

## What's On! October 2019



**Friday October 4th 6:00pm to 7:30pm**

**Deda**  
**19 Chapel Street**  
**Derby**  
**DE1 3GU**



Ticket £11.37  
Order your ticket at Eventbrite

<https://www.eventbrite.co.uk/e/poetry-evening-a-celebration-of-family-with-henry-normal-tickets-70773660925>

### Poetry Evening: A Celebration of Family with Henry Normal

Henry Performs poetry at Literature Festivals around the UK and has five recent poetry book out, "Staring Directly at the Eclipse", "Travelling Second Class Through Hope", "Raining Upwards", "This Phantom Breath", "The Department of Lost Wishes", and "Swallowing the Entire Ocean"

Henry is a founder member of the Manchester Poetry Festival (now the Literature festival) and co founder of the Nottingham Poetry Festival.

In June 2017 he was honoured with a special BAFTA for services to television.

He co wrote and script edited the multi-award winning Mrs Merton and the spin off series Mrs Merton and Malcolm. He also co-created and co-wrote the first series of The Royal Family.

With Steve Coogan he co-wrote the BAFTA winning Paul and Pauline Calf Video Diaries, Coogan's Run, Tony Ferrino, Doctor Terrible, all three as Steve's live tours and the film The Parole Officer. He has executive produced and edited films and shows such as Philomena, I Believe in Miracles, Gavin and Stacey, Moone Boy, Uncle, Marion and Geof, Nighty Night, The Mighty Boosh, Red Dwarf, Hunderby, Camping and Alan Partridge.

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
August	<i>Bowling</i> Saturday 1.00pm-4.00pm	<i>Bowling</i> Saturday 12.30pm-4.30pm
September	<i>Social Session</i> Saturday 1pm – 4pm	<i>Social Session</i> Saturday 1pm – 4pm
October	TBA 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

## 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 have set up a  
support group run for and by  
each other.

Where  
Activity Suit Derbyshire Autism Services  
3a, Unicorn Business Park, Wellington St, Ripley DE5 3EH

When last Thursday of the month

October 31st  
November 28th

From 7.30pm to 9pm

If you feel this is you.

Contact

Julie Baker 07811516261  
Fiona Trotter 07784356153

Julie and Fiona have asked us to let you know that on Thursday 26th September a representative from Unilegal will be attending their Parent Carers Support Group. This is taking place as usual in the meeting room of the DAS Offices in Ripley at 7.30pm. Julie and Fiona have arranged for Unilegal to attend in response to requests from members to know more about wills and trusts, and how to best protect their children when they are no longer around or physically able to provide support. It will be possible to book an initial one-to-one free advice/consultation session for a time after the presentation, but further sessions and work will be charged for. DAS cannot endorse the advice given but it is a chance to explore options.

If you have not been to this support group before and are interested, Julie and Fiona say that you are welcome to attend. We are sure that you will find it enjoyable and productive. There is no cost to attend. The group runs every month on the fourth Thursday of the month at 7.30pm at DAS. Enjoy!

## 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 Night Club Event for  
Adults with Learning Disabilities

£5

PAY ON  
THE DOOR

Tuesday 1<sup>st</sup> October

7pm - 11pm

£5

PAY ON  
THE DOOR

**The Vibe Chesterfield**

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



jgclubwhitwell@hotmail.com

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Photo by Matt Cawrey



# U.DANCE

## How to apply:

1. Read the Good Practice Guide & watch the Good Practice Video which can be found at: <https://bit.ly/2mkkb0G>

2. Complete the online application form found at <https://bit.ly/2nbq14H>

3. Film footage of the piece of work your group intends to perform at the county platform, within the application form

3. Do this before **12:00am Wednesday 25 November**



**Deadline for applications:**  
Wednesday 25 November Midnight  
upload via

<https://bit.ly/2nbq14H>

Find out more at

<http://www.onedanceuk.org/>

## **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

Department: The School of Education

### **Research Study Advert**

*"I just want my child to be happy". An exploration of parental understanding of happiness of their autistic child*



### **Volunteers Needed**

For a research study to explore how parents see happiness in their autistic child

**Are you a parent who:**

- Has a child with a diagnosis of Autism?
- Is interested in sharing a photo representing your child's happiness?
- Is interested in sharing how you see and promote your child's happiness and how you advocate it to others?

