



## Derbyshire Autism Services

Unit 3a Unicorn Business Park, Wellington Street  
 Ripley, Derbyshire DE5 3EH  
 Tel: 01773 741221  
 email: [enquiries@derbyshireautismservices.org](mailto:enquiries@derbyshireautismservices.org)  
[www.derbyshireautismservices.org](http://www.derbyshireautismservices.org)

### What's On! March 2019

We are delighted to be able to tell everyone that thanks to the generosity of the Lottery Community Fund, we will be restarting our children's Saturday club in Ripley and starting a new one in Buxton later this spring.

We are happy to consider supporting children and young people between 5 and 18 who:

- Have a diagnosis of autism or Asperger syndrome
- Are independently mobile
- Have limited verbal communication skills
- Are safe and happy in a group setting without dedicated 1:1 support
- Are capable of using the toilet without the need for personal or intimate care
- Can bring their own packed lunch and eat without 1:1 support

We have 10 - 12 places available for each session and will be operating a booking system to ensure that everyone has a fair chance of participating!

Please contact us for an application form, on [enquiries@derbyshireautismservices.org](mailto:enquiries@derbyshireautismservices.org) or 01773 741221



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 and Derby

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

## 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 <b>Daytime 11 – 1pm</b>	Learning Support Department <b>Evening 4.30 – 6.30pm</b>
<b>Big Kirk Hallam Community Centre</b> Kenilworth Drive Kirk Hallam	<b>Kirk Hallam Community Academy</b> Godfrey Drive Kirk Hallam
Tuesday 5 <sup>th</sup> March	Wed 13 <sup>th</sup> March
Tuesday 19 <sup>th</sup> March	
Tuesday 2 <sup>nd</sup> April	
Tuesday 30 <sup>th</sup> April	Wed 8 <sup>th</sup> May
Tuesday 14 <sup>th</sup> May	
Tuesday 11 <sup>th</sup> June	Wed 19 <sup>th</sup> June
Tuesday 25 <sup>th</sup> June	
Tuesday 9 <sup>th</sup> July	

Contact Liz for further details on 07568 196968

or email [croak.ilkeston@gmail.com](mailto: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](mailto: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](http://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

# **Just Good Friends**

**A nightclub event for adults with Learning Disabilities**

## **Tuesday 5<sup>th</sup> March**

## **Nightclub Event**

## **7pm – 11pm**

## **The Vibe Bar**

## **Chesterfield**

## **Opposite Eyres**

## **Tickets available NOW!**

## **\*\* £5.00 each \*\***

**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.**

**If you want to book a ticket or queries please ring  
Tel: 01246 913267 or 075990 76866**

**OVER 18's ONLY**



Derbyshire Recovery & Peer Support Service

# Erewash FLY

First. Love. Yourself.

Erewash FLY is a peer support group for anybody aged 18+ who has experienced or is experiencing domestic abuse and violence.

## More information

Thursdays 1pm - 2pm. This group will run 1 week in Ilkeston and the following week in Long Eaton. Due to the nature of this group, the locations will not be made public.

Please call DRPSS on 01773 734989 or Trident Reach on 01159 466742 to access this group or for more info.

Trident  
**reach**  
the people charity



## 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](http://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](mailto: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

Tuesday 12<sup>th</sup> March

Nightclub Event

7 – 11p.m

DJ  
Alex  
Murfin

DJ  
Alex  
Murfin

**The Cross Keys**

35 Market Place, **Belper**

**DE56 1FZ**

**Tickets available NOW!**

**\*\* £5.00 each \*\***

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.

If you want to book a ticket or queries please ring  
Tel: 01246 913267 or 07599076866

OVER 18's ONLY



LOTTERY FUNDED



PENNYOGA

## Trauma Sensitive Yoga

A specialised and unique form of yoga for individuals with Complex Trauma and treatment-resistant PTSD (including survivors of domestic, sexual and childhood abuse, military veterans and survivors of war)

Starting Monday 4<sup>th</sup> March 2019

2pm – 3pm

(Running for six consecutive weeks)

