



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! September 2019

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



'we are
undefeatable'

C A M P A I G N L A U N C H

This national campaign aims to challenge misconceptions around being active with long-term conditions, providing a unified voice and a strong, emotional platform to engage and motivate sustainable behaviour change across all conditions.

activederbyshire.org.uk

SAVE
THE
DATE

THURS

SEPT 5

1-2pm

THE WINDING WHEEL : 13 HOLYWELL ST. : CHESTERFIELD S41 7SA

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 someone 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

September 26th
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!

Guest
Speaker

26th September

See Below

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

NIGHTCLUB

EVENT

Tuesday 3rd September

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"

DO YOU HAVE A LOVED ONE

THAT'S HOUSEBOUND

BUT NEEDS A HAIRCUT, OR HELP WITH SHAVING?



THE COMMUNITY BARBER CAN COME TO YOU!

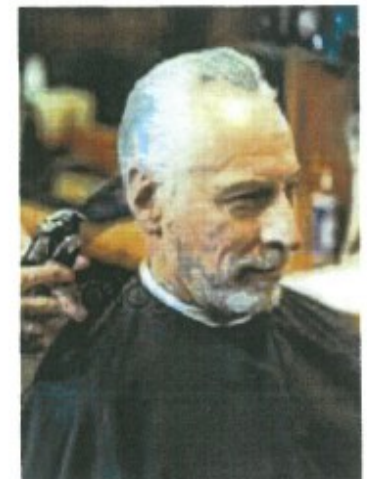
Serving the Amber Valley Area, including:

- Care Homes
- Day Centres
- Private Residencies.

- Haircuts
- Luxury hot towel shaves
- Beard design & maintenance
- Ear & Eye brow trimming

Tel: 078 11 44 78 55.

DBS cleared and previous care work experience



BECAUSE KEEPING OUR DIGNITY IS EVERYTHING.

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

EVERYONE

WANTS TO BE HEALTHY



ACTIVE AUTISM ACTIVITIES at HUCKNALL LEISURE CENTRE

NG15 7TX

Tel: 0115 9568750

£8.45 per family

Our Active Autism sessions are designed to bring families and friends together of people who have autism and / or other special needs. A variety of play equipment will be provided in a fun and safe environment. Prior booking is advised, please telephone the leisure centre directly to book and pay.

- **Twilight Swim** Saturday 24th August 6.15-7.15pm
- **Fun & Bounce Party** including racket sports, football, bouncy castle
Sunday 29th September 5.00-6.00pm
- **Twilight Swim** Saturday 12th October 6.15-7.15pm
- **Twilight Swim** Saturday 16th November 6.15-7.15pm

For specific requirements please email katherinehibberd@everyoneactive.com or tel. 07734 003832. Price includes up to 2 adults and 3 children

Ask the team at reception for more information
or visit www.everyoneactive.com

everyone
ACTIVE

Specialist Children's Services Present:
**Information Sessions for parents / carers of
young people with a communication problem,
learning disability and/or Autism,
who live in North Derbyshire**

Symbols Workshop

Dates:

Wed 11th September 2019

Wed 27th November 2019

Wed 5th February 2020

Time:

9.30 am

Venue:

Fairplay, Chesterfield.

This is a 2 ½ hour workshop run by Speech & Language Therapists and Assistants and LD CAMHS Specialist Support Workers for parents/carers of children who may benefit from the use of visual supports to help with their communication or structure and routines. It explains the reasons and benefits of using visual resources. It also offers the chance to produce some resources to take away.

Tea/ Coffee/ juice will be provided

These sessions are for parents/carers of young people with a learning disability and/or Autism.
For all seminars, please arrive from 9.30am for tea/coffee and registration.

