

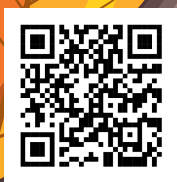


FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

September - December 2024



Please scan for further information



Funded by
UK Government



Derby City Council

Community Action

NHS

Contents

What are Family Hubs?	3
Start for Life	4
What's on for: Parents to be	5
What's on for: New parents	7
What's on for: Babies (0-2s)	8
Parenting programmes	9
What's on for: Under 5s	11
What's on for: 5-19 year olds	18
Speech and language support	21
SEN Support	22
Support groups	24
Training courses for adults	25
Cost of Living	26
October half term and festive holidays	28
Children's Centres	30

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 208175
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



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 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



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. **Please ring to book.**

Wednesdays	12noon-1pm	Derwent	Starts 6 Nov
	5-6pm	Becket (online)	Starts 10 Sep
	5:30-6:30pm	Mackworth Morley	Starts 18 Sep
Thursdays	1:30-2:30pm	Sinfin	Starts 7 Nov
	1:30-2:30pm	Osmaston Allenton	Starts 12 Sep

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.**

Fridays	12noon-3pm	Becket	Starts 11 Oct
----------------	------------	--------	---------------

Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered 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. **Please ring to book.**

Mondays	9, 16 and 23 Sep	12:30-2:30pm	Sinfin
	11, 18 and 25 Nov	12:30-2:30pm	Sinfin
Tuesdays	10, 17 and 24 Sep	10am-12noon	Becket
	12, 19 and 26 Nov	10am-12noon	Becket
Thursdays	3, 10 and 17 Oct	12:30-2:30pm	Osmaston Allenton
	5, 12 and 19 Dec	12:30-2:30pm	Osmaston Allenton
Thursdays	3, 10 and 17 Oct	12:30-2:30pm	Rosehill
	5, 12 and 19 Dec	12:30-2:30pm	Rosehill
Fridays	4, 11 and 18 Oct	11am-1pm	Derwent
	6, 13 and 20 Dec	11am-1pm	Derwent
	13, 20 and 27 Sep	12:30-2:30pm	Mackworth Morley
	15, 22 and 29 Nov	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

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

Pregnancy support walk and talk | With Livewell

Come and meet expectant parents and families for a walk and talk. For further details please call **Emma Winchester on 07796 557213. No need to book, just pop in for a cuppa and a chat!**

Tuesdays 1-2pm Derwent Starts 10 Sep



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.**

Tuesdays	9:30-11am	Rosehill
	1:30-3pm	Mackworth Morley
Wednesdays	1:30-3pm	Derwent
Fridays	9:30-11am	Osmaston Allenton
	1:30-3pm	Becket

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
Tuesdays	11am-12noon	Rosehill
	1-2pm	Sinfin
Fridays	11am-12noon	Becket

Buggy Walk and Talk | With Livewell

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.** Please come along anytime from 12pm for tea and toast first. **For further details please call. Emma Winchester on 07796 557213.**

Fridays	1-2pm	Becket
----------------	-------	--------

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
----------------	-------------	--------

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	9:30-11am	Derwent
Tuesdays	10-11:30am	Osmaston Allenton
Wednesdays	10-11:30am 1:30-3pm	Becket Mackworth Morley
Thursdays	1:30-3pm	Sinfin
Fridays	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.**

Mondays	1-3pm	Rosehill
Tuesdays	9:30am-3pm 1-3pm	Revive Healthy Living Centre, Roe Farm Lane Sinfin
Wednesdays	9am-3pm	Mackworth Morley
Thursdays	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.**

Fridays	9:30-10:30am	Becket	Starts 13 Sep
	11:30am-12:30pm	Derwent	Starts 13 Sep
	11:30am-12:30pm	Sinfin	Starts 13 Sep

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. Refreshments will be provided.

Monday	1-3pm	Sinfin
Tuesdays	1-3pm 1-3pm	Becket Derwent

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 use access code **MARKEATON** to access your families code. inourplace.co.uk/derby

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

Mondays	9:30am-10:30am	Becket (online)	2-6 years
Tuesdays	1pm-2pm	Becket (online)	6+ years
Thursdays	1:30-2:30pm	Derwent	





"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



INTERESTED IN BECOMING A PERINATAL PEER SUPPORTER?

Volunteer opportunity!

"I feel so much more knowledgeable and my confidence has grown so much"



Would you like to support someone through pregnancy or labour and birth?

