



## 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! April 2020

# Autism Information and Advice


- a new service for Derbyshire!

A brand new service supporting **adults** living with Autism Spectrum Condition, their families and carers, and professionals, located within Derbyshire County.

Our service offers the following:

- A confidential **help-line** operational, Monday-Friday, 09:30-16:30
  - A comprehensive **website**
- Regular **drop-in** sessions across Derbyshire
  - An Autism Alliance **task force**
  - ASC **awareness** raising

[www.autisminformationservice.org.uk](http://www.autisminformationservice.org.uk)

 [autismservice@citizensadvicemidmercia.org.uk](mailto:autismservice@citizensadvicemidmercia.org.uk)

01332 228790



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.

Please contact the office on 017733 741221 for a registration form and date details

Month	Derby	Chesterfield
April	Crazy/Mini Golf at Intu Derby. Choice of restaurants to have lunch & choice of shops ..	2 Games of bowling with an opportunity for food & drink after bowling



## Derbyshire Autism Services Children's Groups Alternate Saturdays at Buxton and Ripley

We are happy to consider supporting children between 8 and 18 who

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

Give us a call for more information on 01773 741221

**Funded by**  
**The National Lottery Community Fund**

### 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
The Lighthouse, Derby Integrated Disabled Children's Service	01332 256990
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

30th January	28th May	24th September
27th February	25th June	29th October
26th March	30th July	26th November
30th April	27th August	17th December

From 7.30pm to 9pm

If you feel this is you.

Contact

Julie Baker 0781 1516261  
Fiona Trotter 07784356153

Guest Speakers

- 30<sup>th</sup> April: Suzanne Eusman from Autism Plus and Princes Trust will be talking on how they support those with Autism into employment.  
25<sup>th</sup> June: Sophie Bothwell from Futures Housing will be talking on their support offer to those with Autism

## 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>

## 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

### 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**

Derbyshire Recovery & Peer Support Service

# RIPLLEY SPORT 4 WELLBEING GROUP



EVERYONE WELCOME!

JOIN US ON WEDNESDAYS 1PM - 3PM

ACTIVITIES INCLUDE **BADMINTON,  
FOOTBALL, BASKETBALL, TABLE  
TENNIS AND MUCH MORE!**

RIPLLEY LEISURE CENTRE,  
DE5 3HR

01773 734 989







## Who to contact in your local area :

### Struggling with money?

Would you like support to help you feel more in control of your finances? Know you need to do something but don't know where to start?

We can provide help that is tailored just to your needs. Whatever your circumstances, we provide support to make a real difference around money, improving your ability to deal with it.

### About Money Sorted in D2N2

Money Sorted in D2N2 provides support and personally tailored interventions for people experiencing financial difficulty. It can help you take control, build your confidence and skills and help you tackle barriers and problems in order to improve your financial well-being for the longer term.

### Who is it for?

Anyone who is experiencing financial difficulties and worries and would like some support. It is for people living in either Derby, Derbyshire, Nottingham or Nottinghamshire.

You need to be of working age and either unemployed or not in paid work at the time of starting.

### What does the project provide?

- A personal worker working with you (a 'Personal Navigator')
- Assessment of your financial well-being
- Personal action plan
- Help to improve your skills, knowledge and confidence with different money issues, (topics such as budgeting, banking, debt, credit, saving). This is tailored to your needs through one to one or group sessions.
- Option of a Money Mentor
- Support (or referrals) with your current financial circumstances, (such as benefit, debt, banking).
- Support getting into employment, training or job search.

'Money Sorted in D2N2' helps people with money management and supports them to improve their financial well-being.

It can help you if you are someone not in work and you live in Derby, Derbyshire, Nottingham or Nottinghamshire.

### Money Sorted in D2N2 Office

Tel: 0115 908 1534

Email: [info@moneysortedind2n2.org](mailto:info@moneysortedind2n2.org)

[www.moneysortedind2n2.org](http://www.moneysortedind2n2.org)

### How is the project funded?

'Money Sorted in D2N2' is a project funded as part of the Building Better Opportunities programme in D2N2. The project is funded by the European Social Fund and The National Lottery Community Fund.

