



StartforLife



FamilyHubDerby

Stronger families through support & friendship

# Your guide to what's on for families in Derby April - July 2024



Please scan for further information



Funded by  
UK Government



Derby City Council

Community Action

NHS

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# What are Family Hubs?

**Get the advice and support you need whilst having fun as a family!**

Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

We offer a range of **free** activities, sessions, advice and support for families and young people aged from 0-19 years and up to 25 years for young people with Special Educational Needs and Disabilities.



## **Becket Family Hub**

35 Stockbrook Street  
Derby, DE22 3WR  
01332 640250  
[BecketFamilyHub@derby.gov.uk](mailto:BecketFamilyHub@derby.gov.uk)



## **Derwent Family Hub**

Monmouth Street  
Derby, DE21 6BD  
01332 641010  
[DerwentFamilyHub@derby.gov.uk](mailto:DerwentFamilyHub@derby.gov.uk)



## **Mackworth Morley Family Hub**

Reigate Drive, Mackworth,  
Derby, DE22 4EQ  
01332 208175  
[MackworthMorleyFamilyHub@derby.gov.uk](mailto:MackworthMorleyFamilyHub@derby.gov.uk)



## **Osmaston Allenton Family Hub**

60 Cockayne Street North  
Allenton, Derby, DE24 8XB  
01332 956850  
[OsmastonAllentonFamilyHub@derby.gov.uk](mailto:OsmastonAllentonFamilyHub@derby.gov.uk)



## **Rosehill Family Hub**

17-19 Lower Dale Road  
Derby, DE23 6WY  
01332 641315  
[RosehillFamilyHub@derby.gov.uk](mailto:RosehillFamilyHub@derby.gov.uk)



## **Sinfin Family Hub**

345 Sinfin Lane, Sinfin Moor  
Derby, DE24 9SF  
01332 956967  
[SinfinFamilyHub@derby.gov.uk](mailto:SinfinFamilyHub@derby.gov.uk)



Follow us on Derby Family Information Service Facebook page for regular updates [facebook.com/DerbyFIS](https://www.facebook.com/DerbyFIS) or scan here for further information



# Start for Life

**Family Hub Derby welcome every family living in Derby to attend activities at any Family Hub. Start for Life is a free offer and available from pregnancy to 2 years old.**

## **The Start for Life Offer includes:**

- Antenatal appointments and preparation to parenthood workshops
- Keeping healthy during and after pregnancy
- Help with wellbeing, mental health and parent-infant relationships
- Support for Dad's and non-birthing parents
- Breastfeeding clubs and infant feeding support
- Infant Massage
- Parenting support and courses
- Stay and Play sessions and much more!



Scan the QR Code to go to  
[derby.gov.uk/family-hub](https://derby.gov.uk/family-hub)





## Antenatal Peep | 6 week programme

Get to know your baby, find out how their brain is already developing and how you can begin to build your relationship even before they are born. Meet other parents and find out more about local support services. **Please ring to book.**

<b>Tuesdays</b>	1:30-2:30pm	Mackworth Morley	Starts 11 Jun
<b>Wednesdays</b>	5-6pm	Becket	Starts 5 Jun
	5-6pm	Derwent	Starts 17 Apr

## Mellow Bumps – Mums To Be | Booking required | 7 week programme

Sometimes we can feel overwhelmed about becoming a parent. One of the best things you can do before your baby is born is to look after yourself as well as preparing for the new arrival. This group will help you relax and get ready for the birth of your baby. Limited creche places available. **Please contact a Family Hub to find out more about this programme and register your interest.**

<b>Fridays</b>	10am-1:30pm	Mackworth Morley	Starts 19 Apr
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## Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered by a Health Visitor and supported by a Family Visitor. Topics include: infant feeding choices; safe sleep practices; emotional wellbeing and attachment to your new baby; practical aspects of preparing for your baby; baby brain development; and healthy life choices through pregnancy and beyond. All pregnant individuals are welcome along with their partner/significant other. **Please ring to book.**

<b>Mondays</b>	15 Apr, 22 Apr and 29 Apr	12:30-2:30pm	Sinfin
	3 Jun, 10 Jun and 17 Jun	12:30-2:30pm	Sinfin
<b>Tuesdays</b>	16 Apr, 23 Apr and 30 Apr	9:30-11:30am	Rosehill
	4 Jun, 11 Jun and 18 Jun	9:30-11:30am	Becket
<b>Wednesdays</b>	8 May, 15 May and 22 May	1-3pm	Derwent
	3 July, 10 July and 17 July	1-3pm	Derwent
<b>Thursdays</b>	9 May, 16 May and 23 May	12:30-2:30pm	Osmaston Allenton
	4 Jul, 11 Jul and 18 Jul	12:30-2:30pm	Osmaston Allenton
	4 Jul, 11 Jul and 18 Jul	12:30-2:30pm	Rosehill
<b>Thursdays</b>	9 May, 16 May and 23 May	12:30-2:30pm	Becket
<b>Fridays</b>	19 Apr, 26 Apr and 3 May	12:30-2:30pm	Mackworth Morley

## Bump to Babies | Connected Perinatal Support

Come and meet other parents with babies and other people who are pregnant for relaxed chat, a hot drink and a biscuit or two. Friendly Peer Supporters run all of our Bump to Babies sessions and will make sure you feel welcome from the moment you walk in! **No need to book.**

**Mondays**                      10-11:30am                      Becket

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## Dads Space with Connected Perinatal Support and Derby County Community Trust

Meet other dads for a relaxed chat about becoming or being a dad and have a hot drink and a biscuit or two. A friendly Peer Supporter from Connected and Lucas from Derby County Community Trust will make sure you feel welcome from the moment you walk in. **No need to book.**

**Thursdays**                      10am-12noon                      Derwent

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## Feeding my Baby | Booking required