Would you like to support a new parent through the early days of parenthood?

Could you support parents to meet others in their community?

Do you have a kind, caring approach?

No specific qualifications or experience needed - we love to embrace volunteers for who they are

Contact us for more information

01332 412 561
07719 064 014



"Supporting brighter futures, one pregnancy at a time."

Story Sacks at Blagreaves Library

Open to dads and partners with children aged 0-2 (older siblings also welcome)

Connected's 'Story Sack' sessions will give parents and their little ones an opportunity to explore the books in the library, and get hands on by making a 'story sack' to take home! Led by a perinatal peer supporter, we will create our own characters and props which will lead our imaginations to magical worlds and on exciting adventures. The session will close with a group story, soft drinks and biscuits.

Find out more and check dates on Connected Perinatal Support's Facebook and Instagram (@connectedps_) or go to www.connectedperinatalsupport.org

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. **Limited places available, booking is advised.**

Tuesdays 1-2:30pm Osmaston Allenton

Wednesdays 9:30-11am Derwent

HENRY | 2-5 year olds | 8 week programme

This is a free eight week fun programme that will help give young children aged 2 to 5 years a good start in life. The programme helps the whole family adopt a healthier lifestyle, creates more opportunities to play with your children, and helps parents to support their children's health and social development. **Free creche facilities available.**

Wednesdays 1-3pm Osmaston Allenton Starts 11 Sep

HENRY workshops | Booking required

Come along to find out more about the HENRY programme and future courses.

Fussy eating

Tue 24 Sep 10am-12pm Blagreaves Library
Fri 27 Sep 12:30-2:30pm Mackworth Morley
Thu 12 Dec 9:30-11:30am Becket

Healthy Teeth

Wed 23 Oct 1:15-3:15pm Derwent
Fri 8 Nov 9:30-11am Rosehill
Tue 26 Nov 10am-12pm Osmaston Allenton

Eat well for less

Thu 26 Sep 9:30-11:30am Becket
Tue 29 Oct 10am-12noon Sinfin
Fri 22 Nov 12:30-2:30pm Mackworth Morley



What's on for: Under 5s

Peep Group | 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 1:30-3pm Mackworth Morley Starts 10 Sep

Health and physical development

Fridays 9:30-11am Derwent Starts 13 Sep

Personal, social and emotional development

Tuesdays 10-11:30am Becket Starts 10 Sep

Early Literacy

Wednesdays 10am-11:30am Alvaston Library and Learning Centre, 1252 London Road, Alvaston DE24 8QP Starts 11 Sep

Early Maths

Tuesdays 1:30-3pm Sinfín Starts 10 Sep

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 Sinfín
1:30- 3pm Osmaston Allenton

Thursdays 1:30-3pm Mackworth Morley

Weigh, Play and Stay

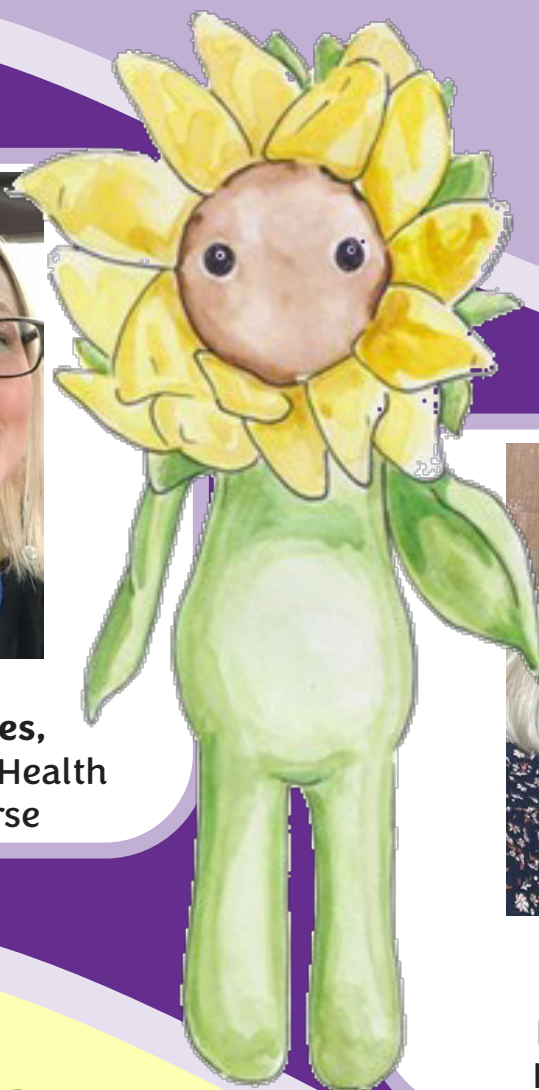
A new drop in for asylum seekers and refugees. Join us to play with your baby or child, make new friends and meet our health team. Refreshments will be provided. **Please call or text Dee on 07812 300457 for more information.**

