



FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

September – December 2025



Please scan for further information



Funded by
UK Government



Derby City Council



Contents

What are Family Hubs?	3
What are Children's Centres	4
Start for Life	5
What's on for: Parents to be	6
What's on for: New parents	8
What's on for: Babies (0-2s)	9
Parent carer panel	10
What's on for: Under 5s	11
Parenting programmes	14
Start for Life Groups	15
For Dad's and male carers	15
SEN Support	16
Speech and language support	21
Support groups	22
Cost of Living	23
What's on for: 5-19 year olds	26
October half term	28
Employment and Skills	29
Training courses for adults	30

Locations:

FH - Family Hubs

CC - Children's Centres

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



Derwent Family Hub

Monmouth Street

Derby, DE21 6BD

01332 641010

DerwentFamilyHub@derby.gov.uk



Mackworth Morley Family Hub

Reigate Drive, Mackworth,

Derby, DE22 4EQ

01332 640040 (new number)

MackworthMorleyFamilyHub@derby.gov.uk



Osmaston Allenton Family Hub

60 Cockayne Street North

Allenton, Derby, DE24 8XB

01332 956850

OsmastonAllentonFamilyHub@derby.gov.uk



Rosehill Family Hub

17-19 Lower Dale Road

Derby, DE23 6WY

01332 641315

RosehillFamilyHub@derby.gov.uk



Sinfin Family Hub

345 Sinfin Lane, Sinfin Moor

Derby, DE24 9SF

01332 956967

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

What are Children's Centres?

Children's Centres are branches of Family Hubs which 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 640160

Alvaston.ChildrensCentre@derby.gov.uk



Audrey Drive Children's Centre

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

AudreyDrive.ChildrensCentre@derby.gov.uk



Austin Sunnyhill Children's Centre

Browning Street
Sunnyhill
Derby DE23 8DN
01332 640090

AustinSunnyhill.ChildrensCentre@derby.gov.uk



Boulton Children's Centre

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

Boulton.ChildrensCentre@derby.gov.uk



StartforLife

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 for 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



Scan here to watch our
Start for Life video



Scan here to go to our
YouTube channel



Bump to Babies | Connected Perinatal Support

Come and meet parents with babies and people who are pregnant for a 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! Suitable for expectant parents and anyone caring for a baby under 2. **No need to book.**

Mondays 10-11:30am Becket FH

Mums, bumps and babies – perinatal exercise | With Livewell | Booking required



A mixture of strength, flexibility and aerobic exercise for expectant and new (12 weeks+) parents, delivered by a perinatal exercise specialist. Babies are welcome too. Light refreshments and social time will be included. For bookings and more information please contact **Emma Winchester on 07796 557213. Scan the QR Code for more information.**

Wednesdays 11:30am-1pm Derwent FH

Help to stop smoking for pregnant women | Referral only



Maternity services are now supporting you to find a way to quit for good and stop smoking tobacco. If you haven't already received a referral, or wish to be re-referred, please speak to your community midwife or call Live Life Better Derbyshire on **0800 085 2299** or **01629 538200**.

Tuesdays 9:30am-4pm Rosehill FH

Fridays 9:30am-4pm Osmaston Allenton FH

Pregnancy weight management and wellbeing support | With Livewell | Booking required



Come and speak to a friendly perinatal specialist for tailored support around keeping healthy and well during pregnancy. Sessions will focus on safe nutrition, activity, and wellbeing to help manage weight during pregnancy and beyond, and will further support you to give your baby the best start. Drop in or call **Emma Winchester on 07796 557213**, to get more information and/or to make an appointment. **Scan the QR Code for more information.**

Tuesdays 12noon-3pm Rosehill FH

What's on for: Parents to be



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 to be and find out more about local support services. **Courses are delivered online and in person at the Family Hubs. Please scan the QR code or contact a Family Hub to find out more or book a place.**



Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered for Derby City families only by a Health 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. **To book, please scan the QR Code, go to Eventbrite and search for 'Preparation for Parenthood' in Derby, or text ChatHealth Service on 07507 327754.**



Mondays	29 Sep, 6 & 13 Oct	12:30-2:30pm	Alvaston CC
Tuesdays	2, 9 & 16 Sep 18 & 25 Nov, 2 Dec	10am-12noon 10am-12noon	Becket FH Becket FH
Wednesdays	1, 8 & 15 Oct 5, 12 & 19 Nov 3, 10 & 17 Dec	10am-12noon 10am-12noon 10am-12noon	Derwent FH Osmaston Allenton FH Sinfen FH
Thursdays	25 Sep, 2 & 9 Oct	1-3pm	Audrey Drive CC
Fridays	5, 12 & 19 Sep 7, 14 & 21 Nov	10am-12noon 12:30-2:30pm	Boulton CC Mackworth Morley FH



What's on for: New parents



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.**

Mondays	11am-12noon	Derwent FH
Tuesdays	1-2pm	Sinfin FH
Wednesdays	10:30-11:30am 1-2pm	Mackworth Morley FH Audrey Drive CC
Thursdays	11am-12noon	Boulton CC
Fridays	11am-12noon	Becket FH

NEW! Buggy Walk and Talk | With Livewell | Term time only

Come and meet other new parents for a friendly walking social in the fresh air. Bring baby/toddler ready to go in a pushchair. **There is no need to book.**

For further details please call Emma Winchester on 07796 557213. Scan the QR Code for more information.