### Are you 25 or under and want to know more about feeding your baby?

We can chat to you about getting to know your baby and how this helps baby to feed well and help their development and wellbeing. It is a relaxed and small group setting and breakfast or lunch will be provided. **Please text the Infant feeding team on 07507 327754 to book your place.**

<b>Thursday 25 Apr</b>	1-2:30pm	Becket
<b>Thursday 16 May</b>	1-2:30pm	Osmaston Allenton
<b>Wednesday 26 Jun</b>	10-11:30am	Derwent

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## Keeping healthy and well during pregnancy | 5 weeks | drop in sessions

For further details please call **Emma Winchester on 07796 557213. No need to book, just pop in for a cuppa and a chat!**

**Tuesdays**                      1-3pm                      Derwent                      Starts 23 Apr

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# What's on for: New parents



## Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is for babies from 8 weeks old who are not yet crawling. **Please ring to book.**

<b>Mondays</b>	10-11:30am	Mackworth Morley
	12noon-1:30pm	Rosehill
<b>Tuesdays</b>	9:30-11am	Osmaston Allenton
	1-2:30pm	Derwent
<b>Fridays</b>	1:30-3pm	Sinfin
	1-2:30pm	Becket

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## Breastfeeding Club | Booking required

Would you like to know more about breastfeeding? Are you a breastfeeding mum who would like to meet like minded mums and share hints and tips? Then come along to our relaxed sessions. All sessions will be facilitated by a member of the Infant Feeding Team. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book your place.**

<b>Mondays</b>	11am-12noon	Derwent
<b>Tuesdays</b>	11am-12noon	Rosehill
	1-2pm	Sinfin
<b>Fridays</b>	11am-12noon	Becket

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## Buggy Walk and Talk | with Livewell

Come and meet other new mums for a friendly walking social in the fresh air. Bring baby/toddler ready to go in a pushchair. **There is no need to book.** Please come along anytime from 12pm for tea and toast first. **For further details please call. Emma Winchester on 07796 557213.**

<b>Fridays</b>	1-2pm	Becket
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## Post natal weight management clinic | Drop-in sessions

Come and speak to a specialist advisor in a relaxed environment for some friendly and realistic support in post-natal weight loss. Bring your baby along, **no need to book.** **For further details please call Emma Winchester on 07796 557213.**

<b>Mondays</b>	10am-12noon	Becket
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# What's on for: Babies (0-2s)



## Baby Peep | Booking required | ongoing group

Activities designed to stimulate the senses of babies through play. A chance for new parents to get together in a friendly, safe environment. Come along and support your baby's all round development through play, songs and activities. **For pre walkers only. Please ring to book.**

<b>Mondays</b>	9:30-11am	Derwent
<b>Tuesdays</b>	10-11:30am	Osmaston Allenton
<b>Wednesdays</b>	10-11:30am 1:30-3pm	Becket Mackworth Morley
<b>Thursdays</b>	1:30-3pm	Sinfin
<b>Fridays</b>	1:30-3pm	Rosehill

## Child Health Clinic | Booking required

Clinics are run by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

<b>Mondays</b>	1-3pm	Rosehill
<b>Tuesdays</b>	9:30am-3pm 1-3pm	Revive Healthy Living Centre, Roe Farm Lane Sinfin
<b>Wednesdays</b>	9am-3pm	Mackworth Morley
<b>Thursdays</b>	9:30am-12noon 1-3pm	Osmaston Allenton Becket

## TinyTalk | Booking required | Term time only

Babies can understand so much before they can talk. We sign, bounce and giggle along to action songs, stories and familiar nursery rhymes. **Classes are suitable from birth - 2 years. Please ring to book.**

<b>Mondays</b>	12noon-1pm	Derwent
<b>Fridays</b>	11:30-12:30pm	Sinfin



## Solihull Approach

### Postnatal Plus | 10 weeks

A relaxed group supporting your emotional health and wellbeing looking at relationships and connections with your baby and child. Join us for a coffee and meet the team at our Family Hubs to find out more. Limited **FREE** creche places will be available for children, and a light lunch will be provided.

**Tuesdays** 1-3pm Becket Starts 23 Apr (term time only)

**Wednesdays** 1-3pm Derwent Starts 24 Apr (term time only)

### Online Solihull Parenting

Our online courses cover from conception up to 19+ years. The same content as a face to face parenting group. Available in 108 languages, with voiceovers in English and Urdu please contact [Emma.Nichols@derby.gov.uk](mailto:Emma.Nichols@derby.gov.uk) to access your families code.

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## Understanding Children's Behaviour | 6 weeks

A programme to support parents/carers only, who would like some support and strategies around their child's behaviour. Our practitioners will offer you advice, information and guidance to support an increased understanding of your child's changing needs as they grow and develop and how best to support them. We offer programmes for parents/carers of children aged 2-6 or 6-11. **Please contact a Family Hub for further details.**

### Parents/carers of children aged 2-6

**Thursdays** 1:30-2:30pm Derwent Starts 13 Jun

### Parents/carers of children aged 6-11

**Tuesdays** 1:30-2:30pm Mackworth Morley Starts 16 Apr

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# FOSTER

FOR DERBY CITY COUNCIL

FOR DETAILS VISIT  
**DERBY.GOV.UK**  
**/FOSTERING**



Derby City Council

CALL 01332 640880  
TEXT 07774 333412

# What's on for: Under 5s

## Deda – Move Me! | ongoing programme | Term time only

*Move Me!* is a programme designed to explore development of children's skills through dance, movement, play and arts activities. No need to book – just turn up and have fun!