Mondays 1-3pm Rosehill

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

Understanding your baby

Free online postnatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know your baby and their unique ways of communicating
- Feeding, sleeping, playing and soothing guidance
- Supportive resources for your mental wellbeing
- With professional translations in Urdu, Modern Standard Arabic and Welsh

Designed by clinical psychologists in partnership with health visitors and parents



www.inourplace.co.uk



Residents of DERBY



Use Access Code
MARKEATON

In paid partnership with:

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



Residents of DERBY



Use Access Code
MARKEATON

In paid partnership with:

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!

Information sessions

Mon 9 Sep	9:30-11am	Mackworth Morley
Fri 13 Sep	9:30-11am	Rosehill
Tue 17 Sep	9:30-11am	Osmaston Allenton

Wed 2 Oct	9:30-11am	Sinfin
Thu 24 Oct	1:30-3pm	Derwent
Thu 5 Nov	1:30-3pm	Becket

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

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!

Scan here to find out more about the course



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.

FOR
ALL
PARENTS

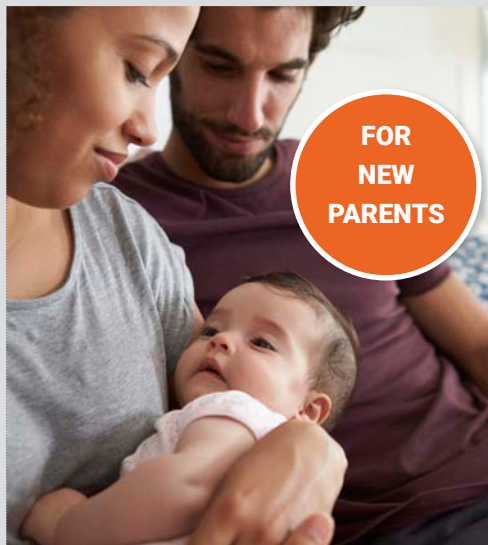


Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

FOR
NEW
PARENTS



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

FOR
SEPARATING
PARENTS



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents





The Families Information Service

We are the Families Information Service! We provide free, impartial information and advice to families about childcare and other services that support families. These include:

- 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 such as children's centres and their events, services, family activities and support groups. derby.gov.uk/family-hub
- Making childcare more affordable - We can support you on how to choose the right childcare for you and how to save money on the childcare you pay for. Call us for a friendly chat - we can help!



Get in touch

Tel **01332 640758**

Email FIS@derby.gov.uk

Facebook [@DerbyFIS](https://www.facebook.com/DerbyFIS)

Signing service derby.gov.uk/signing-service

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 | 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 or 07969133159.

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

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 Ed at Sporting Communities for more information - Ed@sportingcommunitiescic.org or 07734 230650.**

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

Empower | 11-12 year olds



Empower aims to support young people to manage their psychological wellbeing and physical health to fulfil a happier, healthier lifestyle. Weekly sessions will include fun games and physical activity in combination with valuable, interactive wellbeing workshops delivered by our coaches. Referrals can be made through the Empower page on the Derby County Community Trust webpage. Contact Chelsea for more information - chelsea.moore@dcct.co.uk or go to www.derbycountycommunitytrust.com/empower-1

Tuesdays	4:30-5:45pm	Derwent	Starts 10 Sep
-----------------	-------------	---------	---------------

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 or 07980 276488.

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.

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 or 07494 517324. No booking required, just turn up!

Mondays 6-7:30pm Osmaston Allenton

Community One | 12-16 year olds



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 or 01332 891444.