Venue: Elephant Rooms, South Street, Draycott, DE72 3PP

Trauma Sensitive Yoga is not therapy; it is yoga that aims to empower individuals by helping them learn to recognise and tolerate physical sensations, regaining a feeling of safety inside their bodies. As body awareness become more familiar, the less frightening it becomes, helping individuals to manage their emotions more effectively

**Investment: Six-week course - £72 (£12 a session)**  
(Concessions available)

To see whether Trauma Sensitive Yoga is for you, please contact:

[laura@pennyoga.com](mailto:laura@pennyoga.com)

[www.pennyoga.com/trauma-sensitive-yoga/](http://www.pennyoga.com/trauma-sensitive-yoga/)



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 March and 13th April 2019 6.45pm-7.45pm**

## Derbyshire Independent Community Advocacy Service

### Contact Us:

Telephone: 01332 623732

Email: [enquiries@derbyshireindependentcommunityadvocacy.org.uk](mailto:enquiries@derbyshireindependentcommunityadvocacy.org.uk)

Website: [www.derbyshireindependentcommunityadvocacy.org.uk](http://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 1<sup>st</sup> 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](mailto: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.

Hydama

# How do I get back on court?

Walking Netball

Lisa xx

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

"Trying not to run is the hard part."

"It's a great leveler and is for all abilities and standards. There's no advantage to being quick on the court so this makes it fair."

"It's good for training too. Your health is the most important thing and it's not just netball, it's social too."

Walk this way  
[www.englandnetball.co.uk/walking-netball](http://www.englandnetball.co.uk/walking-netball)

Long Eaton Walking Netball  
 West Park Leisure Centre | Wilsthorpe Road | Long Eaton | NG10 4AA

Monday 10.00am-11.00am  
 Coffee and Chat 11.00am-11.30am  
 Cost £ 4.00 per session

We look forward to you joining us for a wiggle and a giggle! For more information contact  
 Tracie Thorne:  
 E: [traciethorne4@me.com](mailto:traciethorne4@me.com)  
 T: 07956 065252

DEVELOPING VOLUNTARY ACTION  
 Volunteer Centre  
 WALKING NETBALL

you take time out - we take time to listen...

# time to talk

on Tuesdays, 11am-1pm  
 at Infusion Coffee House, 82a Derby Road, Long Eaton. NG10 4LL

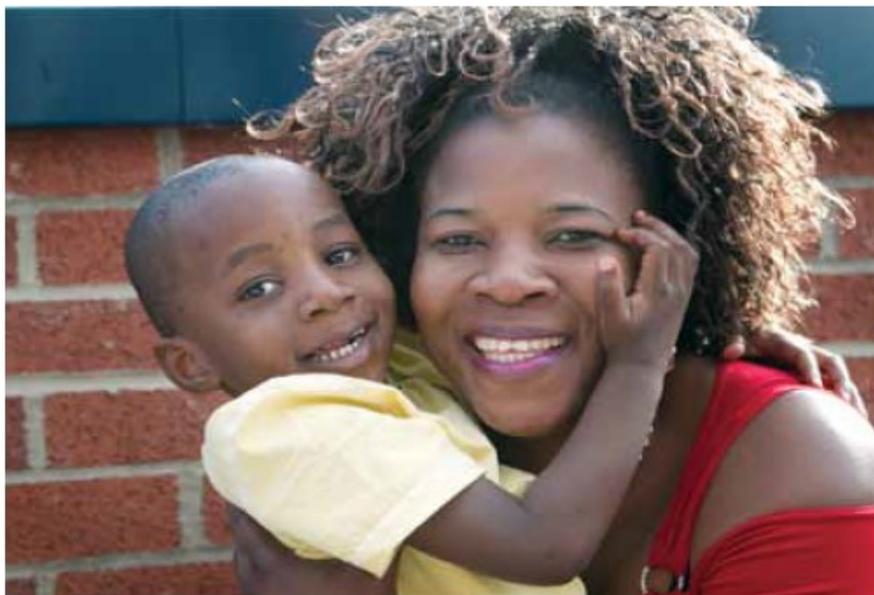
- free tea, coffee & toast
- a place where it's ok not to be ok
- a friendly, safe place & listening support

time to talk

OASIS

a service for the community staffed by volunteers from the Oasis Christian Centre  
 129-131 Derby Road, Long Eaton, Nottinghamshire. NG10 4LL

