



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! February 2020

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
February	Bowling at Chesterfield 13:00 to 16:00	Bowling at Chesterfield 13:00 to 16:00



ACTIVE AUTISM ACTIVITIES SPRING 2020

Hucknall - NG15 7TX - 0115 9568750 - Festival Hall - NG17 7DJ - 01623 457101

If you would like to become a part of a local 'Active Autism Ashfield' Network please LIKE and JOIN our Facebook Page

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. A simple cash tuckshop will run also. Prior booking is advised, please telephone the leisure centre directly to book your place.

- Twilight Swim @ Hucknall Sat 18th January 6.15-7.15pm
- Twilight Swim @ Hucknall Sat 15th February 6.15-7.15pm
- Fun Skate & Bounce @ Festival Hall Sat 14th March 4-6pm
- Twilight Swim @ Hucknall Sat 18th April 6.15-7.15pm

For information please email katherinehibberd@everyoneactive.com or tel. 07734 003832. Swimming £8.45 includes up to 2 adults and 3 children, skate & bounce £2.75 pp

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



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

- 27th Feb: Gail Ross (DAS) will be talking on how best to access DAS support services, especially Family Support Workers .
- 30th April: Suzanne Eusman from Autism Plus and Princes Trust will be talking on how they support those with Autism into employment.
- 25th 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 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>

OVER 55?

This is a **free** event, which is open to all residents of Chesterfield who would like to engage with health and wellbeing providers. Why not come along and find out what's happening in your local area - from local groups, services and information.

Fun, friendly and free!

Great Chesterfield get 2gether

24 February

10am to 12 noon

at the Winding Wheel,
Holywell Street, Chesterfield.

NO NEED TO BOOK

There will be complimentary refreshments, home-made cakes, fruit, small giveaways and a free raffle for everybody who attends the event.

Contact Wendy Blunt, health and wellbeing officer for more information
Tel: 01246 345344 Email: wendy.blunt@chesterfield.gov.uk



CHESTERFIELD
BOROUGH COUNCIL

In conjunction with other local partners



WALKING NETBALL

Ripley Leisure Centre

Wednesday

11am - 12pm

Starting from 5th February



Contact jayne.stallion@ambervalley.gov.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 <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



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

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

The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 14 th January 20	12.30 – 15.00	Meadow View Care Centre Bakewell Rd Darley Dale Matlock
Thursday 16 th January 20	12.30 – 15.00	Staveley Fire Station Crompton Road Staveley
Tuesday 18 th February	10.30 – 13.00	Alfreton Library Severn Square Alfreton
Thursday 27 th February 20	10.30 – 13.00	The Arc Committee Room 2 High Street Clowne
Thursday 27 th February 20	10.30 – 13.00	Swadlincote Fire Station Community Room
Thursday 19 th March 20	13.30 - 16.00	Tesco Community Room Clay Cross
Friday 27 th March 20	12.30 – 15.00	Eckington Library Market Street Eckington
Tuesday 7 th April 20	10.30 – 13.00	Buxton Library Bank Road Buxton
Tuesday 14 th April 20	10.30 – 13.00	Ripley Library Grosvenor Road Ripley
Wednesday 22 nd April 20	13.00 – 15.30	Salvation Army Hall Long Eaton

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks, refreshments provided.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

To Refer: Email - kziglam@citizensadvicemidmercia.org.uk or Tel: – 07487 257187

www.erewash.gov.uk EREWASH



Stargazing Night



Saturday 1 February
6pm - 9pm

FREE event

Enjoy viewing the nights sky with Ilkeston and District Astronomy Society. Enjoy live experiments with our Cool Science shows.

Erewash Museum

High Street, Ilkeston DE7 5JA
T: 0115 907 1141

 /erewashmuseum  @erewash_museum

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:**

1st Feb and 7th March 2020 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.



Need to talk?
We're **online** until 10pm



Friendly
counsellors
online 365 days
a year



Access to
helpful
articles



Supportive
online
community and
live forums

Free Online Mental Health &
Well-being Support. 7 days a week

www.qwell.io

Young Carers Family Event

1st February 10.30am to 1pm Kirk Hallam Community Centre

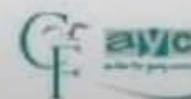
A chance to...

- Have some fun
- Meet other young carers
- Meet the AYC team
- Tell us what you'd like to see

- Sports activities
- Tombola
- Arts and crafts
- Refreshments
and snacks



For more info call 0115 962 9351
or text us on 07525 237734
Or just come along on the day!



Mind, Body and Spirit Event

29th February & 1st March 2020

Open from 10am till 5pm



Trowell Parish Hall, Stapleford Road,

Trowell, NG19 3QA

Contact claysevents@gmail.com for further details

Entry is £1 Children Free



Support for Carers in Derbyshire

What kind of services are available to help carers?

A carer's assessment to discuss what would make life easier for them.

Support to take a break and look after their own health.

Specialist support for Young Carers and Young Adult Carers

Support groups, social events and emotional support.

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Online and local information, advice and signposting.

The chance to get involved in shaping services for Carers.

Planning for emergencies or for the future.

Training relating to the Carer role e.g. First Aid and Manual Handling.

DERBYSHIRE CARERS ASSOCIATION

01773 833 833 info@derbyshirecarers.co.uk

www.derbyshirecarers.co.uk



Registered Charity No: 1062777