Mondays 5-7pm Rosehill

Tuesdays 5-7pm Arboretum Park

Supporting Communities | 13-16 year olds



Girls aged 8-12 years old can engage in a range of fun activities, including arts and crafts, sports activities, team building, and play! Contact Lemar Carlin lemar@sportingcommunitiescic.org

Tuesdays 6-7:30pm Derwent Start 17 Sep

What's on for: 5 - 19 year olds

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.**

Tuesdays	5-7pm	Sinfin
Wednesdays	5-7pm	Mackworth Youth and Community Centre, Prince Charles Avenue, DE22 4FN
Thursdays	5-7pm	Derwent
Fridays	4:30-6:30pm	Osmaston Allenton

Youth Matters Train4Change | 14+ | 10 weeks



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.

Thursdays	4pm	Derwent	Start 9 Sep (excluding half term)
------------------	-----	---------	-----------------------------------



Speech and language support

Let's 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

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.

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

The following workshops are suitable for families of children and young people 0-19 who have or might have Autism or ADHD. 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 | Support sessions

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

Tuesday 24 Sep	6-8pm	Sinfin
Wednesday 16 Oct	1-3pm	Derwent
Monday 9 Dec	1-3pm	Becket

What is ADHD | Support sessions

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

Monday 23 Sep	1-3pm	Becket
Tuesday 10 Dec	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 Nov	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 Oct	9:30-11:30am	Rosehill
Tuesday 5 Nov	9:30-11:30am	Osmaston Allenton

Understanding Social Communication

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

Tuesday 3 Dec	10-11:30am	Sinfin
----------------------	------------	--------

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 9:30-11:30am Mackworth Morley 3 Sep, 1 Oct, 5 Nov and 3 Dec

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

Drop ins

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 Sep	1-3pm	Becket
Tuesday 19 Nov	9:30-11:30am	Mackworth Morley
Tuesday 10 Dec	9:30-11:30am	Osmaston Allenton

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 Sep & 13 Nov

Stay and Play (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.**

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

Support groups

Aquarius Parenting Programme | Booking required



Start for Life

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 or call 01332 362744.**

Bridge the Gap | Free drop-in sessions



Start for Life

Creative drop-in's

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

Tuesdays 10-11:30am Sinfin Starts 10 Sep

Introducing Emotions | 10 week course

Introducing emotions course for 0-2 year olds. Play and creativity based gentle introduction to emotional literacy. Activities and ideas parents can continue at home.

Thursdays 9:30-11:30am Becket Starts 12 Sep

Childminders Group | Drop-in sessions

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

Tuesdays 9:30-11:30am Becket

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 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/carer Family Hub groups. **No need to book, just come along.**

Mondays 10-11:30am Rosehill
Tuesdays 2-3pm Sinfin
Thursdays 1:30-3pm Derwent (supported by Bridge the Gap)
Fridays 9:30-11am Becket
9:30-11am Mackworth Morley
9:30-11am 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.

Wednesdays 1:30-3pm Osmaston Allenton

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 to book.**

Mondays	9:30-11:30am	Osmaston Allenton	Start 16 Sep
Tuesdays	12:30-2:30pm	Rosehill	Starts 17 Sep
Wednesdays	9:30-11:30am	Becket	Starts 18 Sep
Thursdays	9:30-11:30am	Sinfin	Starts 19 Sep
Fridays	9:30-11:30am	Mackworth Morley	Starts 20 Sep

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.**

Fri 13 & 20 Sep	9:30am-3pm	Derwent
Wed 2 & Fri 4 Oct	9:30am-3pm	Rosehill
Wed 30 Oct & 6 Nov	9:30am-3pm	Mackworth Morley
Fri 1 & 8 Nov	9:30am-3pm	Sinfin
Wed 20 & Fri 22 Nov	9:30am-3pm	Rosehill
Fri 6 & 13 Dec	9:30am-3pm	Osmaston Allenton

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. **Please contact a Family Hub for further details.**

Mondays	9:30-11:30am	Mackworth Morley	Starts 4 Nov
Wednesdays	12:45-2:45pm	Sinfin	Starts 17 Sep
Thursdays	10am-12noon	Derwent	Starts 19 Sep

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

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 a prize. **Contact Klaudia (Direct Help & Advice) for more information and to book your place on 07458 104321.**

Monday 16 Sep	9:30-11:30am	Sinfin
Thursday 10 Oct	10am-12noon	Rosehill
Friday 15 Nov	9:30-11:30am	Derwent

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.**

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
------------------	-------------	-------------------



**Think food
Think support
Think change**

The **Derby Food 4 Thought Alliance** supports people in Derby who are experiencing food insecurity, through food provision, signposting, support and advice.