**Tuesdays** 1-2:30pm Osmaston Allenton

**Wednesdays** 9:30-11am Derwent

## Peep Progression Pathway | Booking required | 10 week programme

Peep recognises you as your child's first educator and provides activities and ideas to help you make the most of everyday opportunities, to support your baby/child's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

### Communication and language

**Tuesdays** 10-11:30am Becket Starts 23 Apr  
1:30-3pm Sinfin

### Health and physical development

**Tuesdays** 1:30-3pm Mackworth Morley Starts 23 Apr

### Personal, social and emotional development

**Wednesdays** 10-11:30am Osmaston Allenton Starts 24 Apr

### Early Literacy

**Thursdays** 10am-11:30am Riverside Library, Council House, Corporation Street, Derby DE1 2FS Starts 18 Apr

### Communication and language

**Fridays** 9:30-11am Derwent Starts 19 Apr





# What's on for: Under 5s

## HENRY | 2-5 year olds | Referral only | 8 weeks

HENRY is a healthy start eight-week programme offering a free creche and fun activities to learn healthy lifestyle habits. **Please contact a Family Hub to register your interest.**

**Tuesdays**                      12:30-3pm                      Derwent                      Starts 4 Jun

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## Stay and Play | Booking required

**For 0-5 year olds (term time) and 0-8 year olds (school holidays).** Our Play Team provide an inclusive session that gives your child the opportunity to learn through play and develop relationships with others. **Please ring to book.**

**Mondays**                      10-11:30am                      Becket  
   1:30- 3pm                      Derwent  
   1:30-3pm                      Arboretum Park, Arboretum Square, Rosehill Street,  
      Derby DE23 8FR (Rosehill Family Hub)

**Wednesdays**                      10-11:30am                      Sinfin  
   1:30- 3pm                      Osmaston Allenton

**Thursdays**                      1:30-3pm                      Mackworth Morley

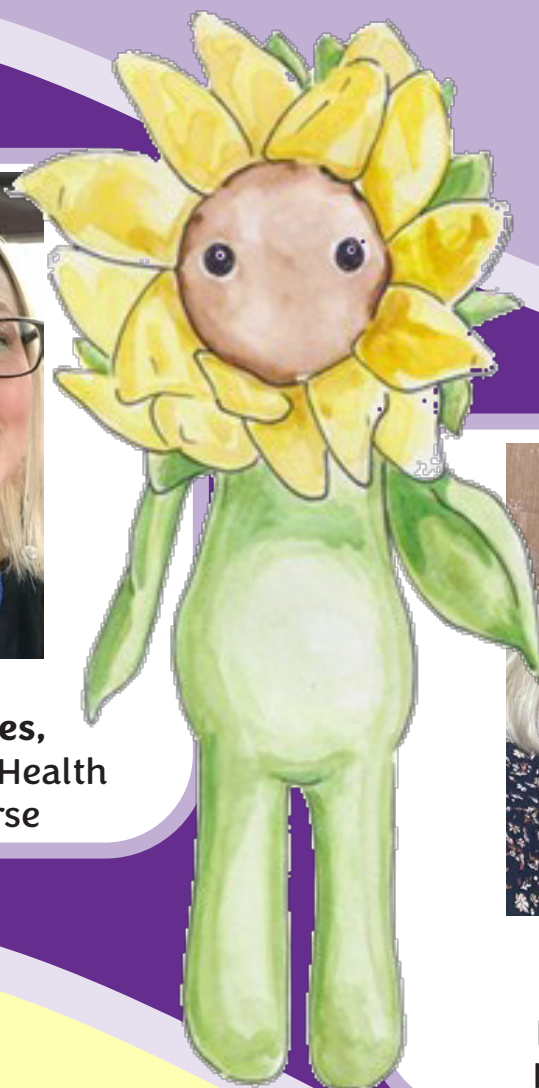
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# Perinatal Mental Health Support



**Corrina  
Davies-Fowkes,**  
Perinatal Mental Health  
Outreach Nurse



**Ali Clarke,**  
Perinatal  
Mental Health  
Nursery Nurse



**FamilyHubDerby**

Stronger families through support & friendship

We will be visiting the hubs and dropping into sessions, please ask a member of staff if you feel you would like to discuss anything in relation to mental health





# Perinatal Mental Health Project



**Have you or a partner given birth, gone through pregnancy, or had contact with any perinatal mental health services in Derby over the past two years? If so, then we would love to hear from you!**

**We are incredibly excited to announce that we are currently undertaking an important piece of mapping work. Over the next twelve months we will be taking a deep dive into the perinatal mental health services available in Derby: providing parents with an opportunity to have their voices heard and make a real difference to your services.**

**We will be facilitating several listening sessions and focus groups, both online and in person, to better understand your experiences, and hear your views. The QR code below will allow you to register your interest, and receive the dates for our planned sessions.**



**More Information:** 

07719064041  
07719065740



[hannah.moore@perinatalsupport.org.uk](mailto:hannah.moore@perinatalsupport.org.uk)  
[nicola.armstrong@perinatalsupport.org.uk](mailto:nicola.armstrong@perinatalsupport.org.uk)

TRIPLE P ONLINE FOR BABY

# Build a positive foundation for your baby, and for you

FREE IN  
DERBY

## Support your baby's development, and your own wellbeing

Most parents-to-be and new parents feel a mix of emotions. Welcoming a baby into your life is incredibly exciting, but also has challenging moments. There are positive ways to handle all of this! Triple P for Baby gives you skills and strategies to support your baby's development, communication, and learning. And it also helps you care for your own emotional wellbeing, which is good for your baby, too.

## Why Triple P works

Triple P for Baby is part of the Triple P – Positive Parenting Program®, world-renowned and backed by research. You'll get proven parenting strategies to help you create the best environment for your baby's development, with a full toolkit of tips and ideas. And you'll learn effective ways to cope with changing emotions and relationship strains, too. Research indicates that both mums and dads who do Triple P for Baby feel happier and less stressed.