### High Peak, Derbyshire Dales

Citizens Advice Derbyshire Districts  
Roz McCoy (High Peak)  
07866 947859 or 0300 456 8390  
[roz.mccoy@ddcab.org.uk](mailto:roz.mccoy@ddcab.org.uk)

Mandy Simm (High Peak, Derbyshire Dales)  
07494 032354 or 0300 456 8390  
[mandy.simm@ddcab.org.uk](mailto:mandy.simm@ddcab.org.uk)

Katy Turquoise (Derbyshire Dales)  
07730 089667 or 0300 456 8390  
[katy.turquoise@ddcab.org.uk](mailto:katy.turquoise@ddcab.org.uk)

### Bolsover, Chesterfield, North East Derbyshire

Derbyshire Law Centre  
Carmen Yates  
07868 003565 or 01246 550674  
[carmen.yates@derbyshirelawcentre.org.uk](mailto:carmen.yates@derbyshirelawcentre.org.uk)

Debra Parkin  
07478 669499 or 01246 550674  
[debra.parkin@derbyshirelawcentre.org.uk](mailto:debra.parkin@derbyshirelawcentre.org.uk)

### Derbyshire Unemployed Workers Centre

John Power  
07870 388045 or 01246 231441  
[john.power@duwc.org.uk](mailto:john.power@duwc.org.uk)

### Amber Valley, Erewash

DHA - Direct Help and Advice  
Charlotte Cotton  
07842 129195 or 0115 9300 199  
[charlotte.cotton@dhadvice.org](mailto:charlotte.cotton@dhadvice.org)

Tim Robinson  
07752 575247  
[tim.robinson@dhadvice.org](mailto:tim.robinson@dhadvice.org)

Citizens Advice Derbyshire Districts  
Katy Turquoise (Amber Valley, Erewash)  
07730 089667 or 0300 456 8390  
[katy.turquoise@ddcab.org.uk](mailto:katy.turquoise@ddcab.org.uk)

### South Derbyshire

Citizens Advice Mid Mercia  
Tracey Harris  
01283 210108 or 07498 065104  
[tharris@citizensadvicemidmercia.org.uk](mailto:tharris@citizensadvicemidmercia.org.uk)

Laura Speirs  
01283 210108 or 07470 861261  
[lspeirs@citizensadvicemidmercia.org.uk](mailto:lspeirs@citizensadvicemidmercia.org.uk)

### Derby City

Derby Advice  
Leanne Scaysbrook  
07812 300080  
01332 643396  
[leanne.scaysbrook@derbyhomes.org](mailto:leanne.scaysbrook@derbyhomes.org)

DHA - Direct Help and Advice  
Tim Robinson  
07752 575247  
[tim.robinson@dhadvice.org](mailto:tim.robinson@dhadvice.org)

### Derby City

YMCA Derbyshire  
Jenni Hewkin  
07702 854324  
01332 579550  
[jenni.hewkin@ymcaderbyshire.org.uk](mailto:jenni.hewkin@ymcaderbyshire.org.uk)

Katy Frost  
07793 049528  
01332 579550  
[Katy.frost@ymcaderbyshire.org.uk](mailto:Katy.frost@ymcaderbyshire.org.uk)

### Bassetlaw, Mansfield, Ashfield

DHA - Direct Help and Advice  
Alison Parnell  
01623 658 060 or 07305 802094  
[alison.parnell@dhadvice.org](mailto:alison.parnell@dhadvice.org)

Mansfield Citizens Advice  
Jennifer Seals  
07307 888327  
[Jennifer.seals@mansfieldcab.org.uk](mailto:Jennifer.seals@mansfieldcab.org.uk)

Vikki Foster  
0745 3798425  
[vikki.foster@mansfieldcab.org.uk](mailto:vikki.foster@mansfieldcab.org.uk)

