



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! 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 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 Daytime 11 – 1pm Big Kirk Hallam Community Centre Kenilworth Drive Kirk Hallam	Learning Support Department Evening 4.30 – 6.30pm Kirk Hallam Community Academy Godfrey Drive Kirk Hallam
Tuesday 5 th March	Wed 13 th March
Tuesday 19 th March	
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

Just Good Friends

A nightclub event for adults with Learning Disabilities

Tuesday 5th 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 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>

Just Good Friends

A nightclub event for adults with Learning Disabilities

Tuesday 12th March

Nightclub Event

7 – 11p.m

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



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 4th 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

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

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.



Hydrex

How do I get back on court?

Lisa xx

WALKING NETBALL

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
[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
 T: 07950 065252

Derbyshire Voluntary Action
 Volunteer Centre

WALKING NETBALL

Derbyshire Voluntary Action

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

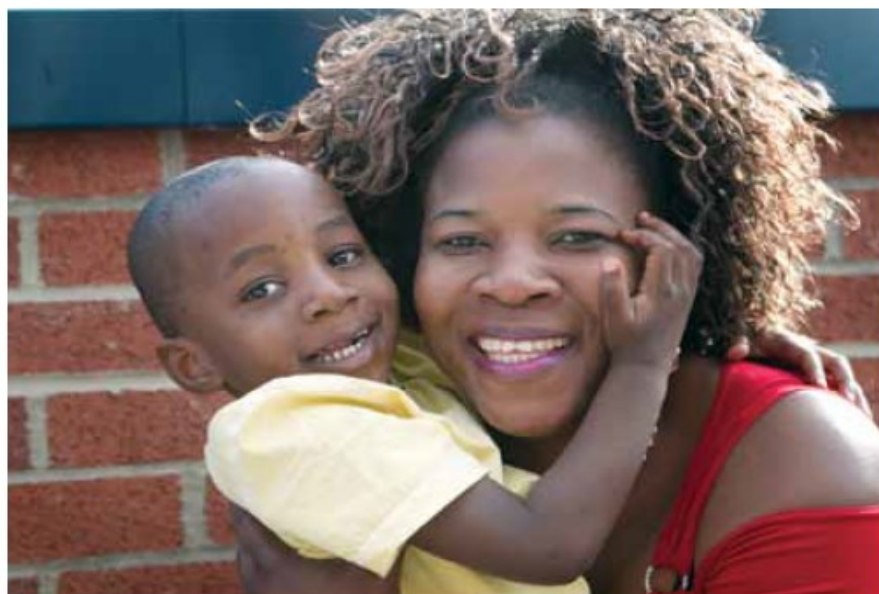
time to talk

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 🌐 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 ☎ 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, 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



Local Area Coordination

Helping to build better lives

Where is Local Area Coordination Working in Derbyshire?

Local Area Coordination in Derbyshire is growing and is currently working in the following communities.

If you live in one of these communities and would like more information, please call the appropriate number.

- For **Creswell, Whitwell, Hodthorpe and Belp** communities – tel/text: **0797 090 6282**
- For **South Normanton and Pinxton** communities - tel/text: **0797 090 5593**
- For **Belper Central and Belper East** communities - tel/text: **0797 395 4196**
- For **Belper South, Milford, Makeney, Duffield and Holbrook** communities - tel/text: **0797 072 5018**
- For **Glossop Central, Old Glossop, Whitfield and Shirebrook Park** communities - tel/text: **0781 614 0435**
- For **Ripley East, Codnor, Waingroves, Cross Hill, Denby Common and Loscoe** communities - tel/text: **0781 199 5699**
- For **Ripley West, Coxbench, Denby Bottles, Denby Village, Marehay, Kilburn, Horsley and Horsley Woodhouse** communities - tel/text: **0797 072 5015**.

You can also find out more by visiting www.derbyshire.gov.uk/lac or email lac@derbyshire.gov.uk.

Further information

Derbyshire County Council Adult Care department produces a range of information about its services and those provided by other organisations in the community. We provide information leaflets on a range of topics that can be downloaded or ordered from our website at www.derbyshire.gov.uk/careinfo, obtained from our staff, at a local office or via Call Derbyshire on tel: **01629 533190**.



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.

