

What's On! July 2019



Improving mental health in Derbyshire

Derbyshire Recovery and Peer Support Service

This exciting new service has been developed in partnership with people like you. It aims to help people to improve and maintain their mental health and wellbeing; access social networks and peer-support and provide opportunities in your local community.

The service can offer access to:

- Targeted support through one-to-one and group sessions
- Self-help and peer support groups
- Telephone support
- Drop-in sessions
- Information and advice
- Recovery education to help you understand and manage your mental health condition
- Support in relation to housing, welfare benefits and employment if required
- Social and physical activities
- Supported signposting to other sources of community support
- Volunteering and peer-support training

How to access the service

If you or someone you know would benefit from accessing the service, please contact us through one of the following methods:

**Derbyshire Recovery and Peer Support Service,
The Croft, Slack Lane, Ripley, Derbyshire DE5 3HF**

Phone: 01773 734989 Fax: 01773 513196

Email: DerbyshireRecoveryPeerSupportService@rethink.org

 www.rethink.org/derbyshirerecovery

 www.facebook.com/groups/rethinkderbyshirerecovery/



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
July	<i>Shopping – Intu Centre Derby</i> Saturday 12.30pm-4.30pm	<i>Shopping - Meadowhall. Sat.</i> 12.30pm-4.30pm
August	<i>Cinema</i> Saturday 12.30pm-4.30pm	<i>Bowling</i> Saturday 12.30pm-4.30pm
September	<i>Social Session</i> Saturday 1pm – 4pm	<i>Social Session</i> Saturday 1pm – 4pm
October	<i>Bowling</i> 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

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

Derbyshire Recovery & Peer Support Service

VISUAL ARTS GROUP

A peer support group for individuals
to engage in various photography
and art projects

10am - 1pm

Every Wednesday

The Croft, Slack Lane,
Ripley, DE5 3HF

ALL
WELCOME

CALL 01773 734989 FOR MORE INFO

Just Good Friends



A Night Club Event for Adults with Learning Disabilities

DJ

Alex Murfin

Tuesday 9th July
7pm – 11pm
Cross Keys, Belper

£5

PAY ON
THE DOOR

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. Fully accessible for Wheelchairs



18+



07599 076866
07599 076868
01246 913267

Trish
Sare
Office



jqfclubwhitwell@hotmail.com
www.jqfc.org.uk

SPONSORED BY



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>

Hearts & Minds



A women's only peer support group that enjoys trips out for lunch and social gatherings every Tuesday around 1pm - 3pm.

Every 3rd Tuesday of the month, the group meets at the United Reform Church, Long Eaton at 1pm - 4pm to plan the next few weeks of activities.



To access this group please contact 01773 734989

STEPPING UP



A peer led mental health recovery group who participate in a variety of activities, games and social outings

Thursdays 10am - 12pm
Community of Christ Church,
Thanet Street, Clay Cross

For more information,
please contact 01773 734989



STARTS 23 JANUARY 2019

Does your child have mental health issues?
Come to our Support Group!

Our children can experience:

ANXIETY ♥ LOW MOOD ♥ DEPRESSION ♥ SELF HARM ♥ EATING DISORDERS
SLEEP PROBLEMS ♥ SUICIDAL THOUGHTS ♥ OBSESSIONS AND COMPULSIONS

We know how hard it can be for you too. Come and share your story, and listen to ours. There will be discussion topics, practical tips for coping, tea/coffee and chocolate and space to breathe.

This group is for parents or carers who are supporting a child or young person with emotional or mental health issues.

We meet the second and fourth Wednesday of every month
Between 6.30pm and 8.30pm
Big Kirk Hallam Community Centre Café
Kenilworth Drive
New Stanton, DE7 4EW



For further information, please contact Ali on 07904 880381
You are all welcome to come along – we hope to see you there!



Craft & Chat is run by Ashbourne Methodist Church, with kind support from Derbyshire Recovery & Peer Support Service

Derbyshire Recovery & Peer Support Service

Craft & Chat

Mondays 2-4pm

at the Cornerstone on Church Street

Do you like papercraft or to knit, stitch, crochet, draw or make things? Bring your craft along and join us.

Or would you just like to chat? You will be made very welcome too.

We are a very friendly and supportive group - please drop in!

Refreshments provided Free

Craft & Chat is held every Monday from 2-4pm in The Cornerstone at Ashbourne Methodist Church.

For more details call Clare on 01335 342321 or see www.ashbournemethodist.org.uk/craftchat

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 July and 3rd Aug 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.



Grow Outside C.I.C.

Social Gardening Group

Gardening and crafts for health and wellbeing. All ages and abilities welcome, there's something for everyone, even if you can't dig! Come along and have a go, no experience needed. Tools provided, wear suitable outdoor clothing. Grow plants, meet new people & maybe learn some new skills. 10:00am to 3:00pm on Thursdays. At The Croft, Slack Lane, Ripley, DE5 3HF.



Derbyshire Recovery & Peer Support Service



07960 249816

claire@growoutside.co.uk

growoutsideCIC

grow_outside

Superhero Trail

Saturday 20 July - Sunday 1 September 2019 10.30am to 4pm Rufford Abbey Country Park £2.00

Have you ever thought it would be super cool to have a special power? Flying, invisibility, incredible strength, mind reading, super speed.... Or all of them! Well we have something special for you! Come and train to be the ultimate superhero at our Superhero School this summer. You will follow our training trail where you will be able to win points, defeat the baddies to earn your very own super powers! Come dressed for the part, masks and capes are a must!! From the 20th of July until the 1st September, available 10:30 - 16:00 in Visitor Reception.

Suitable for No need to book.

Ages 4 - 11 years



For anonymous independent support, we are here. If you see a Hate Crime happen or know someone who is a victim, get in touch by...

Phone: 0800 138 1625
 Text Relay: 18001 0800 138 1625
 Chat: www.stophateuk.org/talk
 Online Form: www.stophateuk.org/tell
 Web: www.stophateuk.org
 Post: Stop Hate UK,
 PO Box 484, LS7 9BZ



Stop Hate UK



@stophateuk



Sunday 11th August 2019 at Wilmot Street

Centre and Heanor Town Football Club

12:00 – 17:00hrs.



Heanor & Loscoe

Town Council



DERBYSHIRE
CONSTABULARY



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 want to set up a
support group for and by
each other.

If you feel this is you.

Contact

Julie Baker 07811516261

Fiona Trotter 07784356153

Parent/Carers Support Group Meeting

Ripley

Thursday 25th July 19:30 to 21.00

Call Julie Baker 07811 516261 or Fiona 07784 356153