Mondays	1:30-2:30pm	Sinfin FH
----------------	-------------	-----------

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.**

Mondays	10am-12noon	Becket FH
----------------	-------------	-----------

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.**

Mondays	10-11:30am 1-2:30pm	Mackworth Morley FH Becket FH
Tuesdays	9:30-11am 1-2:30pm 1:30-3pm	Rosehill FH Austin Sunnyhill CC Osmaston Allenton FH
Wednesdays	10-11:30am 1:30-3pm	Boulton CC Derwent FH
Fridays	1:30-3pm	Sinfin FH

NEW! Mother and baby wellbeing | 5 week programme

Connect with your baby in a relaxing and mindful way. Sessions include mum and baby self-care and story massage. This programme is for babies from 8 weeks up until they start to crawl.

Please contact Derwent FH or Boulton CC to find out more.

What's on for: Babies (0-2s)



Baby Stay and Play (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.**

Mondays	9:30-10:30am	Derwent FH
	10-11:30am	Alvaston CC
Tuesdays	10-11:30am	Osmaston Allenton FH
Wednesdays	10-11:30am	Becket FH
	1:30-3pm	Mackworth Morley FH
Thursdays	10-11:30am	Audrey Drive CC
	1:30-3pm	Sinfin FH
Fridays	1:30-3pm	Rosehill FH

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.**

Mondays	9:30am-12noon	Alvaston CC
	1-3pm	Austin Sunnyhill CC
	1-3pm	Rosehill FH
Tuesdays	9:30am-12noon	Audrey Drive CC
	1-3pm	Sinfin FH
Wednesdays	9:30am-3pm	Mackworth Morley FH
Thursdays	9:30am-12noon	Osmaston Allenton FH
	1-3pm	Becket FH

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.**

Fridays	9:30-10:30am	Becket FH	Starts 12 Sept
	11:30am-12:30pm	Derwent FH	Starts 12 Sept
	1:30-2:30pm	Sinfin FH	Starts 12 Sept



Derbyshire
Perinatal Mental Health Service
Supporting women and birthing people from
12 weeks of pregnancy to 2 years of age



Derbyshire Healthcare
NHS Foundation Trust

Perinatal Mental Health Support



The Specialist Perinatal mental health team are dropping into the hubs to offer an opportunity for you to chat in a safe place.

Many new mums find they are finding life difficult ante-natal or with baby up to 2 years. Many families struggle with feelings of overwhelm, tearfulness, feeling isolated intrusive thoughts, doubting their bond with baby or worrying excessively about babies next stages.

Come and chat with us in the hubs, if you would like our help.



FamilyHubDerby

Stronger families through support & friendship



Funded by
UK Government



Scan the QR
code for more
information on
our website



NEW!

Parent carer panel

Join our Family Hubs Parent Carer Panel and tell us what you think about our services for families with children aged 0-19 (25 with SEND) in Derby.

Who are we looking for?

We want to hear from parents and carers from all areas of Derby to ensure that all communities of Derby are represented.

You do not need to have taken part in anything like this before. As long as you're willing to share your experiences of having a baby, caring for a child and accessing services for your children or young people then we'd love to hear from you.

What is in it for you?

Not only will you be contributing ideas to improve services for all children, young people and families across Derby, there will be opportunities for training and development too.

You will meet other parents and carers when taking part in the panel, and children are also welcome. Our Family Hubs staff will be available to support these sessions.

Where and when are the meetings?

We work with the panel to find a time that works for as many of the group as possible. Meetings will be held at a Family Hub or community venue. There will also be online sessions and surveys for those who are unable to attend the face-to-face meetings. Sessions will take place approximately every eight weeks.

What will happen to the information you share?

We are interested in your experiences. The information you share will be used to shape services in Derby City. We will take notes from the meetings, but no personally identifiable information will be recorded.

How to get involved?

For more information or to register your interest email MackworthMorleyFamilyHub@derby.gov.uk text 07812 301430.



StartforLife



FamilyHubDerby

What's on for: Under 5s

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 FH	
	10-11:30am	Boulton CC	
	1:30-3pm	Arboretum Park, Arboretum Square, Rosehill Street, Derby DE23 8FR (Rosehill Family Hub)	
	1:30-3pm	Derwent FH	
Tuesdays	9:45-11:15am	Alvaston CC	
Wednesdays	10-11:30am	Sinfin FH	
	1:30-3pm	Osmaston Allenton FH	
Thursdays	10-11:30am	Austin Sunnyhill CC (no booking required, just turn up)	
	1:30-3pm	Mackworth Morley FH	
	1:30-3pm	Audrey Drive CC	New group - Starts 4 Sep
Fridays	10-11:30am	Boulton CC	New group - Starts 26 Sep

Messy play | Booking required | Term time only

Encouraging creativity and sensory exploration through messy play. Where imagination flows and little hands make big discoveries – from 6 months-5 years. Wear suitable clothing and bring a towel.

