

What's On! February 2019

Derby Adult Learning Service

Learning Opportunities for Adults

Mindfulness and the Art of Drawing

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. On this course you will be introduced to drawing for relaxation and focusing the mind.

You will learn about observation skills, drawing techniques, subjects and materials you can use in drawing for relaxation.

You will engage in focusing the mind to express yourself and your ideas through drawing.

Starting on Tuesday 12 February from 1pm till 3pm at the Rycote Centre, Parker Street, Derby, DE1 3HF for 5 weeks.



For more information please call our Learner Helpline

Tel: 01332 717900

Email: enquiries@derbyals.org

Website: www.adult-learning-derby.org.uk

Adult Social Group Dates

Chesterfield and Derby

Date/Time	Activity	Venue
26th January 13:00 to 17:00	Social Group Meeting	DAS Office, Ripley
9th February 13:00 to 17:00	Social Group Meeting	DAS Office, Ripley
23rd March 13:00 to 17:00	Social Group Meeting	DAS Office, Ripley

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

**A child/disability inclusive church
service with a difference
starting Sunday 5th May 2pm**

OPEN-DOOR

**St Helens Church,
Church town,
Darley Dale,
DE4 2GG.**

Get to know—Saturday 13th April

10am til 12 noon



Just Good Friends

A nightclub event for Adults with Learning Disabilities

NIGHTCLUB EVENT

Tues 5th February

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

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>

Cotmanhay Drop-in

The drop-in is open to **everyone** who would like **advice** and **support** about their **mental health**.

Mental Health

Advice

Signposting

Support

Wellbeing

When: Fortnightly on Wednesdays

Time: 1pm – 3pm

Where: Cotmanhay Sure Start Centre, Beauvale Drive, DE7 8RU

01773 734 989

[f Derbyshirerecoveryandpeersupport](https://www.facebook.com/Derbyshirerecoveryandpeersupport)

[✉ DerbyshireRecoveryPeerSupportService@rethink.org](mailto:DerbyshireRecoveryPeerSupportService@rethink.org)

Do you need help to make decisions on learning, training and work opportunities? The service offers confidential and impartial advice. This is supported by qualified careers advisers.

- Careers advice
- Networking
- Computer skills support
- Booking a One to One session
- Any other work related issues
- CV Writing
- Interview skills
- Access to Internet job search
- Volunteering opportunities
- Advice on courses and learning

Drop in to our **SWADLINCOTE ADULT EDUCATION CENTRE**
Rink Drive, Swadlincote, Derbyshire DE11 8JL
Tuesdays 1.00pm - 4.30pm

LONG EATON ADULT COMMUNITY EDUCATION CENTRE
173 Derby Road, Long Eaton, Nottingham, NG10 4LL
Wednesdays between 9.30am and noon.

ILKESTON LIBRARY
Market Street, Ilkeston, Derbyshire, DE7 5RN
Alternate Thursdays between 9.30am and 11.30am

HEANOR LIBRARY
Ilkeston Road, Heanor, Derbyshire, DE75 7DX
Alternate Thursdays between 9.30am and 11.30am

Chris Ellerington 07896 804096 chris.ellerington@derbyshire.gov.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:**

2nd Feb and 2nd March 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.



Derbyshire
Fire & Rescue Service
Making Derbyshire Safer

Do you know a CHARLIE?



Statistics show that certain people **ARE** known to be more at risk from fire in the home. **Do you recognise this person?**

- C**are and support needs
- H**oarding and mental health issues
- A**lcohol and medication
- R**educed mobility
- L**ives alone
- I**nappropriate smoking
- E**lderly – 65+

If you know someone who displays one or more of these characteristics, get in touch, as statistics show they may be at more risk of fire. To book a Safe & Well Check please call -

Buxton - 01298 608720
High Peak and Derbyshire Dales

Chesterfield - 01246 223500
North East Derbyshire, Chesterfield and Bolsover

Derby - 01332 777850
Derby City, South Derbyshire, Erewash and Amber Valley

Please state the agency you are from, occupier details, your concerns and any risks to lone workers.

www.derbys-fire.gov.uk

Hi,

I wanted to let you know about a community support group that is operating for adults with ASD. It is a relatively new group that I set up to offer informal support to people in the community around Mackworth, Derby. It currently has around 6 adults who meet Fridays between 1.30pm and 3.30pm at Streatham Road Community Room on Streatham Road, Mackworth. It is very informal and gives people a chance for a cup of tea, a chat and a chance to meet new people.