Need support?

If you need assistance please call **01332 346266** - we can provide you with a range of support including an emergency food provision.

Want to donate?

We rely on food and monetary donations from businesses and individuals. For enquiries or to donate, please email us.

Interested in volunteering?

We're always looking for volunteers to help with all kinds of tasks. For more information, please visit our website or email us.

Website: www.derbyfood4thoughtalliance.org.uk

Email: info@df4ta.com



The Derby Food 4 Thought Alliance is proud to be part of The Derby Community Hub - a multi-sector partnership, led by Community Action Derby. DF4TA is a registered charity (no. 1198665).



@DerbyFood4TA



@DF4TA



@DF4TA

October half term

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

Come and join us for Autumn fun! Activities include Autumn and Diwali themed art & craft, scavenger hunt, messy play and much more! No need to book.

Monday 28 Oct	1-3pm	Derwent
Tuesday 29 Oct	10am-12noon	Becket
Tuesday 29 Oct	10am-12noon	Mackworth Morley
Wednesday 30 Oct	10am-12noon	Osmaston Allenton
Thursday 31 Oct	1-3pm	Sinfin
Friday 1 Nov	10am-12noon	Rosehill

Festive holidays

Family fun sessions | Booking required

Come and join us for festive arts & crafts, snacks, card making, music, games and a visit from Santa! Refreshments will be provided. **Limited places, please ring to book.**

Wednesday 4 Dec	Rosehill	1-2:30pm 3-4:30pm	Preschool School aged children
Friday 6 Dec	Mackworth Morley	1:30-3pm	0-5years
Wednesday 11 Dec	Osmaston Allenton	1:30-3pm	Under 5's
Tuesday 17 Dec	Derwent	10am-11:30am	0-5years
Wednesday 18 Dec	Sinfin	10-11:30am	Under 5's

**All six Family Hubs will be open:
9am-5pm
Fri 27, Mon 30 and Tue 31 Dec
Thu 2 and Fri 3 Jan**

JOIN US THIS WINTER

HOLIDAY ACTIVITY AND 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

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 757991

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

Alvaston Children's Centre

Baby Stay and Play (Peep) | Booking required

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 10-11:30am

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

Introduction to working with children | Booking required

This six week course, delivered by Derby College, will provide you with an insight into working with children and the role of a practitioner and supporting children's needs.

Tuesdays 9am-12noon Enrol 1 Oct

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

Boulton Children's Centre

Baby Stay and Play (Peep) | Booking required

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.**

Thursdays 9:30-10:30am

Breastfeeding Club | Booking required

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

Thursdays 11am-12noon

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

Understanding children's behaviour

See page 9 for further details.

Thursdays 1-2:30pm Starts 12 Sep

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.**

Tuesdays 1:30-3pm

Baby Stay and Play (Peep) | Booking required

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.**

Thursdays 10-11:30am

Breastfeeding Club | Booking required

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

Wednesdays 1-2pm

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

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

Early Support Group | 2-4 year olds programme | Referral only

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 10-11am

Let's 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.

Thursdays 1:30-2:30pm

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

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

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

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

Early Support Group | 2-4 year olds 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

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

Thursdays 1-2:30pm

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

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
OR CALL 01332 207 704



In partnership with Family Hubs



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

community
one

EPEC - Empowering Parents, Empowering Communities at Community One

EPEC is an eight week programme designed to improve access to effective parenting support particularly for black, Asian, ethnic minority communities.

Empowered Mothers is a culturally specific, trauma informed safe space for mothers to discuss their concerns, learn tools and strategies to support their mental and emotional well being.

Parent Champions - The Empowered Mothers support group:

Session 1

Mondays 10am-12.30pm - with yoga 10-11am.

Session 2

Mondays 11am-1pm. For those who speak English as a second language, including Pilates session followed by the Empowered Mothers session in Urdu, Punjabi & Mirpuri.

Breastfeeding club

Thursdays 10.30am-1.30pm. A culturally and religiously sensitive, breastfeeding club that provides a safe, supportive and inclusive environment where black, Asian, minority ethnic mothers can access culturally sensitive education, resources, and support to overcome barriers and feel confident in breastfeeding.

Pakistan Community Centre,
103 Harrington Street, Derby.

To register, please contact 01332 891444.
Crèche facilities available for both.



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.



**The Families
Information Service**



Derby City Council



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



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