Tuesdays	1:30-2:30pm	Osmaston Allenton FH	
Fridays	1:30-2:30pm	Becket FH	New group - Starts 12 Sep

NEW! Tea and Tots with Connected Perinatal Support | Ongoing group

A relaxed drop-in group for expectant mums, dads and partners and anyone with a child under 5. Come and meet our friendly peer supporters and other families and have a drink, a biscuit and a chat. There are toys for babies, toddlers and pre-schoolers and our peer supporters will make you feel welcome from the moment you arrive. **No need to book.**

Wednesdays	12:30-2pm	Osmaston Allenton FH	Starts 3 Sep
-------------------	-----------	----------------------	--------------

What's on for: Under 5s

Peep Group | 10 week programme | Booking required

Peep provides activities and ideas to help you make the most of everyday opportunities to support your 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 FH	Starts 23 Sep
Wednesdays	10-11:30am	Osmaston Allenton FH	Starts 17 Sep
Fridays	9:30-11am	Derwent FH	Starts 19 Sep

Health and physical development

Tuesdays	1:30-3pm	Mackworth Morley FH	Starts 16 Sep
-----------------	----------	---------------------	---------------

Early Maths

Tuesdays	1:30-3pm	Sinfin FH	Starts 16 Sep
-----------------	----------	-----------	---------------

Early Literacy

Wednesdays	10-11:30am	Alvaston Library	Starts 24 Sep
-------------------	------------	------------------	---------------

Personal Social and Emotional Development

Mondays	10-11:30am	Osmaston Allenton FH (for parents/carers under 25's only)	Starts 15 Sep
Mondays	10-11:30am	Rosehill FH	Starts 22 Sep

CANVAS – Move Me! | 0-5s | Term time only

MOVE ME! is an engaging creative programme designed to inspire play, connection, and language through movement, music, and arts activities. **Limited places are available, booking is advised.**

Tuesdays	1:30-3pm	Becket FH	
Wednesdays	9:30-11am	Derwent FH	(No session 24 Sep or 17 Dec)
Thursdays	1-2:30pm	Osmaston Allenton FH	

Parenting programmes



TogetherNESS: the Solihull Approach | Booking required

TOGETHERNESS
Bringing the Solihull Approach to the world

Postnatal Plus | 10 weeks

A relaxed group supporting your emotional health and wellbeing looking at relationships and connections with your baby and child. Please contact a Family Hub to register your interest. You will then be invited to join us for a coffee the week before the course starts to find out more. **Limited FREE creche places will be available.** Refreshments will be provided. **Scan the QR Code for more information.**



Tuesdays	9:30-11:30am 1-3pm	Osmaston Allenton FH Derwent FH
Fridays	1-3pm	Becket FH

Online courses

Online courses cover from conception up to 19+ years. The various courses and workshops are available in 108 languages, with voiceovers in English and Urdu please use access code **MARKEATON** to access your families code. inourplace.co.uk/derby

NEW! Healthy Me workshops | For parents/carers only (no creche) | Booking required

Healthy teeth

Find out more about how to keep your child's mouth happy and healthy, including tips for effective tooth-brushing routines and a healthy diet for healthy teeth.

Thu 25 Sep	1-3pm	Derwent FH
Thu 16 Oct	1-3pm	Osmaston Allenton FH
Thu 27 Nov	1-3pm	Online (please contact Becket FH for the link)

Encouraging Eating, Exploring Foods

Would you like information and support to encourage your child to try different foods? Come along for tips and ideas on how to provide a balanced diet and how to support good eating habits.

Tue 7 Oct	9:30-11:30am	Osmaston Allenton FH
Thu 16 Oct	1-3pm	Becket FH
Fri 14 Nov	1-3pm	Mackworth Morley FH

Start for Life Groups



Bridge the Gap | Free drop-in sessions | Term time only

Creative drop-in's

Emotional literacy enriched play and creative activities for babies and young children and wellbeing activities for parents and carers.

Tuesdays	10-11:30am	Sinfin FH	Starts 9 Sep
Thursdays	10-11:30am	Becket FH	Starts 11 Sep
	1:30-3pm	Derwent FH	Starts 11 Sep
(running along side Hub Club)			

Hub Club | Drop-in sessions

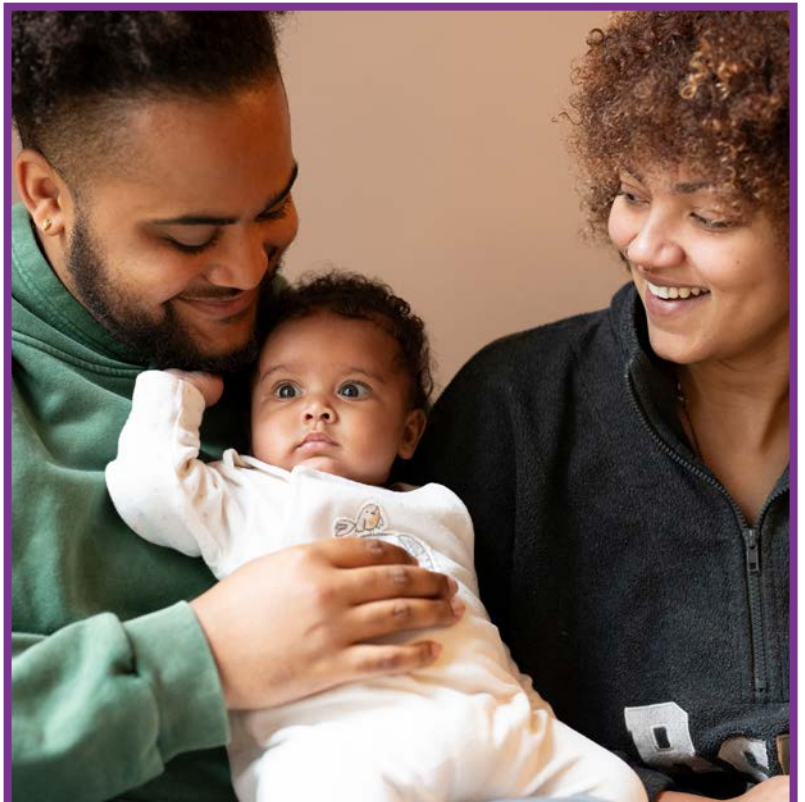
Join us for a light snack at your local Family Hub for every family to find out more about Family Hub activities. A chance to play, stay, chat and to meet new friends and be part of our parent/carers Family Hub groups. **No need to book, just come along.**