## Now, there's Triple P Online for Baby, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Promote your baby's social, emotional, and cognitive development
- Be empowered and have confidence in your own choices- different options to cope with frequent crying, sleeping, partner conflict and more
- Read your baby's cues and encourage their language learning
- Take better care of your own emotional and mental health
- Enjoy life as a new parent a lot more!

## START TODAY – IT'S COMPLETELY FREE!

This is a worldwide recognised programme you can do online in your own time.

Find out more at your local Family Hub

E-mail: [cypwfld@derby.gov.uk](mailto:cypwfld@derby.gov.uk)

Phone: 01332 643972

Triple P is brought to parents by Family Hub Derby  
\*Be quick! Free access can only be offered while funding is available!



# Have your Say Survey

How are we doing?



**FamilyHubDerby**



Scan the QR code to access the survey



Derby City Council

# HOLIDAY ACTIVITIES & FOOD IN DERBY

Scan here for more!



- FREE HEALTHY MEAL
  - SPORTS COACHING
  - ARTS & CRAFTS
  - DRAMA AND DANCE
  - AND MORE...
- Subject to availability

[derby.gov.uk/derbyHAF](http://derby.gov.uk/derbyHAF)

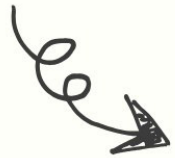
# LGBT+ FAMILY GROUP

FREE, THEMED MONTHLY SESSIONS FOR LGBT+ FAMILIES OF ANY SHAPE AND SIZE TO CONNECT.

10-12PM ON THE LAST SUNDAY OF THE MONTH  
AT 25 CURZON STREET, DERBY, DE1 1LH



TO BOOK ON, EMAIL US AT [SONIAT@DERBYSHIRELGBT.ORG.UK](mailto:SONIAT@DERBYSHIRELGBT.ORG.UK)  
OR CALL 01332 207 704



# What's on for: 5 - 19 year olds

## Trinity Warriors Ages | 5+

To all the aspiring b-boys and b-girls out there! Learn the skills of break dance from beginners to pro's everyone is welcome. No booking required, just turn up!

**Please contact Leon Haywood on 07792 510170 for further information.**



**Thursdays**            5-6pm                    Osmaston Allenton

**Fridays**                5-6pm                    Sinfin

**Fridays**                5-6pm                    Becket

## Freedom Foundation | Age 8+



Senior Factory - You will be introduced to street dance and hip-hop techniques, learn routines and songs along with understanding how to construct your own song or rap to express emotions.

**Booking required please contact [Anna.malik@freedomfoundationuk.org](mailto:Anna.malik@freedomfoundationuk.org) or 07969133159.**

**Thursdays**            4:30pm-6pm            Becket

## Mackworth Youth Session | For 8-13 year olds



A FREE Sporting Communities Youth session including a range of activities from sports, team building, playing games and arts and crafts. All equipment will be provided, including hot chocolate! No need to book, just turn up. **Contact Ed at Sporting Communities for more information - [Ed@sportingcommunitiescic.org](mailto:Ed@sportingcommunitiescic.org) or 07734 230650.**

**Thursdays**            6-7pm                    Mackworth Youth and Community Centre,  
Prince Charles Avenue, Mackworth, Derby DE22 4FN

## Derbyshire Cricket Foundation | For 8-15 year olds

Come and join in the fast-paced inclusive cricket sessions for children and young people of all experiences. **Contact Pete Boot for more information - [pete.boot@dcfcricquet.com](mailto:pete.boot@dcfcricquet.com) or 07891 884145.**

**Wednesdays**        5-6pm                    Derwent



# What's on for: 5 - 19 year olds

## Premier Education | Age 11+



Activities such as fencing, handball, lacrosse, tchoukball as well as character building skills. Booking required, **please contact James [jjennison@premier-education.com](mailto:jjennison@premier-education.com) or 07980276488.**

## Active Hands School Holiday Programme: Engineering and Joinery | 11-16 year olds



Run by a friendly team of experienced engineers and youth workers, we will support you to learn new skills. No experience is needed and personal protective equipment, lunch and refreshments provided. **Please get in touch with Ruth Hardy to book [ruth@engineeredlearning.co.uk](mailto:ruth@engineeredlearning.co.uk).**

Derwent Workshop, Unit 8, Racecourse Industrial Estate, Mansfield Road, Derby DE21 4SX.

## Tackle it! | Tackle it Gaming! For boys age 12-17



Tackle It is Derby County Community Trust's wellbeing programme. A chance to chat, socialise and take part in fun activities, supporting young people's wellbeing. **Contact Morgan Stanley for more information - [Morgan.stanley@dcct.co.uk](mailto:Morgan.stanley@dcct.co.uk) or 07494 517324 or Matt Deacon [matt.deacon@dcct.co.uk](mailto:matt.deacon@dcct.co.uk).** No booking required, just turn up!

**Mondays (Tackle it Gaming!)** 6-7:30pm Osmaston Allenton

**Tuesdays (Tackle it!)** 6-7:30pm Derwent

## Community One | 12-16s



GROWTH Programme – Sport, music, arts, social affairs, health, and wellbeing activities every week. No need to book – just turn up! **Contact [info@communityone.org.uk](mailto:info@communityone.org.uk) or 01332 891444.**

**Mondays** 5-7pm Rosehill

**Tuesdays** 5-7pm Arboretum Park

# What's on for: 5 - 19 year olds

## Sporting Communities | 13 - 16's



Get involved in activities such as art, virtual reality (VR), sports, health, fitness, cooking and more. Sessions will be tailored around individual needs to support emotional health and well-being either one-to-one or in groups. For more information on how to get involved in the programme, **contact [info@supportingcommunitiescio.co.uk](mailto:info@supportingcommunitiescio.co.uk) or call 07841026335.**

## Baby People | Music sessions | For 13-19 year olds

Music studio sessions covering MCing, singing and music production. No experience needed, come and learn some studio skills and improve your craft. Open for free to all young people aged between 13 and 19 years. **No booking needed, just turn up.**

