, 2pm – 5pm

FREE event with activities and our drop-in art workshop

Belper Memorial Gardens, King Street. FREE event, open to all.

'Derby On-Board Games' Day, Saturday 31st August, 10am – 8pm

Many varied games to join in with/try out. Stay for as long or as little as you like.

Fleet Arts, The Fleet, Belper DE56 1NU. £3 donation on the door.



Registered Charity
no. 516342



This project is supported by
Belper Town Council

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 meetings.

Please contact the office on 017733 741221 for a registration form and date details

Month	Derby	Chesterfield
August	<i>Bowling</i> Saturday 1.00pm-4.00pm	<i>Bowling</i> Saturday 12.30pm-4.30pm
September	<i>Social Session</i> Saturday 1pm – 4pm	<i>Social Session</i> Saturday 1pm – 4pm
October	TBA Saturday 12.30pm-4.30pm	<i>Laser Quest</i> Saturday 12.30pm-4.30pm
November	<i>Laser Quest</i> Saturday 12.30pm-4.30pm	<i>Cinema</i> Saturday 12.30pm-4.30pm
December	<i>Christmas Party</i> Saturday 1pm – 4pm	<i>Christmas Party</i> Saturday 1pm – 4pm

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

Your Own Space

Are you a parent/carer or know
someone who cares for some
one with Autism?

Do You Feel Isolated and would
you like to meet other parents,
carers for some informal
Support and Social Opportunities

We are parents/carers
who have set up a
support group run for and by
each other.

Where
Activity Suit Derbyshire Autism Services
3a, Unicorn Business Park, Wellington St, Ripley DE5 3EH

When last Thursday of the month

August 29th
September 26th
October 31st
November 28th

From 7.30pm to 9pm

If you feel this is you.

Contact

Julie Baker 07811516261
Fiona Trotter 07784356153

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>



weekly softplay sessions designed for children with autism,
aspergers and adhd and a playmate.

with a sensory room with sensory toys, textured fabrics and
soft cushions.

low level calming music with a reading and activity areas.

we also have visual cards if required for assistance

every tuesday 4.00 till 5.30

come rain or shine, term time and through
school holidays

booking essential due to limited spaces.

£3.00 per child

find and like us on facebook and
join us at

unit 6, cromford rd ind est
cromford road

langley mill

nottingham

ng16 4fl

01773 767050

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 St Andrews Church Hall, Station Road, Langley Mill. 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

Specialist Children's Services



Learning Disability Child and Adolescent Mental Health Services
(LD CAMHS)

Second Floor
The Den
Royal Hospital
Chesterfield
Derbyshire
S44 5BL

Tel: 01246 514412

Fax: 01246 514421

www.chesterfieldroyal.nhs.uk/camhs

Makaton Beginners Workshop

Dates: Tuesday 1st October 2019 and Tuesday 8th October 2019
(please note that you need to attend both days)

Venue: The Outback, 93a Sheffield Road, Chesterfield S41 7JH
Time: 9.15 am – 3.15 pm

Cost £40 (parent/carers, one charge per family unit)
£80 (others)

This 2 day workshop is designed for those who need to use Makaton with children who require signs and or symbols to support their communication, in their every day life.

The lecture sessions cover the development, use and purpose of Makaton and an overview of alternative systems of communication.

Signs and symbols from stages 1 – 4 and the additional vocabulary will be taught.

Manuals, which include signs, will be provided.

(Those family members paying the reduced cost will be expected to share the manuals)

Certificates will be given on completion of the course.

Please return the application form to: Lindsey McGarry.

Floor 2, The Den
Chesterfield Royal Hospital
Calow
Chesterfield
Derbyshire. S44 5BL

Closing date for applications: Friday 20th Sept 2019

Please note that the maximum we accept on each course is 15 people in total.

For any queries/information about the course, please contact:

Helen Kirk, Speech & Language Therapist on the above telephone number.