Mondays	10-11am	Rosehill FH
Tuesdays	11:30am-12:30pm	Sinfin FH - various venues. Ring 01332 956967 for details.
Thursdays	1:30-3pm	Derwent FH (supported by Bridge the Gap)
Fridays	10-11am	Becket FH
	9:30-11am	Mackworth Morley - various venues. Ring 01332 640040 for details.
	9:30-11am	Osmaston Allenton FH - various venues. Ring 01332 956850 for details.

Young Parents Connect | Parent/carers under 25 | Drop-in sessions

Come and join our relaxed group and connect with other young parents in your local area, build confidence as a young parent and gain knowledge around what to expect as a parent in the present and the future. **For more information text Katy on 07812 300918.**

Fridays	10-11:30am Osmaston Allenton FH Starts Fri 12 Sep
----------------	---



For Dad's and male carers



Dads Space with Connected Perinatal Support

A relaxed drop-in group for expectant dads and Dads with a child under 5. Come and meet our friendly peer supporters and other Dads and have a drink, a biscuit and a chat. There are toys for babies, toddlers and pre-schoolers and our peer supporters will make you feel welcome from the moment you arrive. **No need to book.**

Thursdays 10am-12noon Derwent FH

Dad Pad

Family Hubs together with Dad Pad want you to be the best dad you can be. The Dad Pad Guide will help you with the basics of baby care. **Scan the QR Code for more information.**



Connect to Nature Sessions | Booking required

Put on your wellies and get into nature with us! Meet us at the Family Hub for free drinks and biscuits, before we walk to Derwent Racecourse or Sinfin Nature Reserve. For dads or male carers with children aged 2-5 years. **For more information text Alan on 07812 300533 or call Osmaston Allenton FH.**



SEN Support

Derby Signing Families Group | Booking required

For families with a deaf child and/or deaf parent in the Derby City area. Come along and enjoy a wide range of activities including creative activities, outdoor play and games, and meet the health team. For 0-5 year olds (term time) and 0-8 (school holidays). **Please email MackworthMorleyFamilyHub@derby.gov.uk to book or text 07812 301430.**

Tuesdays 2 Sep, 7 Oct, 4 Nov & 2 Dec 9:30-11:30am Mackworth Morley FH

NEW! ASC friendly stay and play | 2-4's (term time), and 2-8's (school holidays) | Booking required

Come and join our neurodiverse friendly stay and play sessions in a safe space designed to support emotional regulation. Explore and have fun in a calm, quiet environment and enjoy the sensory room and outdoor space with our ASC champions who are available to offer support and advice.

Mondays	10-11am	Osmaston Allenton FH	Starts 8 Sep
Tuesdays	1-2pm	Rosehill FH	Starts 9 Sep
Fridays	10-11am	Mackworth Morley FH	Starts 12 Sep

NEW! Stay and Play – 52 Things to do before you're 5

This group is for families with a deaf parent or child (aged birth – 5 years). We share ideas that support your child's learning and development in everyday life, such as signing, talking, singing, sharing books and playing together. You and your child can have fun, make friends and learn new signs every week as well as picking up your own copy of the 52 Things to do Before You're 5 booklet and poster. **To find out more contact us on 01332 362512 or BSL Text Voice 07500 878565.**

Wednesdays 9:30-11am The Royal School for the Deaf,
180 Ashbourne Road, Derby DE22 3BH

SEND Peep | Referral only | Booking required

For parents/carers and their children aged from birth to 5 years, who have diagnosed or suspected Special Educational Needs or Disabilities. Peep recognises you as your child's first educator and provides activities to help you make the most of everyday activities to support your child's level of development and interests.

Booking by referral only please contact lauren.bounds@derby.gov.uk

SEN Support

These introduction workshops are suitable for families of children and young people 0-19 who are or might be Autistic. Book a place for yourself and a supportive family member or friend. **Please note these workshops are for adults only, we have no provision for children.**

What is Autism | Booking required

Find out more about the Autism spectrum and how you can support your autistic child or young person.

Wed 1 Oct	6-8pm	Online (please contact Osmaston Allenton FH for the link)
Tue 4 Nov	9:30-11:30am	Rosehill FH
Tue 9 Dec	1-3pm	Derwent FH

What is ADHD | Booking required

Find out more about ADHD and how you can support your child or young person.