Jillian Eves  
0745 3799379  
[jillian.eves@mansfieldcab.org.uk](mailto:jillian.eves@mansfieldcab.org.uk)

Derbyshire Law Centre  
Debra Parkin  
07478 669499 or 01246 550674  
[debra.parkin@derbyshirelawcentre.org.uk](mailto:debra.parkin@derbyshirelawcentre.org.uk)

Newark & Sherwood, Gedling  
St Ann's Advice  
Polly Tyler  
07387 104933 or 0115 908 1534  
[polly.tyler@StAnnsAdvice.org.uk](mailto:polly.tyler@StAnnsAdvice.org.uk)

Broxtowe, Nottingham City, Rushcliffe  
St Ann's Advice  
Margaret Bagnall  
07570 078273 or 0115 908 1523  
[margaret.bagnall@StAnnsAdvice.org.uk](mailto:margaret.bagnall@StAnnsAdvice.org.uk)

Jade Britten  
07827 248747 OR 0115 9081534  
[Jade.britten@StAnnsAdvice.org.uk](mailto:Jade.britten@StAnnsAdvice.org.uk)

Nadine Morgan  
07387 104934 or 0115 908 1534  
[nadine.morgan@StAnnsAdvice.org.uk](mailto:nadine.morgan@StAnnsAdvice.org.uk)



# Inclusive Play Sessions

for Children with Special Educational & Physical Needs

Tue 18th February • Thur 9th April  
Mon 25th May • Wed 5th August  
Mon 17th August • Wed 28th October  
Thur 24th December

9.30am 'til 11.30am



each session

**£5.80** per child

Except Xmas Eve Session  
Thursday 24th December

**£7.95** per child

ADVANCE BOOKING ADVISED

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

6 Pentrich Rd, Giltbrook, Nottingham, NG16 2UZ



FIND US ON FACEBOOK (Search: Escape Family Adventure Play Area)

Escape will be closed for these events & will re-open to the public at 11.45am



### Useful websites

Cyber Security Toolkit for Voluntary Organisations in Derbyshire  
[www.saferderbyshire.gov.uk/toolkit](http://www.saferderbyshire.gov.uk/toolkit)

General online safety advice [www.getsafeonline.org](http://www.getsafeonline.org)

### Useful contacts

Derbyshire Constabulary - advice and information about improving your cyber security  
Tel: 07545 100698  
Email: [jodie.nevin.17222@derbyshire.pnn.police.uk](mailto:jodie.nevin.17222@derbyshire.pnn.police.uk)

Action Fraud – reporting cybercrime  
Tel: 0300 123 2040 (8am-8pm Mon-Fri)  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

Derbyshire County Council Community Safety Unit  
Email: [tracy.coates@derbyshire.gov.uk](mailto:tracy.coates@derbyshire.gov.uk)



Derbyshire Constabulary



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 starts at £12 for 2 people, £15 for 3 and £18 for 4 or 5. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

4th April and 2nd May 2020 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.





## Technology support at home for older and disabled people

[www.abilitynet.org.uk/at-home](http://www.abilitynet.org.uk/at-home)



Our volunteers provide free advice and technical support to older people and disabled people of all ages.

Visit our website or call to find out how we can help.

**CALL FREE 0800 269 545**

## Looking for friendly and trustworthy help with your computer, tablet or smartphone?

AbilityNet is an award-winning UK charity that provides free help with computers, tablets, smartphones and other devices to older and disabled people of all ages.

We're supported by IBM and Microsoft. We work with many other leading UK charities including Age UK, RNIB, Scope and Blind Veterans.

### Arrange a home visit

Book a session with one of our carefully selected and vetted information technology (IT) volunteers.

They can visit you in the comfort of your own home and help you to get the most out of your technology.

Our volunteers have a range of skills and can help with all kinds of challenges - from device setup and getting online to troubleshooting and solving technical issues.

**CALL: 0800 269 545**

**EMAIL: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)**

**WEBSITE: [www.abilitynet.org.uk/request-IT-support](http://www.abilitynet.org.uk/request-IT-support)**