A charge of £30 for professionals and £10 for parents will be made for non attendance of the course without prior notice of cancellation. This is to cover the cost of the resources.

Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tuesday 6th August
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

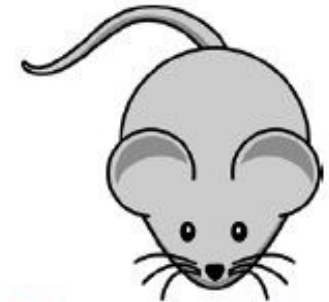


Creature Crafts

Come along to Strutt's North Mill and get creative with crafts to make your own animal themed door hangers, puppet theatre and much more!

30th July and 6th August
10am-12pm and 2pm-4pm

20th August
2pm-4pm



Admission £3.50 per child (accompanying adults free).

There are lots of activities at the Mill during the Summer Holidays. Explore the River Gardens with our Outdoor Discovery Backpacks or hunt for the secret code to unlock Strutt's Stash and collect your treasure! Activities available Wednesday-Sunday 11am-3pm.

Strutt's North Mill, Belper DE56 1YD

www.belpernorthmill.org.uk



Derbyshire
Wildlife Trust

Nature for Wellbeing

We believe that spending time outdoors is good for people and are excited to have been awarded funding from the Police Crime Commission Fund, Derbyshire County Council and Erewash CVS to deliver a nature based wellbeing programme.

Project aims: We aim to offer local people the opportunity to visit our site for open days, wildlife walks and weekly programmes. The wellbeing programmes will offer 6—12 weekly visits to Woodside Farm Nature Reserve. Activities will be based outdoors where we will explore and learn new skills in a social group.

Activities: wild cooking, wildlife walks, wildlife ID, woodland crafts, shelter building, wood chopping, conservation tasks, gardening, pond dipping, bird watching, fire lighting.

Defending wildlife. restoring landscapes. inspiring people

A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 13th August 2019

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



Sisu

A support group for people living with long term health conditions or their carers, where everyone is made to feel welcome and share experiences, support and advice

- ✓ Signposting
- ✓ Information Sharing
- ✓ Events
- ✓ Advocacy

We meet on the last Monday of the month at:

Amber Trust
7-11 Wellington St.
Ripley
DE5 3EH
10:00 – 12:30


Find us on

Facebook:
facebook.com/sisuderbys

twitter :
twitter.com/sisuderbys

Email:
sisu.derbys@gmail.com

Or call/text:
07535 673 685



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 Aug and 7th Sept 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.

I would like to introduce you to Spirit and Soul Equine Assisted Activity Centre which is based in Stenson, Derbyshire.

We provide equine assisted therapeutic services including; therapy, coaching, NLP and interactive learning opportunities with horses to individuals, groups, businesses and families to promote positive mental health, wellbeing and team/personal development. We offer a bespoke and individual service to clients using innovative and unique methods.

We support people overcoming difficulties such as:

- Trauma
- Illness
- Dilemmas in life
- Low confidence/ self esteem
- Stress and anxiety
- Loss/ change of direction
- And many more.....

We have recently secured funding from Children in Need to provide free 2 hour sessions for children over 8 years of age who have a parent that has had a prolonged period of ill health. These sessions will start on Sunday 15th September at 10am and run for 12 weeks. There is no requirement to attend every week, though the more sessions attended the greater the benefit for the children. They will cover ground based activities with the therapy herd in a fun and supportive environment. Please contact me for further details.

Kind regards

Tori

Tori Draper

Programme Manager

Spirit and Soul Equine Assisted Activity Centre CIC
Canal Side Farm, Stenson Road, Stenson, Derbyshire, DE73 7HL

[Sign up for our newsletter for up to date Herd News!](#)

www.spiritandsouleaac.co.uk

Office: 01283 701637 / 07837257813

Mobile: 07935 224808

Working Hours: Mon 9 – 3, Tue & Wed 10 – 2.30, Thurs 9.30 – 11.30

Registered Community Interest Company 'Not for Profit' - 10575340

Helping people overcome obstacles in life using equine assisted therapy



Are you ready to reach your digital potential?