Fri 14 Nov	1-3pm	Sinfin FH
-------------------	-------	-----------

Using Visual Resources | Booking required

Find out how you can use visual resources to support your child's routines, communication and understanding. Take home your own set of visual resources to support your child at home.

Wed 15 Oct	9:30-11:30am	Osmaston Allenton FH
-------------------	--------------	----------------------

Communicative Behaviour | Booking required

Find out more about what drives your child's behaviour, learn strategies to support them and develop your own personal coping skills.

Mon 20 Oct	1-3pm	Mackworth Morley FH
-------------------	-------	---------------------

Understanding Social Communication | Booking required

Understand your child's perspective of social interactions and how you can support them.

Mon 22 Sep	1-3pm	Becket FH (FREE limited creche places available)
-------------------	-------	--

SEN Support

Early Support Group | Referral only | 5 weeks

2-4 year olds programme

Support for families with children who have or might have social communication difficulties or autism. Our practitioners will provide strategies to support your child's communication and behaviour and information to support your everyday challenges. **Please contact a Family Hub for further details.**

Mondays	1:30-2:30pm	Audrey Drive CC
Mondays	1:30-2:30pm	Mackworth Morley FH
Tuesdays	10-11am	Audrey Drive CC
Tuesdays	9:30-10:30am and 10:30-11:30am	Austin Sunnyhill CC
Wednesdays	9:30-10:30am and 10:30-11:30am	Becket FH
Wednesdays	9:30-10:30am and 10:30-11:30am	Rosehill FH
Wednesdays	10-11am	Osmaston Allenton FH
Fridays	10-11am	Sinfin FH

5-11 year olds programme

Support for parents or carers with children of primary school age who have identified social communication difficulties, are awaiting assessment through SPOA, or have a diagnosis of ASC/ADHD. **Please contact a Family Hub for further details.**

Wednesdays	1:30-2:30pm	Becket FH
	1:30-2:30pm	Derwent FH
	1:30-2:30pm	Rosehill FH

Transition workshop | Booking required

For families, carers or supportive adults 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 a new class, nursery, school or college. Book a place for yourself and a supportive family member or friend. Please note this session is for adults only – we have no provision for children.

Wed 12 Nov	6-8pm	Mackworth Morley FH
-------------------	-------	---------------------

SEN Support

NEW! Sleep workshops | Booking required

For parents and carers of 0-19 year olds who are or may be neurodivergent.

Teenagers and Sleep

Teenagers often undergo huge changes in their sleep patterns, naturally wanting to settle and wake later if they can. Teenagers are not being deliberately awkward however; the influences of hormones, peer pressure, school stresses and screens all make sleep much more challenging. Add additional needs into the mix and it can be hard to know how to help; sleep often becomes a battleground. Join Nickie Sutton, Specialist Sleep Practitioner, for a workshop on how being a teenager with additional needs affects sleep and practical advice on what you can do to help (no taking away of screens!)

Tue 30 Sep 6-8pm Online (please contact Mackworth Morley FH for the link)

Pathological Demand Avoidance and Sleep

Is your child demand avoidant? Are you having a battle to help them settle and stay asleep? Sleep can be a huge trigger for children and young people with PDA. Everything about it - the routines, expectations, even how their body feels - they can experience as unwanted pressure that they have to resist (even if they are tired). Join Nickie Sutton, Specialist Sleep Practitioner, as we look at some strategies to help reduce the bedtime battles. These strategies are completely different to normal sleep advice! But have been devised in consultation with parents who have found simple solutions which help.

Wed 15 Oct 12:30-3pm Sinfin FH

Sensory Processing and Sleep

In order to sleep well we need to feel comfortable and safe. Children and young people with sensory processing differences find it very hard to settle and sleep well because they are often overwhelmed with sensory discomfort. Join Nickie Sutton, Specialist Sleep Practitioner, as we look at the reasons why children and young people with sensory processing differences have difficulties sleeping and why commonly suggested sleep strategies often don't work. We will look at how the different senses impact on sleep, behaviours that you may see, and simple effective strategies to help.

Wed 12 Nov 6-8pm Online (please contact Mackworth Morley FH for the link)

Autism and Sleep

Sleep is much harder for autistic children and young people for reasons that they cannot control; there are biological differences which get in the way. You may have had advice before, but normal sleep strategies often don't work and are based on out of date information. Join Nickie for a workshop on how being autistic affects sleep and what you can do to help (no taking away of screens!)

Fri 5 Dec 12:30-3pm Mackworth Morley FH

Speech and language support

Making it REAL! | Booking required | 2-3's | 6 weeks

Support your child's early literacy and language using mark making, songs and rhymes, sharing books and stories and environmental prints. You will receive a free resource after each session to continue the learning at home.

Mondays	1:30-2:30pm	Sinfin FH
Tuesdays	10-11am 1:30-2:30pm	Mackworth Morley FH Osmaston Allenton FH
Wednesdays	10-11am	Audrey Drive CC
Thursdays	1:30-2:30pm	Becket FH
Fridays	10-11am	Rosehill FH

REAL | Ongoing programme | 3-4's

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. To express your interest, please email lisa.sandercock@derby.gov.uk

Wellcomm to Words | Referral only | 6 week programme | 2-4's

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.