If you have answered 'yes' to all of these questions you may want to take part in this research study.

You will be asked to complete a simple online questionnaire, which will take approximately 30 minutes. This questionnaire will focus on how you see happiness in your child and we will ask you to upload a photograph that represents happiness in/for your child. If you are interested in participating in this study, please, contact me via e-mail for further information.

Researcher: Anna ~~Stopinska~~-Lewucha

Email: [anna.stopinska-lewucha.2016@uni.strath.ac.uk](mailto:anna.stopinska-lewucha.2016@uni.strath.ac.uk)

Chief Investigator: Dr Anna Robinson

E-mail: [anna.robinson@strath.ac.uk](mailto:anna.robinson@strath.ac.uk)

This investigation was granted ethical approval by the School of Education Ethics Committee.





## Derbyshire Carers Association Mental Health Carers workshops

Derbyshire Carers Association and Derbyshire County Council want to strengthen the ways in which mental health carers are supported through the carer's service and reinforce partnership working to strengthen the help available to mental health carers across the health and social care system.

We are holding two workshop sessions and invite mental health carers and all our partners to join us to explore the current barriers, priorities and solutions in supporting mental health carers effectively. An action plan will be produced from the sessions which will form part of the Derbyshire carers strategy.

Please join us to share your knowledge, experiences and views on

or

**Thursday 3rd  
October**

**10.00am -1.00pm**

Strutts Centre  
Derby Rd, Belper  
DE56 1UU

**Tuesday 8th October  
10.00am -1.00pm**

Coney Green Business  
Centre Wingfield View,  
Coney Green Rd, Clay  
Cross, Chesterfield  
S45 9JW

**Please book onto one of the sessions by  
calling us on 01773 833833 or  
emailing [helen.weston@derbyshirecarers.co.uk](mailto:helen.weston@derbyshirecarers.co.uk)**

Registered Charity Number: 1062777



## Grow Outside C.I.C. SOCIAL GARDENING GROUP AND GARDEN FURNITURE PROJECT

*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 and refreshments provided, wear suitable outdoor clothing. Grow plants, meet new people & maybe learn some new skills.

**THURSDAYS 10AM-3PM AT THE CROFT, SLACK LANE, RIPLEY, DE5 3HF**

[claire@growoutside.co.uk](mailto:claire@growoutside.co.uk) 07960 249816  
f GrowOutsideCIC @grow\_outside  
WWW.GROWOUTSIDE.CO.UK

Derbyshire Recovery & Peer Support Service





# After School Party Package

**£7.50** per child

Monday - Thursday • TERM TIME ONLY  
4.00 - 5.30pm OR 4.15 - 5.45pm

*Private Party Room • Helium Party Balloons  
Cold Party Food • 90 Minute Party  
Birthday Card with Group Photograph  
Free Play Pass for Birthday Child • Unlimited Juice*

Tel: 01159 386 206 • [www.escapeplay.co.uk](http://www.escapeplay.co.uk)

Fully air conditioned • Terms & conditions apply



A Night Club Event for  
Adults with Learning Disabilities

**£5**  
PAY ON  
THE DOOR

Tuesday 8<sup>th</sup> October  
7pm-11pm  
**The 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



**DJ ALEX  
MURFIN**

**18+**

07599 076866  
07599 076868  
01246 913267

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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:**

**5th October and 2nd November 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.



We've been receiving a lot of queries about Derbyshire County Council's Blue Badge scheme. As you may be aware, autism now qualifies as a disability under the government's new scheme of addressing stress and pressure for disabilities like autism, long-standing mental health problems and other hidden disabilities.

If eligible, you can use the badge while driving yourself, or with the presence of another driver with which the person with autism is travelling with

If you need more information or advice about the Blue Badge Scheme:

email: [blue.badges@derbyshire.gov.uk](mailto:blue.badges@derbyshire.gov.uk)  
tel: 01629 533190

write to: Blue Badge Team

Derbyshire County Council

County Hall

Matlock DE4 3AG

# 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://facebook.com/HeadHighOfficial)