No need to book, just turn up.

If anyone wants to know more or possibly need a bit of moral support to try it for the first time then please pass on my contact number.

Many thanks,
Kind regards,
Sally Robertson
Local Area Coordinator
Mackworth
07812300105

SPECTRUM

Autism Friendly Festivals 2019

1ST – 2ND JUNE / 21ST - 22ND SEPTEMBER - 10AM - 5PM

LEA GREEN, MAIN ROAD, MATLOCK, DE4 5GJ



Tickets available at
www.peaksGO.com

Adults £12.50
Children £7.50
Under 3 Free



A Nightclub Event for Adults with Learning Disabilities

JUST GOOD FRIENDS NIGHTCLUB EVENT

Tuesday 12th February

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



February Half Term Holiday Club

Monday 18 - Friday 22 February 2019 The Mill Adventure Base £27.00

Looking for a school holiday club with a difference?

The Mill Adventure Base is a fantastic day out for the kids - with a wide range of fun-filled activities, they'll get to learn new skills whilst making new friends!

This holiday club is for young people aged 8 to 12 years, and runs from 18 - 22 February 2019.

We aim to provide 3 adventurous activities per day. With activities ranging from Kayaking, Archery, Indoor Climbing, low ropes, team games, Zip wire, tunneling and much much more!

- Drop off - between 08:30am & 9:30am
- Pick up - between 4.30pm & 5:30pm

All activities are supervised throughout from our friendly and experienced staff.

The cost is £27 per child, per day.

BOOK EARLY - With a limited number of places available advanced booking is required, call the team on 01623 556 110 to book your little adventurers in!

Contact us for more information:

Email: outdoor.environmental@nottsc.gov.uk

Tel: 01623 556 110

Please note: young people will need to provide their own refreshments and lunch. Also a change of clothes is required.

Suitable for

Children aged 8-12 years

Time guidance

The Event takes place from 8.30am -5.30pm everyday. Activities start as 9.30am and end at 4.30pm

Booking details

Advance booking is essential.

To book, please contact the venue on 01623 556 110.



EREWASH MUSEUM INVITES YOU TO



Heritage and wellbeing get-togethers for over 50s

There's tea, cake, heritage presentations and more.

PLACES MUST BE BOOKED

When? Monthly, 10:30-12:30 on the following dates:

Feb 28, Mar 21, Apr 11, May 23, Jun 20

Where? Erewash Museum, High Street, Ilkeston, DE7 5JA

How much? £3.00 per session

How do I book a place? Email museum@erewash.gov.uk or call 0115 9071141

How do I get there? Make your own way or, ask us about help.

TESCO Bags of Help

crafting
relationships



**MUSEUM
DEVELOPMENT**

Local History Cafes are a Midlands wide initiative, aiming to tackle loneliness in communities.

Tai Chi for Arthritis with Falls Prevention Beginners 12 week course

£5 per
class



Venue: Broad Street Spiritualist Church
Starts Thursday 7th Feb 2019
18.30-19.30 Part 1 & Improvers
19.30-20.30 Part 2 & Improvers

Our Tai Chi for Arthritis classes are open to anyone aged 18+. You don't have to have arthritis to attend. It is a slow and gentle form to start your Tai Chi journey. The movements are specifically designed to include people who otherwise find it difficult to exercise. We use the Stepwise Progressive Teaching Method in an enjoyable and relaxing environment.

The benefits include:

- Pain relief and less stiffness
- Improved balance and less falls
- Uplifting of the spirit and greater relaxation
- Improved ability to do daily tasks
- Improved muscle strength and joint flexibility

To find out more and to book a place please contact:

Julie on 0794411190 or visit: fibroactive.co.uk



AUTISM FRIENDLY SCREENINGS EVERY MONTH AT CINEWORLD

We are offering sensory friendly screenings for people with autism and people with learning disabilities every month at 21 Cineworld Cinemas across the UK.

Watch selected films at Cineworld in an autism friendly environment. At our autism friendly screenings you will find that:

- Lights are left on low and the volume is turned down
- There are no trailers before the film
- People can move around the cinema and make noise as they feel comfortable**
- People can bring their own food and drink
- People with autism and people with sensory differences can attend the cinema with their friends, siblings and other family members in an inclusive environment
- Support workers / carers can attend for free with a CEA Card

See an autism friendly screening of *How To Train Your Dragon: The Hidden World* on Sunday 3rd February at 11am, at the participating Cineworld cinemas. (Chesterfield and Nottingham)

We have a new ['Yoga'](#) course starting in January 2019.