Mondays	1:30-2:30pm	Osmaston Allenton FH
Wednesdays	1:30-2:30pm	Becket FH
Thursdays	1:30-2:30pm	Rosehill FH
Fridays	1:30-2:30pm	Derwent FH

Support groups

Aquarius | Substance Misuse Awareness Workshops for Expectant Parents and Parents of 0-2 year olds

Increase your knowledge around substance use and the ways this can potentially impact you in pregnancy and on children age 0-2. We can support you to explore ways of keeping yourself happy and healthy in pregnancy whilst developing strategies to increase positive relationships between parent and child. **We can offer up to six sessions either 1:1 or group setting. If you would like more information regarding this support please call us on 01332 362744 or email us on derby@aquarius.org.uk.**

Childminders Group | Drop-in sessions

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

Tuesdays	9:30-11:30am	Becket FH
	9:30-11am	Derwent FH

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.

SIX IN
DERBY

HolidayActivities Community Action Department for Education

Scan here
for more!



HOLIDAY ACTIVITIES & FOOD IN DERBY

FREE HEALTHY MEAL
SPORTS COACHING
ARTS & CRAFTS
DRAMA AND DANCE
AND MORE...

Subject to availability



derby.gov.uk/derbyHAF

Cost of living – help when you need it

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.

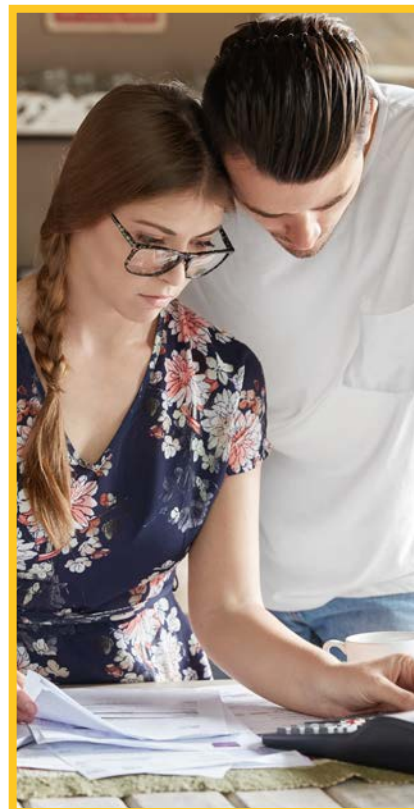
No appointment needed. Please call 07510 554536 for more information.

Mondays	11:30am-1:30pm	Sinfin FH
Thursdays	11:30am-1pm	Osmaston Allenton FH

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 FH
------------------	-------------	----------------------



SUPPORTING

YOU WITH THE

COST OF LIVING

derby.gov.uk/costofliving

communityactionderby.org.uk



"Supporting brighter futures, one pregnancy at a time"

Free support for parents throughout pregnancy and early parenthood

Friendly 1-1 support for pregnant parents



Free groups for all mums, dads, partners and carers with babies and children

Dads' groups and Dads' podcast

Volunteer peer supporter training

We recognise that every pregnancy, labour, birth and early parenthood experience is different and offer a range of tailored individual and group support

Tel: 07719064014 or 01332 412561

www.connectedperinatalsupport.org



FREE Rhymetimes For 0 – 3 year olds

Alvaston – Tuesdays, 11-11:30am

Mickleover – Tuesdays, Thursdays & Fridays 11 – 11:30am

Normanton – Mondays, 2.30-3pm

Riverside - Mondays and Fridays, 11-11:30am

Booking is essential at Mickleover



Everything begins with reading

inderby.org.uk/libraries  



52 Things to do before you're 5

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



The Families Information Service

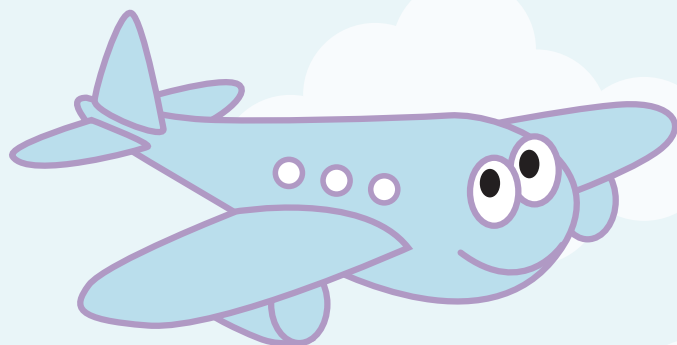


For more information, go to derby.gov.uk/52things or scan here.



The Families Information Service

Don't miss out on your 2 year olds funded childcare
Apply now and check your eligibility



Telephone: 01332 640758
Email: fis@derby.gov.uk





The Families Information Service

The Families Information Service provides free, impartial information and advice to families about childcare and other services that support families. The Families Information Service delivers:

- A Childcare Directory - an online directory of registered childcare within Derby city including, nursery schools, day nurseries, childminders, before and after schools clubs and more. derby.gov.uk/childcaredirectory
- A Family Hub Directory - an online directory that holds information on local and national organisations and their events, services, family activities and support groups. derby.gov.uk/family-hub



Get in touch

Tel **01332 640758** | Email **FIS@derby.gov.uk**

Facebook **@DerbyFIS** | Signing service derby.gov.uk/signing-service



Derby City Council

Our Maternity and Neonatal Improvement Programme

We are on an improvement journey to help us deliver the highest quality care and best experience to women, birthing people and babies.



