



## **September/October 2024 issue: Parents/Carers Flyer**

### **Social communication and autism parent/carer support groups and courses**

#### **Family Hub Derby**

#### **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, there is no provision for children.

#### **What is Autism? - Support sessions**

**Tuesday 24 September 6pm- 8pm - Sinfen**

**Wednesday 16 October 1pm-3pm - Derwent**

**Monday 9 December 1pm-3pm- Becket**

#### **What is ADHD? Support sessions**

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

**Monday 23 September 1-3pm Becket**

**Tuesday 10 December 12:30-2:30pm Mackworth Morley**

#### **Using Visual Resources**

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.

**Wednesday 6 November 9:30-11:30am Derwent**

#### **Communicative Behaviour**

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

**Monday 14 October 9:30-11:30am Rosehill**

**Tuesday 5 November 9:30-11:30am Osmaston Allenton**

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## **Understanding Social Communication**

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

**Tuesday 3 December 10-11:30am Sinfin**

**5-11 year olds programme | 6 weeks**

Support for parents/carers with children of primary school age who are awaiting assessment or diagnosed with ASC/ADHD. Our practitioners will offer you strategies which will support you in managing your child's needs, 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.

**Wednesdays 10:30-11:30am Derwent Starts 11 September and 13 November**

**Early Support Group | Referral only  
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. Three sessions in the hub and three supportive telephone contacts.

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

**1:30-2:30pm Mackworth Morley**

**Wednesdays 9:30-10:30am or 10:30-11:30am Rosehill 1:30-2:30pm Becket**

**Fridays 9:30-10:30am Sinfin**

**Under 5 years support sessions**

Come along to our informal drop ins, meet our practitioners for individual support or just come along for a safe space for your child to play and meet other parents. No need to book.

**Monday 30 September 1-3pm Becket**

**Tuesday 19 November 9:30-11:30am Mackworth Morley**

**Tuesday 10 December 9:30-11:30am Osmaston Allenton**

## Family Hub Contact information

- **Becket Family Hub**  
35 Stockbrook Street  
Derby,  
DE22 3WR  
01332 640250  
[BecketFamilyHub@derby.gov.uk](mailto:BecketFamilyHub@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)
- **Mackworth Morley Family Hub**  
Reigate Drive, Mackworth,  
Derby, DE22 4EQ  
01332 208175  
[MackworthMorleyFamilyHub@derby.gov.uk](mailto:MackworthMorleyFamilyHub@derby.gov.uk)
- **Derwent Family Hub**  
Monmouth Street  
Derby, DE21 6BD  
01332 641010  
[DerwentFamilyHub@derby.gov.uk](mailto:DerwentFamilyHub@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)

## Family hubs provide Online Solihull Parenting

- Online courses cover from conception up to 19+ years which include:
- Understanding your child
- Understanding your child with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your teenagers brain
- Moving up to secondary school for children with additional needs

The same content as a face to face parenting group. Available in 108 languages, with voiceovers in English and Urdu please use access code MARKEATON to access your families code. <https://inourplace.co.uk/derby/>

## Neuro Developmental Community Hub serving Derby City parents and carers working from the St James Centre (Malcolm Street, Derby, DE23 8LU).

The Derby City Hub is run by [Citizens Advice Mid Mercia](#) who provide advice and guidance to parents and carers. Experienced staff who have both personal and professional expertise can support families to develop strategies to help manage their situation prior to referral for assessment, following referral or post diagnosis.

Parents and carers can simply contact the hub themselves to make an appointment or drop-in. ND covers a wide range of hidden neurological conditions including Autism, ADHD and Foetal alcohol syndrome.

Hub Opening Hours (Calls, booked appointments and drop-ins):

Monday – Thursday 10am – 1:30pm

Friday 10am – 1pm

Call on either 07561 856320 or 01332 604080 (try mobile first) or email

[neurohub@stjamescentre.org](mailto:neurohub@stjamescentre.org)

## Online forums and social media groups

These Facebook groups share information about events, news, groups and upcoming courses in the Derby area:

- Advocates for ADHD and ASD Derby, non-profit organisation
- Autism Derby Julie Fearn
- Derby city local offer, public service
- Derby SEND information advice and support service, public service
- Derbyshire autism support group, non-profit organisation
- Fun-abil8y service, non-profit organisation
- National autistic society Derby and district branch, non- profit organisation
- Parent carers together, community organisation
- Special needs circle east midlands, non-profit organisation

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- Sunshine support, non-profit organisation
- Tegan's butterflies in paradise, community
- Umbrella Derby and Derbyshire
- Intensive interaction for parents.

### Information and help online

- **NEW** [NAS New Diagnosis Hub](#)
- [NAS Advice and Guidance](#)
- [NAS education advice line](#)
- [Autism Education Trust - Exclusions](#)
- [Contact helpline](#)
- [Thinking autism](#)
- [Autism Central](#)

### Courses online

- [Autism introduction](#) - **FREE**  
A series of short videos created by the department of clinical psychology at the Royal Derby hospital including, understanding autism, living with a child with ASD, understanding and supporting emotional regulation and sensory processing integration.
- [Understanding Autism](#) National Autistic Society.
- [Understanding behaviour through the autistic lens](#) available on demand.
- [Autism and behaviour](#)
- [The ability bridge](#) - a range of on demand training
- [Using visuals to support autistic children](#)
- [Social stories workshop](#)
- [Supporting autistic learners in the secondary school classroom](#)
- [Autism and anxiety](#) includes strategies and resources.
- [The girl with the curly hair](#) - podcasts, animations and online courses covering various topics
- [Intensive interaction](#) taster courses- 13 September, 18 October 2024
- [Intensive interaction](#) full day workshop 20 September 2024
- [Exploring gender diversity in autistic young people](#)

### Sensory processing training

- [Autism and sensory experience](#)
- [Understanding sensory input](#) Level 1 - **FREE**, Level 2 and 3 modulation, arousal, autism and sensory strategies with resources £50.
- [What is Sensory Integration](#)

If any of the information is incorrect or you would like to include information about a course or support group for parents of children with social communication needs or autism please contact [stepsadmin@derby.gov.uk](mailto:stepsadmin@derby.gov.uk)