



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! January 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
January	Yoga, Lunch and Shopping Saturday 1pm – 4pm	Yoga, Lunch and Shopping Saturday 1pm – 4pm



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

Derby and Derbyshire

Mental and emotional wellbeing service



Build Sound Minds

Mental and emotional wellbeing

Providing a comprehensive early intervention offer to children and young people aged 0-17 who are experiencing mild to moderate mental health difficulties.

BuildSoundMindsDD@actionforchildren.org.uk
01246 277422 (North Derbyshire)
01332 679379 (South Derbyshire and Derby City)

Working in
partnership
with:



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

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 07811516261
Fiona Trotter 07784356153

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 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>



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

**Wear
several thin
layers**
rather than one
thick layer.



**Close your
curtains at dusk**
to keep the warmth in.
Tuck them behind
radiators and close
doors.

Top tips to

KEEP WARM, STAY HEALTHY, SAVE MONEY

**Check on
your neighbours
and friends**
Are they warm
enough? Ask them to
call us if they are
struggling.



Stay active
Get up and walk
around regularly or
move your limbs
whilst sitting.



**Have hot
drinks**
and hot meals
throughout
the day.

**Heat
your home**
to between
18°C and 21°C
when you're in
during the day.

**Deal with
draughts**
There are cheap DIY
draught proofing
products available to
keep you cosy.



Call our **FREE** helpline for more advice

0800 677 1332

We can give you this information in any other way, style or language that will help you access it.
Please contact us on: 01332 295111. Minicom: 01332 640666

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

kooth



**Friendly
counsellors**



Self-help



**Community
support**

**Free, safe and anonymous online
support for young people**

kooth.com

Lets Talk About MONEY!

(FREE Budgeting Training for everyone including front line workers, community members and Armed Forces, their family and their communities)

- **Great for Universal Credits!**
- **Learn what a budget is**
- **Learn why we budget**
- **Learn how to budget**
- **Learn to Manage your budget**
- **Learn how to advance your income**
- **Learn how to reduce your expenses**
- **Learn to save for emergencies and life**
- **On going support through Budget Buddies**



To book your place: enquiries@releaseonline.org.uk

call: 01773 306289, or call/text 07932 088331



Release Financial Charity, Registered Charity – 1155290, www.releaseonline.org.uk

Release

Manage your budget
Advance your income
Reduce your expenses
Save for emergencies & life

Release Financial Charity
Registered Charity – 1155290

Wednesday 29th January 2020,

Doe Lea Resource Centre

9.30am - 4.30pm

Mansfield Road, Doe Lea,

Chesterfield, S44 5PD

Includes FREE lunch and refreshments



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



A Night Club Event for
Adults with Learning Disabilities

£5
PAY ON
THE DOOR

Tuesday 7th January
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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LOTTERY FUNDED

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 Jan and 1st Feb 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.

Derbyshire Council County National Careers Service access points

FREE drop-in sessions in a variety of locations throughout Derbyshire. Impartial information, advice and guidance from qualified Careers Coaches to help you make decisions about work and learning.

- **Bolsover ACE Centre – Wednesdays, 10am to 12noon**
- **Clay Cross ACE Centre – Thursdays, 1pm to 3.30pm**
- **Hunloke ACE Centre, Chesterfield – Mondays, 1pm to 3.30pm**
- **Shirebrook ACE Centre – Fridays, 10am to 12noon**

One to one appointments are also available.

Contact **01629 532430** for more information.



Move into work

Aimed at all levels of learners who would like to develop skills and knowledge in preparation for employment or further study in childcare or catering.



Bolsover ACE Centre – 01629 537912

Course title	Day(s)	Time	Wks	Fee A	Fee B	Fee C	Start Date
Move into Working in the Catering Sector	Wednesday	9.30am to 11.30am	10	Contact centre for details			08/01/2020

Clay Cross ACE Centre – 01629 537108

Course title	Day(s)	Time	Wks	Fee A	Fee B	Fee C	Start Date
Move into Working in the Childcare Sector	Tuesday	9.30am to 11.30am	10	Contact centre for details			07/01/2020
Move into Working in the Catering Sector	Wednesday	9.30am to 11.30am	10	Contact centre for details			08/01/2020

Making Choices

Plan your learning journey

FREE advice for anyone who wants to get into learning, to help you to:

- choose what courses you want to do in the future
- increase your confidence in making decisions
- know your skills in English, maths, ICT and employability
- set up your own learning plan

Ask at your local adult community education centre to find out more and book onto a session.



Achieve your potential in English and maths

- **FREE** courses
- Skills to help you in everyday life
- Join at any time for many classes
- Small, friendly groups
- Work at your own pace
- Gain nationally recognised qualifications

Adult community education centres

Chesterfield – Hunloke – 01629 535002 hunloke.ace@derbyshire.gov.uk
 Bolsover – 01629 537912 bolsover.ace@derbyshire.gov.uk
 Shirebrook – 01629 537576 shirebrook.ace@derbyshire.gov.uk
 Clay Cross – 01629 537108 claycross.ace@derbyshire.gov.uk

Christmas and new year opening hours

Call Derbyshire will be closed on Christmas Day, Boxing Day and New Year's Day, except for urgent social care calls.

Phones will be open as normal for the rest of the Christmas and New Year period on 01629 533190.

Don't forget you can do many things through our website any time of day, all year round.

Council offices will be closed Christmas Day, Boxing Day and New Year's Day.