<b>Tuesdays</b>	5-7pm	Sinfin
<b>Wednesdays</b>	5-7pm 5-7pm	Rosehill Mackworth Youth and Community Centre, Prince Charles Avenue, DE22 4FN
<b>Thursdays</b>	5-7pm	Derwent
<b>Fridays</b>	4:30-6:30pm	Osmaston Allenton
<b>Graffiti Workshops</b>		
<b>Wednesdays</b>	4-5:30pm 6-7:30pm	Becket (term time only) Sinfin (term time only)
<b>Fridays</b>	4-6pm	Derwent (term time only)

## Youth Matters | 14+



Get focused and fit with Youth Matters Boxing programme including pad work and circuit training. Supported and encouraged throughout the session by a Mentor as well as the Coach. **Booking required please contact Danny [danny.youthmattersnewmills@gmail.com](mailto:danny.youthmattersnewmills@gmail.com).**

<b>Thursdays</b>	4pm	Derwent
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# Speech and language support

## Lets Talk at Home | Booking required | 6 week programme

Learning using our simple tips - Together Time, Word Time, Book Time and Talk Time. **For 2-4 years.**

**Tuesdays** 10-11am Mackworth Morley

**Tuesdays** 1:30-2:30pm Osmaston Allenton

**Wednesdays** 1:30-2:30pm Rosehill

**Thursdays** 10-11am Becket

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## Playtime with books | 6 week online programme

We will share new skills and techniques to use when you are sharing picture books together in enjoyable ways that help to support children's language and learning. We will send you four free picture books to use throughout the programme and to keep. Please contact [lisa.sandercock@derby.gov.uk](mailto:lisa.sandercock@derby.gov.uk) or **contact a Family Hub for further details.**

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## REAL | with Deda and Derby Theatre | ongoing programme

Do you have a child aged 3-4 years who would benefit from support at home with their early literacy skills? Our team can visit you at home and provide you with fun activities you can use to support your child's language and you will be provided with **FREE** tickets to events at Deda and Derby Theatre. Interpreters will be provided for BSL or EAL families interested in the project. To express your interest, please email [lisa.sandercock@derby.gov.uk](mailto:lisa.sandercock@derby.gov.uk).

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## Wellcomm to Words | Referral only | 6 week programme

A group, to support children's language, using intervention activities from the Big Book of Ideas. This includes 10 interventions you can use at home to support your child's speaking and understanding. **For 2-4 years.**

**Mondays** 1:30-2:30pm Osmaston Allenton

**Wednesdays** 1:30-2:30pm Becket

**Thursdays** 1:30-2:30pm Rosehill

**Fridays** 1:30-2:30pm Derwent

# SEN Support

## What is Autism | Support sessions

For families of children and young people from 0-19 who are Autistic or have social communication needs or are waiting for a referral from the Paediatrician, to gain information to help and support your understanding of Autism. Book a place for yourself and a supportive family member or friend (two places per family). Please note this session is for adults only, we have no provision for children.

<b>Monday 15 Apr</b>	9:30-11:30am	Osmaston Allenton
<b>Tuesday 23 Apr</b>	9:30-11:30am	Rosehill
<b>Thursday 6 Jun</b>	6:30-8:30pm	Mackworth Morley

## Transition/Ready for School

For families of children and young people from 2-19, moving into a new education setting, who are autistic/have social communication needs or are awaiting a referral to the paediatrician. To gain information and practical ideas on how you can support your child with their transition into nursery, school or college.

Book a place for yourself and a supportive family member or friend (2 places per family) Please note this session is for adults only – we have no provision for children.

<b>Monday 20 May</b>	9:30-11:30am	Sinfin
<b>Monday 20 May</b>	1-3pm	Becket
<b>Tuesday 21 May</b>	10am-12noon	Mackworth Morley

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## Derby Signing Families Group | Booking required

This group is available to families with a deaf child and/or deaf parent in the Derby City area. Come along and enjoy a wide range of activities including malleable and creative activities, outdoor play and games. The health team visit on the first Tuesday of every month. For 0-5 year olds (term time) and 0-8 (school holidays).

Please email [mackworthmorleyfamilyhub@derby.gov.uk](mailto:mackworthmorleyfamilyhub@derby.gov.uk) to book or text 07812 301430.

<b>Tuesdays</b>	9:30-11:30am	Mackworth Morley
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# SEN Support

## Early Support Group | 2-4s programme | Referral only | 6 weeks

Support for families with children who are awaiting a referral to the Community Paediatrician or recently diagnosed with Autism. Our practitioners will support you with strategies to help your child's communication and behaviour, provide information about support services and offer sensory play sessions.

<b>Mondays</b>	1:30-2:30pm 1:30-2:30pm	Osmaston Allenton Mackworth Morley
<b>Wednesdays</b>	10-11am, 11am-12noon 1:30-2:30pm	Rosehill Becket
<b>Fridays</b>	10-11am	Sinfin

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## Early Support Group | 5-11s Programme | Referral only | 6 weeks

A programme to support parents/carers with children of primary school age who are awaiting assessment or have a recent diagnosis of ASC/ADHD. Our practitioners will offer you strategies and information which will support you in managing your child's needs including what they may be communicating through their behaviours and how to manage this, emotional regulation, sensory needs and signposting to services. **Please contact a Family Hub for further details of sessions in Family Hubs or delivered virtually.**

<b>Wednesdays</b>	10:30-11:30am	Derwent
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## Peep | ongoing group

This group is for families with a deaf parent or child (aged birth – 5 years). We share ideas and activities that support your child's learning and development in everyday life such as signing, talking, singing, sharing books and playing together. You and child can make friends and have fun while finding out how the things you do now will help them make the most of School. **To find out more contact us on 01332 362512 or BSL Text Voice 07500 878565.**

