

## 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! November 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

*ArtCore*

## Art for Life

Art for Life are creative art workshops every Wednesday 1-3pm open to all ages of people including those with health problems and learning difficulties.



The sessions are innovative and engaging, exploring a variety of art mediums to spark expression whilst encouraging socialising and learning new skills.

The group will take part in creative activities, promoting wellbeing and making new friends. No previous art experience necessary.



- Our group sessions are for two hours, £10 per hour per participant
- All art materials and refreshments are included in the cost
- Limited free parking on site is available
- Artistic support is given throughout the session

For more information or to book a session, call us 01332 384 561 or email: [info@artcoreuk.com](mailto:info@artcoreuk.com)

*ArtCore*

3 Charnwood Street, Derby DE1 2GT  
Tel: 01332 384 561  
Email: [info@artcoreuk.com](mailto:info@artcoreuk.com)



Registered Charity Number: 1148022. Company Limited by Guarantee in England and Wales Number: 8021875

### 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 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

November 28th

From 7.30pm to 9pm

If you feel this is you.

Contact

Julie Baker 0781 1516261

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](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>

## Christmas Fair

Christ Church Methodist Church  
College Street, Long Eaton NG10 4LS  
Saturday 2nd November 2019

10.00 ~ 1.00pm

Doors open 9.30am



Unique Christmas gifts

Hand made items

including Artisan Cards

Craft items, Wood turned items,

Wonderful Bottle Lights

Cakes and more. !!

Tea and coffee



All are welcome

Access via white door on College Street

Adults 50p entrance

Children free

Please pass the word around

The poster features a red background with a yellow starburst pattern and a blue border with yellow stars. At the top, three circular images show a circus performer on a trapeze, a ringmaster in a blue and white uniform, and a clown holding a sign that says 'PRODUCTION MEMBER ATTACK OF THE CLOWN'. The text is in various colors (white, yellow, red) and fonts.

Our Ringmaster Joel Hatton welcomes you to come along and experience our brand new **INCLUSIVE** show!  
Be **MESMERISED** by our stunning circus acts and **LAUGH** until your belly hurts with our clown **Andreea!**

Circus Starr's show are accessible, inclusive and fun!  
Each of our performances are relaxed, bringing the magic of circus to those who usually struggle or may be new to the experience of live arts. So step inside our starry big top tent, and lose yourself in a world full of joy and wonder.

Download our show and tell app which is especially developed to help children with autism prepare for our show!  
Available on iOS and android.

animal free

no scary clowns

www.circus-starr.org.uk  
01260 288690  
Circus Starr CIC

@CircusStarr  
facebook.com/circusstarr  
instagram.com/circusstarrcic

Monday Nov 2019 **11th** | Show starts at **7pm**

Bass' Recreation Ground, Meadow Lane, Derby, DE1 2BH

## **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

BRIGHT  
SIDE

Supporting mental health  
through learning something new.  
Develop confidence in a  
friendly environment.

FREE  
COURSE

## ART FOR RELAXATION NEW COURSE

COME ALONG AND JOIN US ON A MONDAY AFTERNOON IN A FRIENDLY RELAXING CLASS AND FIND OUT HOW THERAPEUTIC ART CAN BE!

TOPICS INCLUDE:

Paper Sculpture  
Collage  
Drawing/painting/colouring  
Feather Printing  
Leaf Printing  
Card Making  
Dream Catchers



DAY: MONDAY  
TIME: 1.30-3.30pm

START DATE: 4<sup>th</sup> November 2019

END DATE: 9<sup>th</sup> December 2019

6 Weeks

VENUE: Community House, 173 Derby Road Long Eaton

TO BOOK A PLACE PLEASE TELEPHONE COMMUNITY HOUSE ON 01629 537384

Learn locally with Derbyshire County Council's Adult Community Education Service  
[www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation)



**PRE-EMPLOYMENT  
TRAINING IN PARTNERSHIP  
WITH FIRSTSOURCE**



**GUARANTEED  
INTERVIEWS**



**JOBS AVAILABLE:**

- Outbound Calling
- Inbound Calling

**THE COURSE WILL COVER:**

- Level 1 Employability skills
- Level 1 Customer Service
- Roles and responsibilities
- Interview and CV support
- Guaranteed first interview with First Source

**TRAINING LOCATION:**

3-4 St Peters Churchyard,  
Derby, DE1 1NN

**COURSE DATES:**

30/10/19-08/11/19  
10AM-4PM

**ELIGIBILITY:**

16+

A British/EU citizen or have lived in the UK for 3 years or more  
Unemployed and not in full-time education

**CALL US ON 01332 295588 TO BOOK YOUR PLACE**



@derbybusco



@dbctraining



DBC Training



**Derbyshire Carers Association  
Long Eaton Christmas Crafts**



Derbyshire Carers Association  
would like to invite Carers to our  
Christmas Crafts .