Yoga is a form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

Your tutor will guide you through a series of postures designed to increase strength and flexibility. You will also be guided through breathing exercises and stretches for deep relaxation.

There are several ways to enrol:

By Telephone

Between 10am - 4pm Monday to Friday

- Helpline - 717900
- Allen Park Centre - 642300
- Derby Multicultural Centre - 717940
- Rycote Centre - 717930
- Village Learning Centre - 711371

In Person

All centres are open day time between the hours 10am - 4pm Monday to Friday.

- Allen Park Centre, Allen Street, Allenton, Derby, DE24 9DE
- Derby Multicultural Centre, Dairyhouse Road, Derby, DE23 8HN
- Rycote Centre, Parker Street, Derby, DE1 3HF
- Village Learning Centre, Browning Street, Derby, DE23 8DN

Places are allocated on a first-come first-served basis.

Payment would need to be made at the time of enrolment. We accept debit card, credit cards and cash.

If you need more information, please contact the Helpline on 01332 717900 or enquiries@derbyals.org

Thank you

Derby Adult Learning Service

Enquiries | Adult Learning | People Services Directorate | Derby Multicultural Centre, Dairyhouse Road, Derby, DE23 8HN | Tel: 01332 717900 | Web site: www.adult-learning-derby.org.uk and www.derby.gov.uk
Follow us on Twitter @dalsderby

Monday to Friday 9am – 4pm

You can now visit and subscribe to the Derby Newsroom for Council news and updates derby.gov.uk/news

The Living with a Long-Term Condition Programme aims to help you take control of your long term health conditions, helping you live well.

The programme is for anyone living with any long term health condition(s). Join this FREE course to help you manage your day-to-day life.

This programme is for you if:

- Your illness is affecting your everyday life
- You want things to change for the better.
- You want to achieve the best quality of life despite your condition

We work with patients, carers and healthcare professionals to create a community of people that have the skills and knowledge to help you gain confidence and live a fuller life.

The Course

People with long-term conditions face many similar issues such as fatigue, pain, frustration, stress and depression.

The course looks at how to manage these whilst working alongside your healthcare providers. By joining the course you will:

- Learn new skills to manage your health condition better
- Feel confident and more in control of your life
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with health professionals.

The six-week course can help you take control of your health. It focuses on what you *can* do rather than what you can't. Each session is 2.5 hours, once a week where you will learn:

- How to deal with symptoms like pain and tiredness
- How to cope with depression or feeling low
- Relaxation techniques
- Appropriate physical activity

- Healthy eating
- How to effectively communicate with family, friends and health professionals
- How to plan for the future
- How to set realistic goals and pacing yourself.

The programme is run by two trained tutors who themselves live with long-term conditions and can give you practical advice based on their own life experiences.

Call us on 01283 210107 or 07487257187 for more information. If you would like to make a referral, then call or email kziglam@citizensadviceSouthDerbyshireandCity.org

My confidence, self-esteem & feeling of self-worth are growing daily & for me the course has been a life changing experience.



The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 19 th February 19	13.00 – 15.30	Alfreton Library Severn Square Alfreton
Thursday 28 th February 19	13.00 – 15.30	Alice's View Childrens Centre North Wingfield
Wednesday 6 th March 19	10.30 – 13.00	Citizens Advice Office Church Gresley Swadlincote
Friday 22 nd March 19	13.00 – 15.30	Bolsover Library Church Street Bolsover
Tuesday 26 th March 19	12.30 – 15.00	Citizens Advice Office Banks Road Matlock
Wednesday 16 th April 19	13.00 – 15.30	Amber Trust Wellington Street Ripley (TBC)
Wednesday 24 th April 19	13.00 – 15.30	Salvation Army Hall New Street Long Eaton
Tuesday 7 th May 19	10.30 – 13.00	Buxton Library Bank Road Buxton
Monday 3 rd June 19	11.00 – 13.30	Eckington Library Eckington

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks, refreshments provided.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

Referral: email - kzigliam@citizensadviceouthderbyshireandcity.org

or Tel: - 01283 210107 Mob: - 07487 257187

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

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**