<b>Wednesdays</b>	9:30-11:30am	The Royal School for the Deaf, 180 Ashbourne Road, Derby DE22 3BH. Starts 10 Jan
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# Support groups

## Aquarius Parenting Programme | Booking required

Want to build a healthier life style but need some support? This programme helps parents who may struggle with alcohol or substance misuse to build a healthier life together. **Referrals to be made directly to Aquarius on [derby@aquarius.org.uk](mailto:derby@aquarius.org.uk) or call 01332 362744.**

## Bridge the Gap | Free drop-in sessions



Start for Life

These sessions offer friendly and relaxed space to get creative and talk to the Bridge the Gap team. No need to book, just come along. **For more information on Bridge the Gap, please see [www.jwbridgethegap.com](http://www.jwbridgethegap.com) or email [stacey Murray@jwbridgethegap.com](mailto:stacey Murray@jwbridgethegap.com).**

<b>Tuesdays</b>	10-11:30am	Sinfin
	1:30-3pm	Osmaston Allenton
<b>Wednesdays</b>	9:30-11am	Mackworth Morley
	1:30-3pm	Becket

## Childminders Group | Drop-in sessions

A stay and play network, for childminders only, to share good practice.

<b>Tuesdays</b>	9:30-11:30am	Becket
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## Freedom Programme

The Freedom Programme is a welcoming group for women who wish to learn more about domestic abuse and the impact this can have on them and their child's lives. Please ring **Derwent Family Hub** on **01332 641010** for more information or to self refer.

## Hub Club | Drop-in sessions



Start for Life

Join us for breakfast or lunch at your local Family Hub for every family to find out more about Family Hub activities. A chance to play, stay, chat and to meet new friends and be part of our parent/carer Family Hub groups. **No need to book, just come along.**

<b>Mondays</b>	10-11:30am	Rosehill
<b>Tuesdays</b>	2-3pm	Sinfin
<b>Thursdays</b>	12noon-1:30pm	Derwent
	10-11:30am	Sinfin
<b>Fridays</b>	9:30-11am	Becket
	9:30-11am	Mackworth Morley
	10-11:30am	Osmaston Allenton

## Young parents group | drop-in sessions



Start for Life

Are you new parents Under 25? Why not come for a cuppa and join our relaxed group full of activities and where you can meet other young parents and chat about topics that matter to you.

<b>Wednesdays</b>	1:30-3pm	Osmaston Allenton
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# Training courses for adults

## Adult Learning | English and Maths | Term time only

Adult education courses for you to improve your English and Maths. Our tutors will assess your level of learning and support you to gain a suitable qualification. **Please ring to book.**

### Maths

**Wednesdays** 10am-12:30pm Osmaston Allenton Starts 10 Jan

### English

**Wednesdays** 12:30-3pm Osmaston Allenton Starts 10 Jan

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## English for Speakers of Other Languages (ESOL)

Our FREE English classes are friendly, supportive and will help you improve your speaking, listening, reading, and writing. **Limited free creche places available. Please ring to book.**

**Mondays** 9:30-11:30am Osmaston Allenton

**Tuesdays** 12:30-2:30pm Rosehill

**Wednesdays** 9:30-11:30am Becket

**Thursdays** 9:30-11:30am Sinfin

**Fridays** 9:30-11:30am Rosehill (no creche available)

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## First Aid Training for Parents | Booking required | 2 days

Want to know how to keep your children safe? Come along to our FREE First Aid course. You will receive a Paediatric First Aid certificate (valid for 3 years) if you complete the 2-day course.

**Places must be booked.**

**Monday 29 Apr & Fri 3 May** 9:30am-3pm Derwent

**Wednesday 1 & Wednesday 8 May** 9:30am-3pm Mackworth Morley

**Thursday 13 & Friday 14 Jun** 9:30am-3pm Rosehill

**Tuesday 25 & Wednesday 26 Jun** 9:30am-3pm Sinfin

**Thursday 18 & Friday 19 July** 9:30am-3pm Osmaston Allenton

**Tuesday 30 & Wednesday 31 Jul** 9:30am-3pm Becket

# Cost of living – help when you need it

## Family Budgeting | Cost of Living | 5 week course

Worried about the rising cost of living? This course will look at ways to help you manage your money, giving you more control over your finances. You will also look at how to help your child with fun family maths activities. Each family will be given a **FREE slow cooker or air fryer** at the end of the course on condition that you attend every lesson, fully complete all elements of the course, and that you have not previously received a free item from an alternative course. **Limited FREE creche places are available. Please contact a Family Hub for further details.**

**Tuesdays**                      12:45-2:45pm                      Rosehill                      Starts 25 Jun

## Jubilee | Drop in sessions | Fortnightly

A drop-in advice session supporting you to get back on your feet offering a safe place to talk about your money problems. **No appointment needed.**

**Thursdays**                      11:30am-1pm                      Osmaston Allenton

## Money Management Workshops | Booking required | 3 week course

Join us to gain some good knowledge, skills, tips and advice in a range of workshops on offer. Relaxed learning with some fun activities. Complete three workshops and receive a £10 shopping voucher, SIM card and entry into monthly draw to win prize. **Contact Klaudia (Direct Help & Advice) for more information and to book your place on 07458 104321.**

**Thursdays**                      10-12noon                      Becket                      Starts 2 May

**Fridays**                      10:30am-12:30pm  
1-3pm                      Mackworth Morley  
Osmaston Allenton                      Starts 14 Jun  
Starts 12 Apr

## Supporting Families Employment Advisor

Personalised support for adults in finding work, benefits advice, accessing training/voluntary work, addressing debt and future ambitions. **Contact Louise Elliott to book an appointment at your local Family Hub on 07503 181888.**



# Cost of living – help when you need it

## Food Bank | Referral only

Run by local churches, we offer short term support through food parcels for families in need. Ask about financial advice, debt, benefits and cooking on a budget.