What we are doing to make care safer for you:



Working with you

We work in partnership with our Maternity and Neonatal Voices Partnership to **listen to feedback and ideas** and build improvements around what matters to you. We have a Patient Safety Partner and have hosted our first community conversation event with more events to follow.



Delivering national best practice

We have embedded a new approach to fetal monitoring and management of post partum and major haemorrhage in line with evidence-based best practice.

Improved against national targets

Our compliance against national maternity safety measures such as Ockenden and Saving Babies Lives has improved.



Home birth service to reopen

The home birth service will reopen on 6 October 2024 so if you are due after this time you can consider a home birth.

Wireless monitoring

Telemetry wireless monitoring is now available to support mobility during labour and offer women and birthing people more choice.



Privacy during induction

In response to your feedback we have created dedicated private spaces for intimate examinations during the induction process.

Reducing delays

We are improving scan and induction pathways to **reduce delays**



Recruited more staff to care for you

We have **32 newly qualified midwives** joining our organisation and extra support in place to nurture, develop and grow our current staff.

We have recruited **specialist roles** in fetal monitoring, maternal mental health and midwives who focus on supporting and developing colleagues.

We want to keep you updated about the work we are doing to make our maternity and neonatal care safer. Read the latest about our Maternity and Neonatal Improvement Programme and how you can get involved at www.uhdb.nhs.net or scan the QR code



What's on for: 5 – 19 year olds

Trinity Warriors Ages | 6+ | Booking required

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. Also try illustration, graffiti and various other arts. **Please contact Paco Box on 07807 196647, Nancy Thompson on 07772 263760 or trinitywarriorsenquiry@outlook.com to book your place.**



Fridays	4:30-6pm	Derwent FH
Thursdays	4:30-6pm	Becket FH

Mackworth Youth Session | 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 Lemar at Sporting Communities for more information - lemar@sportingcommunities.co.uk or 07706 577540.**

Thursdays	5:30-6:30pm	Mackworth Youth and Community Centre, Prince Charles Avenue, Mackworth, Derby DE22 4FN
------------------	-------------	---

Empower | 11-12 year olds



Weekly sessions will include fun games and physical activity in combination with valuable, interactive wellbeing workshops delivered by our coaches. **For more information, contact adam.woolley@dcct.co.uk or go to www.derbycountycommunitytrust.com/empower-1**

Tuesdays	4:30-5:30pm	Derwent FH
-----------------	-------------	------------

Baby People | Music sessions | For 11-18 year olds

Music studio sessions covering MCing, singing and music production. No experience needed, come and learn some studio skills and improve your craft. **No booking needed, just turn up.**

Tuesdays	5-7pm	Sinfin FH
Thursdays	5-7pm	Derwent FH

Sporting Communities | For girls age 8-12



Girls aged 8-12 years old can engage in a range of fun activities, including arts and crafts, sports activities, team building, and play! **For more information, contact ed@sportingcommunitiescic.org or call 07734 230650.**

Tuesdays	6-7:30pm	Derwent FH
-----------------	----------	------------

What's on for: 5 – 19 year olds

Music Workshops | 5-13s | Booking required

Come and join Fusionscape for **FREE** music workshops. For more information contact admin@fusionscape.org or call 07423 796177.



Saturdays	10-11am	Becket FH	5-9 year olds
	11:15am-12:15pm	Becket FH	10-13 year olds

Community One | 12-16 year olds | Booking required

GROWTH Programme – Sport, music, arts, social affairs, health, and wellbeing activities every week. Please contact info@communityone.org.uk or 01332 891444 to book your place.



Mondays	5-7pm	Rosehill FH
Tuesdays	5-7pm	Arboretum Park

NEW! Love4Life | 11-18 year olds | Referral only

Love4life provides supportive groups for 11-18 year olds who identify as girls or face challenges linked to being assigned female at birth to explore important topics through fun, creative activities and discussions. Please contact Dionne on 07852 221773 (Derwent group) or Ella on 07392 443368 (Sinfin Group). For more information or to make a referral, go to love4life.charity



Mondays	3:35-4:35pm	Derwent FH
Tuesdays	3:45-4:45pm	Sinfin FH



October half term

FREE! Family fun sessions | For 0-11 year olds and their parents or carers

Come and join us for themed art and craft, scavenger hunt, baby sensory area, small world play, outdoor activities and much more! See below for additional activities. Please bring a refillable water bottle for your child. **No need to book, just turn up!**

Mon 27 Oct	10-11:30am	Rosehill FH Bollywood dance, face painting, henna and stay and play with a messy play theme.
Tue 28 Oct	10-11:30am	Mackworth Morley FH Circus skills and juggling.
Wed 29 Oct	10-11:30am	Osmaston Allenton FH Nature themed activities.
	1:30-3pm	Derwent FH Sporting games and Move Me (1:30-2:30pm).
Thu 30 Oct	1:30-3pm	Sinfin FH Move Me (1:30-2:30pm). Bring your wellies for a bug hunt at Sinfin Moor Park and Nature Reserve.
Fri 31 Oct	1:30-3pm	Becket FH Circus skills and juggling, story telling with puppets and stay and play with a messy play theme.