Contact Oasis Office for more info:  
 ☎ 0115 9460463 ✉ [office@oasischurch.co.uk](mailto:office@oasischurch.co.uk) 🌐 [www.longeatonoasis.co.uk](http://www.longeatonoasis.co.uk)



## BRIGHTER BEGINNINGS: FREE WORKSHOP PROGRAMME

Welcoming and informative sessions for parents and carers of children aged 0–8 who have additional needs

**Dates: Thursdays from February 28 to March 21**

**Time: 10am-12pm – refreshments provided**

**Venue: St Peter's Church Centre, 10 St Peter's Churchyard, City Centre, Derby, DE1 1NN**

To find out more, or to book your free session, please contact:

✉ [westmids.office@contact.org.uk](mailto:westmids.office@contact.org.uk) ☎ 0121 274 0437



PTO...

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

## WORKSHOP PROGRAMME

Date: **Thursday, Feb 28**

**Information and Support**

- Find out and understand about:
- Local support services for families of children aged 5 and under
- Where to find support in your area
- How to get the support you need
- Top tips to help

Date: **Thursday, March 7**

**Working with Professionals**

- Develop better communication skills
- Feel more confident in decision making for your child
- Understand how to prepare for meetings with professionals

Date: **Thursday, March 14**

**Building Parents' Confidence**

- Taking care of you and your family
- Getting Support
- Developing resilience

Date: **Thursday, March 21**

**Getting the best outcomes for your child**

- How children and young people are supported with their special educational needs.
- (Legal duties, SEN support & EHC plans, Outcomes & person-centred planning. Resources & how Contact can help).

## Grow Outside C.I.C. Gardening Group

Gardening and crafts for health and wellbeing. Come along and get involved in a friendly and relaxed environment.

No experience necessary. Tools provided, wear suitable outdoor clothing.

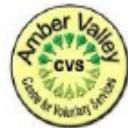
Grow some plants, meet some new people and maybe learn some new skills.

10:00am to 3:00pm

At The Croft, Slack Lane, Ripley, DE5 3HF.  
First session Thursday 7 March

Contact [claire@growoutside.co.uk](mailto:claire@growoutside.co.uk), on 07960 249816 for more information.

 GrowOutsideCIC  
 grow\_outside  
 @grow\_outside



Derbyshire Recovery & Peer Support Service



# YOUR CHARITY NEEDS YOU

Are you at least 18?

Can you get to Ripley or Buxton?

Could you spare some of your Saturdays to help our experienced workers run our new Saturday Clubs ?

We want to hear from you — no experience needed as we will give full training.

Non drivers welcome too — travel expenses covered (within reason)

What are you waiting for ?

Call us on 01773 741221 or e-mail

[enquiries@derbyshireautismservices.org](mailto:enquiries@derbyshireautismservices.org)







## What is Local Area Coordination?

**Local Area Coordination is a way of supporting people with disabilities, mental ill health, older people and their families and carers. It aims to help them to live fulfilling lives, stay safe and be well connected with their local communities.**

Local Area Coordinators can help you access and use services, get information and other support you need in your own local area. They can also work with you if you are at risk of becoming dependent on services or in danger of reaching a crisis situation. Local Area Coordinators can help you to build connections with other people, groups and community based services in your area, helping you become more independent and engaged in your local community.

## What does a Local Area Coordinator do?

**They will find out what's important to you by listening to what you have to say.**

Your Local Area Coordinator will start by asking you: 'what does a good life look like to you? What do you think will make your life better or more complete?' They will then try and help you find your own ways to get the life you want. Local Area Coordination is different because it asks what you want, rather than trying to fit you into a service that already exists, which you might not actually want.

## How Does it Work?

Your Local Area Coordinator is based in your community. There is a named person who you can contact and see locally.

### Your Local Area Coordinator will:

- take time to get to know you and build a trusting relationship
- listen to your vision of a good life – what would make your life better and the steps needed to achieve this
- support you and your family/carers to get the information and advice you need
- help you to identify your strengths, skills and abilities
- help you become more resilient, connected and involved in your community
- support you to meet new people or reconnect with others you may have lost touch with
- help you to get your voice heard, for example, to speak to organisations/professionals.

