



## 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! March 2020

#### Ripley Leisure Centre

Gymkids is a fun, active club that encourages confidence and new skills - come and join us every Tuesday at 1.15pm. To find out more or to book your child's slot visit

<http://ow.ly/kIuI50yqb3c>

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
March	Derbyshire Wildlife Trust 13:00 to 16:00	Derbyshire Wildlife Trust 13:00 to 16:00



### 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

- 27<sup>th</sup> Feb: Gail Ross (DAS) will be talking on how best to access DAS support services, especially Family Support Workers .
- 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>



# COME AND JOIN US FOR AUTISM/ SEN FRIENDLY CLIMBING SESSIONS



WEDNESDAY'S  
4.15-5.15PM

OUR FIRST  
SESSION IS  
26TH  
FEBRUARY

ONLY  
£4.50!

8 SPACES  
AVAILABLE &  
OTHER FAMILY  
MEMBERS  
WELCOME!

FOR MORE INFORMATION OR TO BOOK PHONE US ON 01283 216269

GREEN BANK LEISURE CENTRE, CIVIC WAY,  
SWADLINCOTE, DERBYSHIRE, DE11 0AD

**ACTIVE**  
NATION



## The Strutt Centre

Derby Road, Belper, DE56 1UU  
Thursday 2nd April 2020  
10:00-13:00



Refreshments and  
information  
available

You are invited to join us in celebrating the  
launch of Derbyshire's new  
Autism Information and Advice  
Service

Taking place on *World Autism Awareness Day*,  
this is a great opportunity to learn more about  
our exciting new service and a fantastic chance  
to network with a host of organisations and  
individuals, all working to support Derbyshire's  
Autistic community.



## **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

# 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





## The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 14 <sup>th</sup> January 20	12.30 – 15.00	Meadow View Care Centre Bakewell Rd Darley Dale Matlock
Thursday 16 <sup>th</sup> January 20	12.30 – 15.00	Staveley Fire Station Crompton Road Staveley
Tuesday 18 <sup>th</sup> February	10.30 – 13.00	Alfreton Library Severn Square Alfreton
Thursday 27 <sup>th</sup> February 20	10.30 – 13.00	The Arc Committee Room 2 High Street Clowne
Thursday 27 <sup>th</sup> February 20	10.30 – 13.00	Swadlincote Fire Station Community Room
Thursday 19 <sup>th</sup> March 20	13.30 - 16.00	Tesco Community Room Clay Cross
Friday 27 <sup>th</sup> March 20	12.30 – 15.00	Eckington Library Market Street Eckington
Tuesday 7 <sup>th</sup> April 20	10.30 – 13.00	Buxton Library Bank Road Buxton
Tuesday 14 <sup>th</sup> April 20	10.30 – 13.00	Ripley Library Grosvenor Road Ripley
Wednesday 22 <sup>nd</sup> 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](mailto:kziglam@citizensadvicemidmercia.org.uk) or Tel: – 07487 257187

# Family Open Day

## Saturday 7 March 2020

**RNIB**

College  
Loughborough



Join us for a day of fun activities in our College enterprises!

- Have a go in each of our enterprises and make something you can take home.
- Chat to staff and hear about our Further Education provision, Supported Internship programme and daytime activities.
- Find out what life at College is like.

To book your place and to find out more, please call today on 01509 611 077 or email [enquiries@rnibcollege.ac.uk](mailto:enquiries@rnibcollege.ac.uk)

RNIB College Loughborough, Radmoor Road, Loughborough, LE11 3BS

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:**

7th March and 4th April 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.