FREE! Half term fun session | 8-18's

Come and join us for sporting, games and activities with autumn arts and crafts. 8-11 year olds are welcome but must be accompanied by an adult. Please bring a refillable water bottle. **No need to book, just turn up!**

Tue 28 Oct	1-3pm	Mackworth Youth and Community Centre, Prince Charles Avenue, Mackworth, Derby DE22 4FN
-------------------	-------	---

FREE! Family Hub event at Rollerworld 8-18 year olds | Booking essential

Wed 29 Oct, 10-11:30am

This is a **TICKET ONLY** event. Exclusively for 8-18 year olds within Derby City. To get your free ticket you need to attend one of our ticketing sessions. Tickets are first come first served.

Mon 13 Oct	4-5pm	Osmaston Allenton FH
Tue 14 Oct	5-6pm	Austin Sunnyhill CC
Thu 16 Oct	4:30-5:30pm	Derwent FH



Helping you gain the skills and confidence to move into employment

We provide:

- 1-2-1 careers advice
- Support with job searching, CV writing, application and interview
- Specialist support for young people
- Training in2 Employment Programmes
- Funding to access work and skills
- Recruitment fairs and jobs events
- Derby Jobs Weekly newsletter



For more information scan the QR Code, visit us at the Council House or contact employmentandskills@derby.gov.uk

NEW! Employment and Skills Hub

Careers and employability | Coffee mornings | Drop ins

Thu 11 Sep

11am-12noon

Osmaston Allenton FH

Wed 1 Oct

1-2pm

Derwent FH

Mon 13 Oct

11:30am-12:30pm

Sinfin FH

Mon 20 Oct

10-11am

Rosehill FH

Fri 14 Nov

10-11am

Becket FH

Fri 28 Nov

11am-12noon

Mackworth Morley FH



Get your free Healthy Start vitamins here.

Use your NHS Healthy Start prepaid card to collect:

Healthy Start vitamins for women

Vitamin drops for babies and young children suitable from birth to 4 years old



www.healthystart.nhs.uk

[Twitter](https://twitter.com/NHSHealthyStart) [Facebook](https://facebook.com/NHSHealthyStart) @NHSHealthyStart

SCAN ME

Have your Say Survey

How are we doing?



FamilyHubDerby



Scan the QR code to access the survey

Training courses for adults

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. **Please ring the Family Hub to book.**

Wednesdays	9:30-11:30am	Becket FH	Starts 17 Sep
Thursdays	9:30-11:30am	Sinfin FH	Starts 18 Sep
Fridays	12:30-2:30pm	Rosehill FH	Starts 19 Sep

First Aid Training for parents/carers | Booking essential

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. **Please ring the Family Hub to book.**

Fri 19 & 26 Sep	9:30am-3pm	Sinfin FH
Wed 1 & Fri 3 Oct	9:30am-3pm	Mackworth Morley FH
Tue 18 & 25 Nov	9:30am-3pm	Rosehill FH

Improve your English for work and life | 5 weeks | Booking required

This course will help you build confidence in speaking, learn job-related vocabulary, practice interviews, and explore career options. You'll also develop everyday conversation skills and gain insights into life in the UK. **Please ring to book.**

Fridays	9:30-11:30am	Mackworth Morley FH	Starts 10 Oct
----------------	--------------	---------------------	---------------

Pathway to working in schools | Booking required

Are you a parent interested in working in a school but not sure where to start? Join our free course designed to help you take the first steps toward a rewarding role in education. These friendly and informative sessions will introduce you to key skills, job opportunities, and training pathways in schools. **Please ring to book.**

Mondays	1:15-2:45pm	Sinfin FH	Starts 3 Nov	(4 weeks)
Fridays	9:30-11:30am	Mackworth Morley FH	Starts 19 Sep	(3 weeks)

Training courses for adults

NEW! Introduction to working in Health and Social Care | 4 weeks | Booking required

Are you interested in working in, or finding out about, Health and Social Care? If so please book your place on this FREE introductory course. **For further information please contact paula.may@derby-college.ac.uk**

Mondays 12:45-2:45pm Osmaston Allenton FH Starts 15 Sep

NEW! NCFE CACHE Level 1 Award/Certificate in Caring for Children | Booking required

This qualification encourages an understanding of the knowledge and the skills needed to care for young children. It covers children's growth, learning and development. **Please contact amber.hamid@derby-college.ac.uk or call 01332 387416 for further details or to book your place.**

Tuesdays 9:15am-12:15pm Alvaston CC [Enrolment 16 Sep, course starts 22 Sep]

NEW! ABC I can Fingerspell – Learn the ABC in BSL! | Adults only | Booking required

Start to discover the FUN of British Sign Language through interactive games. Build confidence in inclusive communication using the 2 handed alphabet to begin to spell out names, places, and new words. Hands speak louder than words. **Please contact Mackworth Morley Family Hub for more information or to book your place.**

Tue 30 Sep 1-3pm Mackworth Morley FH

NEW! 123 – I can count numbers in signs | Adults only | Booking required

BSL numbers have their own set of handshapes and movements. Start your BSL journey today. It's FUN, visual and connects with the Deaf Community. Anyone for a game of Deaf BINGO? **Please contact Mackworth Morley Family Hub for more information or to book your place.**

Tue 11 Nov 1-3pm Mackworth Morley FH

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



Derby City Council

Derby City Council
The Council House Corporation Street Derby DE1 2FS
www.derby.gov.uk