To book a place, please call 01246 514523; or email us on CRHFT.camhsadmin@nhs.net

Current and future information sessions are also advertised on the CAMHS



**Derbyshire Carers
Association**



Afternoon Tea

Wednesday *Fundraiser*
25th September 2019

**Bulls Head, Belper Lane End
Belper, DE56 2DL**

2pm

entertainment

**Sandwiches,
Cake,
Scones
& Tea/Coffee**

50/50
raffle



£12.50 per person

To register your interest or for more information please contact DCA on:

01773 833 833

**Places are limited, everyone welcome!!
Please call us to book your place.
All Proceeds to DCA.**

Registered Charity Number: 1062777



COMMUNITY WELLBEING ROADSHOW

FREE PHYSICAL HEALTH CHECK

Body MOT: Blood pressure | Heart rate | Height, weight, BMI | Body fat % | Skeletal muscle % | Visceral fat %

FREE PERSONAL WELLBEING CHECK

Take the 5 Ways to Wellbeing check to integrate simple ways to maintain good mental health & wellbeing in to your everyday life.

ADVICE & INFORMATION MARKET PLACE FOR:
Mental Health | Physical Health | Disability | Finance
Stop Smoking | Healthy Weight | Staying Safe |
Education & Training | Volunteering | Employment

FREE NORDIC WALKING TASTER SESSIONS

Tuesday 3rd September

Co-op Ripley 10am - 2pm



The **co-operative** membership
Central England Co-operative



**5-week
FREE course
Ilkeston**

Learn basic British Sign Language and Communication Skills

Fridays
6th September -
4th October 2019

12.30pm - 2.30pm

Big Kirk Hallam Community Centre
2 Queen Elizabeth Way
Ilkeston DE7 4NU

Trainer is Rachel Shaw

Book your place now
janet@deafinitelywomen.org.uk

www.deafinitelywomen.org.uk

This course is for deaf and
hard of hearing women only.

Come along and meet other
women with hearing loss
and learn a new language.





Open-Door

**A CHILD/DISABILITY INCLUSIVE CHURCH
SERVICE WITH A DIFFERENCE
EVERY FIRST SUNDAY AT 2PM**

www.sthelensdarleydale.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:**

7th Sept and 5th October 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.

Hi All,

As a part of the launch of the Move More trails I would like to invite a diverse group of people to come down to Alvaston Park on September 8th and enjoy the routes we have mapped and signed out. The event will be between 12 and 2pm.

Move Mores vision is an active Derby for everyone, improving our health, wellbeing and quality of life by supporting people to move more in Derby.

Our mission: As partners in the future prosperity of the City, we recognise the role that physical activity and sport can play in supporting educational attainment, health and wellbeing, social interaction and economic prosperity. We will therefore share resources and co-ordinate our activities, with a commitment to a different way of working in order to help change peoples' behaviour and support a culture shift towards and active city.

Over the past 6 months as part of the Move More strategy we have developed 15 routes covering 5 parks which citizens are encouraged to follow and interact with in any way you see fit, whether that be running, walking or however else you would like!

There will be stalls and events on the day but the major aspect of the day is to come and enjoy the park and everything it has to offer. The idea behind the trails is enjoyment for all, whether that being walking, running or in your wheelchair, I walked one of the trails personally this week with a 91 year old lady using her four wheeled walker!

Please contact me for more details if you are interested, the event is completely free and there is no need for tickets!

Regards

Jonathan Hornblow

Jonathan Hornblow | Move More Mentor | Parks & Active Living | Communities and Place | Derby City Council, The Council House, Corporation Street, Derby DE1 2FS | Telephone 07812 300914 | Minicom 01332 640666 | www.derby.gov.uk

Proud of Derby



Move More Derby Trails

1 - 30 September 2019

Date	Time	Park	Event
Thursday 5 September	7pm - 9pm	Markeaton	Peak Running Twilight Relay
Saturday 7 September	4pm - 6pm	Allestree	Phoenix Running and Fitness 'Hayley's Memorial Trail Fun Event'
Sunday 8 September	12noon - 2pm	Alvaston	Inclusivity in the park
Sunday 15 September	12noon - 2pm	Sinfin Moor Park	Move More Walk n Talk
Sunday 22 September	12noon - 4pm	Darley	Derby University 'Return to Uni 5k'
Saturday 28 September	1pm - 3pm	Markeaton	Derwent Valley Orienteers Family day
Sunday 29 September	10am-4pm	Allestree	Jog Derbyshire 'Celebrating 10 years'