Finding work can be a stressful task – but you know what you're capable of – you're eager to become a digital champion!

Free training and support to learn digital skills that will harness your potential.

The D2N2 Digital Skills Academy supports both women and autistic individuals that want to get into work. You could be returning to work after a period of absence, out of work and wanting to find a job, or feel that your current skills are underused in your existing role and want to pursue a career in a digital role. We will help you to gain the skills you need to find a job you'll thrive in.

Boost your prospects with the D2N2 Digital Skills Academy.

Participants can choose from one of five digital training session themes which will help them to become more digitally savvy and boost career prospects. What's more, each training course tutor currently works or owns a digital business, so their knowledge and expertise will be second to none.

The D2N2 Digital Skills Academy is an initiative funded from the Digital Skills Innovation Fund, in partnership with



Courses

Sessions are free and mostly run from 9.30am - 4pm. A free meal is provided alongside refreshments. Each attendee will receive support and guidance from a dedicated Graduate Digital Buddy, with autistic delegates receiving specialised support from Autism East Midlands. Limited work experience opportunities may also be available on successful completion of the training.

Digital Marketing, Nottingham NG2

This four-day training course will provide a significant exposure to what it takes to develop an exciting and satisfying career in Digital Marketing. With experience, you could specialise in a particular type of digital marketing like mobile or video marketing. You could progress to senior digital marketing officer or head of online marketing. You could also become a freelance digital marketing consultant, or move into a related area like advertising, sales or public relations.

Day 1: 24 June

Day 2: 1 July

Day 3: 17 July

Day 4: 25 July

Web Development, Pride Park, Derby

This four-day training course will provide significant exposure to what it takes to develop an exciting and satisfying career in Website Development. With experience, you could specialise in a particular area, like e-commerce or move up to a more senior role like lead programmer or project leader. You could also move into other IT fields, like systems analysis or IT project management.

Day 1: 10 July

Day 2: 17 July

Day 3: 24 July

Day 4: 31 July

Data Visualisation, Peak Indicators, Chesterfield

This four-day training course will provide significant exposure to what it takes to develop an exciting and satisfying career in Data Visualisation. Data visualisation is about presenting large amounts of information in ways that are universally understandable, making it easy to interpret and spot patterns, trends and correlations.

Day 1: 17 September

Day 2: 24 September

Day 3: 30 September

Day 4: 8 October

Cyber Security, Top Valley Academy, Nottingham

Cyber security is fast becoming one of the most important roles in the tech sector as cyber criminals and hackers become ever more sophisticated. This four-day training course will provide significant exposure to what it takes to develop an exciting and satisfying career in Cyber Intelligence.

Day 1: 26 September

Day 2: 3 October

Day 3: 10 October

Day 4: 17 October

Digital Essentials, Nottingham NG2

(Evening sessions from 5pm - 8pm)

Digital is increasingly being used as a primary route for engagement and activity across business. It is crucial that we all have the digital skills needed for both life and work. This course has been developed to help individuals obtain essential digital skills in order to apply for or enhance their career.

Day 1: 8 July

Day 2: 16 July

Day 3: 23 July

Day 4: 30 July

Please Note: Each course requires every participant to have a minimum level of digital skills and experience to ensure that the training course is right for them. All participants will also be required to complete an initial assessment and an enrolment form to join the D2N2 Digital Skills Academy.

Find out more and book your place – space is limited

Call us on **0333 320 0333 ext. 2153**
Visit emc-dnl.co.uk/digitalacademy
Email digitalacademy@emc-dnl.co.uk

If you wish to contact Autism East Midlands directly about this programme, please call **Angela Gardner** on **01909 506678 ext. 222** or email enquiries@autismeastmidlands.org.uk