**Monday 18th November  
2pm—4pm**

**Long Eaton Outlook Centre,  
99 Briargate, Long Eaton,  
NG10 4BQ**



To book a place or for more  
information please contact DCA on:

**01773 833833**

Registered Charity Number: 1062777





**Get on at Work at the SETC in Ripley**

**Coming Soon! ... on Thurs 28<sup>th</sup> November**

Check out your skills in everyday Maths and English with a Skillscheck.

Following a 15 min skills check you could be on the road to:

- A national qualification in numeracy and / or literacy
- Improving your Personal or Professional Development.
- Updating your Skills
- Boosting your confidence

The opportunity is presented as a drop in arrangement between 0930 and 1600 at the SETC in Ripley. All participants will be entered into a prize draw and there are four £10 shopping vouchers to be won

Participants who are interested in further study will be encouraged to access short Maths / English courses to get GCSE grade 2 equivalent qualifications

To register your interest email [Charles.Lynn@derbyshire.gov.uk](mailto:Charles.Lynn@derbyshire.gov.uk)



Jus Good Friends



A Night Club Event for Adults with Learning Disabilities

**£5**  
PAY ON  
THE DOOR

Tuesday 12<sup>th</sup> November

7pm-11pm

**The Cross Keys  
Belper**

**£5**  
PAY ON  
THE DOOR

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



**DJ ALEX  
MURFIN**

**18+**



07599 076866  
07599 076868  
01246 913267

Trish  
Sare  
Office



[jgfclubwhitwell@hotmail.com](mailto:jgfclubwhitwell@hotmail.com)

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LOTTERY FUNDED



## Do you have?

- heart disease
- kidney disease
- liver disease
- diabetes
- COPD (e.g. bronchitis or emphysema)

Flu can be serious and lead to hospitalisation.

Speak to your GP surgery or pharmacy today about getting a flu jab. It's free because you need it.



[nhs.uk/flu vaccine](https://nhs.uk/flu vaccine)

This is not a full list of conditions. If you have a long-term health condition, talk to your GP surgery or local pharmacist to see if you are eligible for a flu jab.

**Cheril Sowell,**  
Registered Nurse

We are carrying out a self-assessment exercise on the way we support unpaid family carers in Derbyshire. This will help us to reflect on what is going well and where things can be done differently.

The self-assessment is being supported by the Department of Health and Social Care and every Local Authority across the country will be expected to carry out the same exercise. The results will be shared nationally to pinpoint common themes and identify areas for further work, to ensure everyone is delivering on their duties to carers.

This is your opportunity to let us know how we are currently supporting unpaid carers across the county. We would like as many carers and colleagues who support carers, to contribute to our Derbyshire self-assessment.

An organisation called Sortified is helping all local authorities in the East Midlands to do this by hosting an online survey and we would appreciate it if you could take 5 minutes to complete this.

The link to the carer's survey is here - <https://www.surveymonkey.co.uk/r/BQ7DFF5>

The link to the professionals survey is here - <https://www.surveymonkey.co.uk/r/BDBRF3X>

If there is anything you would like to discuss about this survey – please contact Jude Boyle on 01629 532483 | Mobile 07980784865 or Email: [jude.boyle@derbyshire.gov.uk](mailto:jude.boyle@derbyshire.gov.uk)

Thank you.

Jude

Jude Boyle Commissioning Manager (Carers & Advocacy)  
Commissioning and Performance | Adult Social Care and Health | Derbyshire County Council | The Old Gym | Matlock | DE4 3AG  
Tel: 01629 532483 | Mobile 07980784865 | Email: [jude.boyle@derbyshire.gov.uk](mailto:jude.boyle@derbyshire.gov.uk)

Visit our information website for unpaid family carers:



[www.carersinderbyshire.org.uk](http://www.carersinderbyshire.org.uk)  
[www.facebook.com/carersinderbyshire](https://www.facebook.com/carersinderbyshire)  
[www.twitter.com/carersinderbys](https://www.twitter.com/carersinderbys)

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:**

**2nd November and 7th December 2019 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.

FREE COURSES

# BRIGHT SIDE

Taking steps towards feeling positive through learning new skills



Supporting mental health through learning something new. Develop confidence in a friendly environment.

Learn locally with Derbyshire County Council's Adult Community Education Service  
[www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation)



These **FREE** courses are available for anyone experiencing mental health difficulties, or emotional or psychological distress. One in four of us go through this at some time in our lives. People can join Bright Side as an individual or through a support group.

The Bright Side courses are normally 12 hours long, spread over several weeks. They deliver a rich variety of practical and hands on skills, such as outdoor and creative activities, cookery and relaxation, all in a friendly setting.

Each programme will be adapted to the interests of each group and can offer a stepping stone onto other activities.

People with understanding and experience of mental health issues are helping us to design the Bright Side project because they know how learning new skills can help. Additional support will be provided to help people to join in, enjoy themselves and move on.



# BRIGHT SIDE

For more information about this exciting new project, please contact

[brightside@derbyshire.gov.uk](mailto:brightside@derbyshire.gov.uk)  
01629 536569

To get a copy in a community language, on audio tape or in large print, please call **01629 536569** or visit [www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation)

The details contained in this brochure are correct at the time of going to print. However we may have to make changes, giving advance notice wherever possible.

