



## Derbyshire Autism Services

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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! May 2019

Feeling low,  
alone and  
don't know  
where to go?

Get on board  
the Night Bus

Head High is a mental health charity based in Derby. The Night Bus is a night time café that anyone can visit when they're struggling with their mental health.

Chatterbox café  
6 Flint St, Derby DE24 9BH  
Opening Hours: 10pm to 1am  
Friday and Saturday night  
Opening 18th January 2019  
For more info contact:  
07494 519344  
[facebook.com/HeadHighOfficial](https://www.facebook.com/HeadHighOfficial)



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.

Chesterfield Royal Hospital **NHS**  
NHS Foundation Trust



### Specialist Children's Services Present:

Information Sessions for parents and carers of children / young people with learning disabilities and/or Autism Spectrum Disorder, who live in North Derbyshire

#### Managing restricted eating

Friday 3<sup>rd</sup> May, 2019. 9.30am – 12.00pm  
Chesterfield Royal Hospital

This session is about restricted eating patterns in young people with ASD and/or LD. It will help you understand those difficulties better, as well as thinking about what you can do to help your child.

#### Managing anxiety

Monday 17<sup>th</sup> June, 2019. 9.30am – 12.00  
Fairfield, Buxton

This session will help you understand what anxiety looks like in young people with ASD and/or LD, as well as the common causes of anxiety. Discuss and share ideas about tips and strategies to help your young person manage their anxiety.

These information sessions aim to support parents/caregivers of young people who have a diagnosis of Learning Disability and/or Autism Spectrum Disorder. Foster carers should access our Professionals Seminars, which will be more relevant.

For all sessions, please arrive at 9.15am for registration and tea/coffee (which will be provided).

If you are interested in attending a workshop, or have any questions, please contact: 01246 514523; 01246 514411 or 01246 514480, or email us on [CRHFT.camhsadmin@nhs.net](mailto:CRHFT.camhsadmin@nhs.net)

Please note, current and future information sessions are advertised on [www.camhsnorthderbyshire.nhs.uk](http://www.camhsnorthderbyshire.nhs.uk)

PLEASE BOOK EARLY AS PLACES ARE LIMITED

## **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](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

# **SPECTRUM**

## **Award Winning Autism Friendly Festivals 2019**

**Lea Green Development Centre, Main Road, Matlock**



**Sat 1<sup>st</sup> June  
Sun 2<sup>nd</sup> June**

**Sat 21<sup>st</sup> Sept  
Sun 22<sup>nd</sup> Sept**

**Adults £12.50  
Children £7.50  
Under 3's FREE  
10am - 5pm**



**Over 50 activities, stage acts and exhibitors showcasing a huge range of autism related products and services for people of all ages and abilities. A fantastic place for everyone to relax, learn and meet like-minded people.**

**Autism | East Midlands**

**Tickets available at [www.peaksGO.com](http://www.peaksGO.com)**





**RIPLY**  
**YOUTH HUB**  
**FREE**  
**ACTIVITIES**  
**11-18 YEARS**  
**6PM TO 8PM WEDNESDAYS**  
**AT GREENWICH PARK COMMUNITY CENTRE**  
**NOTTINGHAM ROAD, RIPLY, DERBYSHIRE**

STARTING WED 24TH APRIL 2019 THRU TO WED 11TH SEPT 2019

MUSIC 10TH JULY - 11TH SEPT - BOOKING REQUIRED

EXTREME WHEELS  
COOKING  
HEALTH  
WELLBEING

**MORE INFORMATION:**  
**RIPLY TOWN COUNCIL**  
**01773 513456**

**MUSIC BOOKING FORM AVAILABLE FROM:**  
**WWW.RIPLEYTOWNCOUNCIL.GOV.UK**

Ripley Town Council logo

Icons: guitar, keyboard, person with wheelchair, person with bow, skateboarders

## 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>

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:**

**4th May and 1st June 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.

# Just Good Friends

A nightclub event for Adults with Learning Disabilities

## NIGHTCLUB EVENT

Tues 7<sup>th</sup> May

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**

# Parent and baby friendly films

Winding Wheel Theatre,  
Holywell Street, Chesterfield



MOVIE

**Mary Poppins Returns U**  
14 May at 10am

**£4**  
per adult

**Mamma Mia Here We Go Again PG**  
9 July at 10am

Our parent and baby screenings are designed ONLY for parents, grandparents and carers of babies aged 12 months and under.

These events are designed to be kinder to babies as the sound will be lowered and the lights will be slightly dimmed, but this doesn't detract from the movie for the adults.

We are breast-feeding friendly and have baby changing facilities.  
Free tea and coffee.

[www.chesterfieldtheatres.co.uk](http://www.chesterfieldtheatres.co.uk)

Box office: 01246 345 222



**CHESTERFIELD**  
BOROUGH COUNCIL



# DERBY OPEN

17 - 19 May 2019

**CUEBALL**  
SNOOKER • POOL • LOUNGE BAR



I'm writing to let you know about a fantastic snooker event coming up in Derby in May aimed at disabled people, both new and existing players of all ability levels.

Our World Disability Billiards and Snooker (WDBS) event will take place at the Cueball Derby club (DE21 4AW) and will consist of:

- **Fri 17 May** - A FREE Friday Open Day for people with disabilities (10am – 5pm), including free coaching for groups and individuals from WPBSA World Snooker Coaches
- Sat 18 – Sun 19 May** - A Weekend competition for players with sensory impairments

You can find out full information about the event, including details on how to enter the weekend tournament, via the following link...

<https://www.wdbs.info/event/disability-classic-2019/>

We would really appreciate your help in promoting the event, particularly through your social media channels if you would be happy to share some of the following links with your members...

<https://www.facebook.com/events/714026375666377/>

<https://twitter.com/WDBSofficial>

We welcome any groups or individuals from local disability sector groups, special schools or anyone else keen to give snooker a try.

Cueball Derby is a fully wheelchair-accessible club and part of our national 147 Club initiative – a network of safe and enjoyable venues in which to play our sport. Our affiliated clubs follow a Code of Conduct, Equal Opportunities Policy and Child & Vulnerable Adult Protection Policy. They each have a nominated Club Welfare Officer, where required. These clubs offer a modern, open-plan environment that is perfect for school and community groups. Our sport is sociable and active, and can contribute to good mental health.

Any groups keen to enjoy some free coaching should let us know they are coming, if possible, by email to me at [bob.hill@wpbsa.com](mailto:bob.hill@wpbsa.com)

If you have any questions about the event please do not hesitate to give me a call on 0117 317 8203.

Kind regards,

## **Bob Hill**

Club and Facilities Manager

The World Professional Billiards and Snooker Association Ltd

Director – World Disability Billiards and Snooker

Mobile: 07970 870 465

Telephone: 0117 317 8203

[www.wpbsa.com](http://www.wpbsa.com)



Dronfield  
**ARTS  
FESTIVAL**  
4th - 7th May 2018

Save the date!

MUSIC • POETRY • DANCE  
THEATRE • ART • COOKING

BE PART OF IT

#dronfieldartsfestival

[www.dronfieldartsfestival.co.uk](http://www.dronfieldartsfestival.co.uk)