**Thursdays**

11:30am-1pm

Osmaston Allenton

## SUPPORTING YOU WITH THE COST OF LIVING

Derby City Council has partnered with Community Action Derby and Derby Homes to create an online hub with advice and support about dealing with the cost of living, to help with rising costs including:



HOUSING  
+ RENTAL



INCREASE  
YOUR INCOME



HEALTH +  
WELLBEING



PAYING  
THE BILLS



DEBT  
SUPPORT



FOOD, CLOTHING,  
TOILETRIES  
+ FURNITURE



WARM  
WELCOME  
HUBS



FAMILY  
SUPPORT

If you can't find what you are looking for on the website, please telephone 01332 346266 between 9.30am and 4.30pm, Monday to Friday or email [support@communityactionderby.org.uk](mailto:support@communityactionderby.org.uk).

There's also a textphone for those who are hard of hearing: 07490 341 584



FOR SUPPORT CALL 01332 346266,  
TEXT 07490 341584 OR VISIT

[derby.gov.uk/costofliving](https://derby.gov.uk/costofliving)  
[communityactionderby.org.uk](https://communityactionderby.org.uk)

# Easter holiday – family fun!

## Family fun sessions | FREE light lunch included

Come and join us for Easter arts and crafts and Eid celebration cards with Family Learning, colour monster crafts with Bridge the Gap, sign up for **FREE** first aid courses, find out more about **FREE** child care, scavenger hunt, outdoor play, and lots more fun activities for 0-11 year olds and their families.

**All family fun sessions are FREE and will be running from 10am-1pm.**

<b>Tuesday 2 Apr</b>	Rosehill
<b>Wednesday 3 Apr</b>	Osmaston Allenton
<b>Friday 5 Apr</b>	Mackworth Morley
<b>Monday 8 Apr</b>	Derwent
<b>Tuesday 9 Apr</b>	Becket
<b>Wednesday 10 Apr</b>	Sinfin

# May half term holiday – family fun!

## Family fun sessions | FREE light lunch included

Come and join us for arts and crafts, face painting, youth activities and lots more fun activities for 0-11 year olds and their families.

**All family fun sessions are FREE and will be running from 10am-1pm.**

<b>Tuesday 28 May</b>	Mackworth Morley
<b>Wednesday 29 May</b>	Becket Osmaston Allenton
<b>Thursday 30 May</b>	Derwent
<b>Friday 31 May</b>	Rosehill

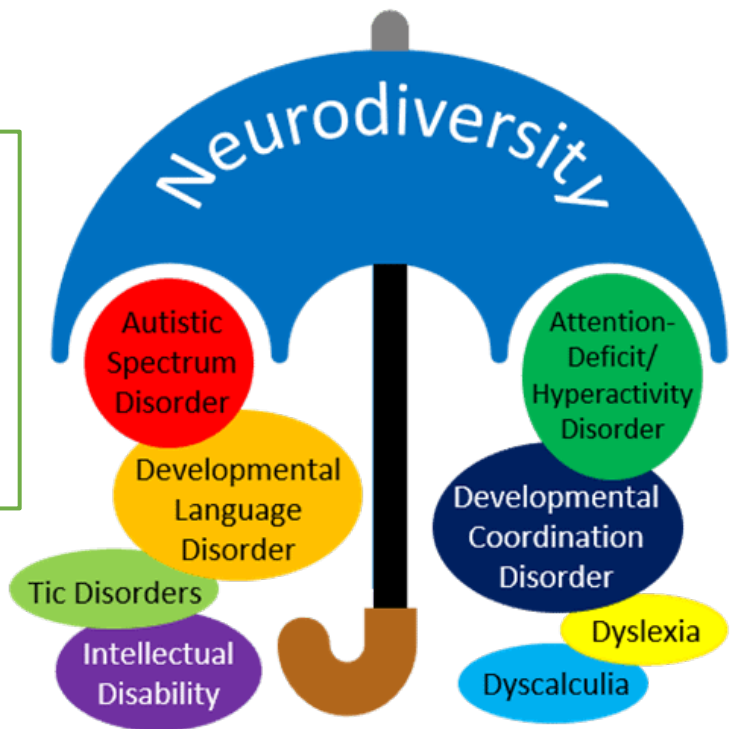




## WHAT IS NEURO DIVERSITY?



Neurodiversity describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits.



If you are an adult or parent/carer with neuro diverse children, both pre or post diagnosis and would like help or advice, please contact us!



We work in partnership with other organisations to help provide the support to you need.



If you are struggling,

Please call us on 07561856320

Or

Email us on; [maryam@stjamescentre.org](mailto:maryam@stjamescentre.org)

Or pop into the St James Centre and ask for Maryam  
St James Centre, Malcolm Street, DE23 8LU, Derby

# What are Children's Centres?

Children's Centres offer a range of activities, sessions, advice and support for families with children aged from 0-8 years.

## Where to find us



### **Alvaston Children's Centre**

875 London Road,  
Alvaston,  
Derby DE24 8UY  
01332 757991

[Alvaston.ChildrensCentre@derby.gov.uk](mailto:Alvaston.ChildrensCentre@derby.gov.uk)



### **Audrey Drive Children's Centre**

3 Audrey Drive,  
Chaddesden,  
Derby DE21 4NP  
01332 642200

[AudreyDriveChildrensCentre@derby.gov.uk](mailto:AudreyDriveChildrensCentre@derby.gov.uk)



### **Austin\Sunnyhill Children's Centre**

Browning Street  
Sunnyhill  
Derby DE23 8DN  
01332 640090

[AustinSunnyhill.ChildrensCentre@derby.gov.uk](mailto:AustinSunnyhill.ChildrensCentre@derby.gov.uk)



### **Boulton Children's Centre**

47b Holbrook Road,  
Alvaston,  
Derby DE24 0DD  
01332 956500

[Boulton.ChildrensCentre@derby.gov.uk](mailto:Boulton.ChildrensCentre@derby.gov.uk)

# Alvaston Children's Centre

## Antenatal Peep | 6 week programme

Get to know your baby, find out how their brain is already developing and how you can begin to build your relationship even before they are born. Meet other parents and find out more about local support services. **Please ring to book.**

**Tuesdays**

1:30-3pm

Starts 16 Apr

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## Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is starting this October and is for babies from 8 weeks old. **Please ring to book.**

**Wednesdays**

1:30-3pm

Starts 17 Apr

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## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

**Mondays**

10-11:30am

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## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Mondays**

9:30am-12:30pm

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## Stay and Play | Booking required

**For 0-5 year olds (term time) and 0-8 year olds (school holidays).** Our Play Team provide an inclusive session that gives your child the opportunity to learn through play and develop relationships with others. **Please ring to book.**

**Tuesdays**

10-11:30am

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# Audrey Drive Children's Centre

## Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is for babies from 8 weeks old. **Please ring to book.**

**Thursdays** 1:30-3pm Starts 6 Jun

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## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

**Thursdays** 10-11:30am

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## Breastfeeding Club | Booking required

**Text the Parents and Carers ChatHealth Service on 07507 327754 to book a place.**

**Wednesdays** 1-2pm

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## Childminders Group | Drop-in sessions

A stay and play network for childminders to share good practice. **Text Angie on 07752 798859 for further information.**

**Tuesdays** 9:30-11am

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## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Tuesdays** 9:30am-12.30pm

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## Early Support Group | 2-4s programme | Referral only | 6 weeks

Support for families with children who are awaiting a referral to the Community Paediatrician or recently diagnosed with Autism. Our practitioners will support you with strategies to help your child's communication and behaviour, provide information about support services and offer sensory play sessions.

**Thursdays** 1:30-2:30pm Start 18 Apr

**Tuesdays** 1:30-2:30pm Start 4 Jun

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## Stay and Play | Booking required

**For 0-5 year olds (term time) and 0-8 year olds (school holidays).** Our Play Team provide an inclusive session that gives your child the opportunity to learn through play and develop relationships with others. **Please ring to book.**

**Wednesdays** 10-11:30am

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# Austin Sunnyhill Children's Centre

## Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is for babies from 8 weeks old. **Please ring to book.**

**Tuesdays** 1:30-3pm Starts 4 Jun

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## Baby People | Music sessions | For 13-19 year olds

Music studio sessions covering MCing, singing and music production. No experience needed, come and learn some studio skills and improve your craft. Open for free to all young people aged between 13 and 19 years. **No booking is necessary, just turn up.**

**Mondays** 4-6pm

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## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Mondays** 1-3pm

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## Early Support Group | 2-4s programme | Referral only | 6 weeks

Support for families with children who are awaiting a referral to the Community Paediatrician or recently diagnosed with Autism. Our practitioners will support you with strategies to help your child's communication and behaviour, provide information about support services and offer sensory play sessions.

**Tuesdays** 10am-11am and 11:15am-12:15pm

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## Peep Progression Pathway | Booking required | 10 week programme

Peep recognises you as your child's first educator and provides activities and ideas to help you make the most of everyday opportunities, to support your baby/child's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

**Early Maths**  
**Wednesdays** 10-11:30am Start 24 Apr

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## Stay and Play | Booking required

For 0-5 year olds (term time) and 0-8 year olds (school holidays). Our Play Team provide an inclusive session that gives your child the opportunity to learn through play and develop relationships with others. **Please ring to book.**

**Thursdays** 10-11:30am

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# Boulton Children's Centre

## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment.

**Please ring to book.**

**Thursdays** 9:30-10:30am

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## Breastfeeding Club | Booking required

**Text the Parents and Carers ChatHealth Service on 07507 327754 to book a place.**

**Thursdays** 11am-12noon

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## Stay and Play | Booking required

**For 0-5 year olds (term time) and 0-8 year olds (school holidays).** Our Play Team provide an inclusive session that gives your child the opportunity to learn through play and develop relationships with others. **Please ring to book.**

**Mondays** 10 - 11:30am

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# 52 Things to do before you're 5

*Fun activities that parents and children under five can do together to support early learning*

52 Things to do before you're 5 is a pack of fun activities which are free or low-cost that parents and children under 5 can do together. The pack contains:

- a colourful booklet filled with ideas of fun things to do
- a poster to tick off each activity as it's completed
- suggested words to use to improve vocabulary
- advice on making childcare affordable
- information about children centre.

Find ideas for indoor and outdoor activities which build on all areas of your child's development including their language and communication skills, physical abilities, expressive arts and more.



We can give you this information in any other way, style or language that will help you access it. Please contact us on **01332 641315** or **derby.gov.uk/signing-service**

### **Punjabi**

ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਇੱਥੇ ਸੰਪਰਕ ਕਰੋ: **01332 641315** ਜਾਂ **derby.gov.uk/signing-service**

### **Polish**

Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku. Prosimy o kontakt: **01332 641315** lub **derby.gov.uk/signing-service**

### **Slovak**

Túto informáciu vám môžeme poskytnúť iným spôsobom, štýlom alebo v inom jazyku, ktorý vám pomôže k jej sprístupneniu. Prosím, kontaktujte nás na tel. č.: **01332 641315** alebo na stránke **derby.gov.uk/signing-service**

### **Urdu**

یہ معلومات ہم آپ کو کسی دیگر ایسے طریقے، انداز اور زبان میں مہیا کر سکتے ہیں جو اس تک رسائی میں آپ کی مدد کرے۔ براہ کرم **01332 641315** یا **derby.gov.uk/signing-service** پر ہم سے رابطہ کریں

