



Your guide to what's on for 0-19's in Derby

September – December 2026



Please scan for further information



Funded by
UK Government



Derby City Council



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Locations:

Best Start Family Hubs

CC - Children's Centres

This Best Start Family Hubs What's On Guide is correct at time of print.

What are Best Start Family Hubs?

Get the advice and support you need whilst having fun as a family! Derby's Best Start 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.



Best Start Family Hub – Becket

35 Stockbrook Street

Derby, DE22 3WR

01332 640250

BecketFamilyHub@derby.gov.uk



Best Start Family Hub – Derwent

Monmouth Street

Derby, DE21 6BD

01332 641010

DerwentFamilyHub@derby.gov.uk



Best Start Family Hub – Mackworth Morley

Reigate Drive, Mackworth, Derby, DE22 4EQ

01332 640040

MackworthMorleyFamilyHub@derby.gov.uk



Best Start Family Hub – Osmaston Allenton

60 Cockayne Street North

Allenton, Derby, DE24 8XB

01332 956850

OsmastonAllentonFamilyHub@derby.gov.uk



Best Start Family Hub – Rosehill

17-19 Lower Dale Road

Derby, DE23 6WY

01332 641315

RosehillFamilyHub@derby.gov.uk



Best Start Family Hub – Sinfin

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 network sites of Best Start 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



HEALTHY BABIES

Best Start Family Hubs welcome mums and birthing people, dads and birthing partners living in Derby to attend activities at any Family Hub. This is a free offer available from pregnancy to 2 years old.

The Best Start Healthy Babies 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 Dads 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
register online



Scan here to go to our
YouTube channel



What's on for: Parents to be



Bump to Babies | Connected Perinatal Support



A relaxed, drop-in group for anyone pregnant or expecting a baby, and mums, dads, partners and families with babies under 2 years old. Friendly peer supporters run all of our Bump to Babies sessions and will make you feel welcome from the moment you arrive, and will be ready with a drink and a biscuit or two. There are toys for little ones to play with while you have a chance to meet other parents and chat to peer supporters. **No need to book.**

Mondays	10-11:30am	Best Start Family Hub - Becket
Thursdays	10am-12noon	Audrey Drive CC

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-1:30pm	Best Start Family Hub - Derwent
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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	Best Start Family Hub - Rosehill
Wednesdays	9:30am-12:30pm	Best Start Family Hub - Mackworth Morley
Fridays	9:30am-4pm	Best Start Family Hub - Osmaston Allenton

Perinatal weight management | With Livewell | Booking required



Come and speak to a friendly perinatal specialist for tailored support in keeping healthy and well during pregnancy, and/or realistic support for post-natal weight loss. Sessions focus on safe nutrition, activity and well-being to help manage weight during pregnancy and beyond, and will further support you to give your baby the best start. **For bookings and more information please contact Emma Winchester on 07796 557213.**

Tuesdays	12noon-3pm	Best Start Family Hub - Rosehill
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What's on for: Parents to be



Antenatal Peep | 5 week rolling programme



Get to know your baby, find out how their brain is developing and how you can begin to build your relationship even before they are born. We welcome all expectant parents. **Please scan the QR code to find out more about the session and email DerwentFamilyHub@derby.gov.uk or Boulton.ChildrensCentre@derby.gov.uk for your link to join the sessions.**

Thursdays 12:30-1:30pm Online Contact Best Start Family Hub - Derwent or Boulton CC for the link

Preparation for Parenthood | Booking required | 3 week programme



Sessions are delivered for Derby City Families only by the Health Visitor (Session 1), Midwives and Connected Perinatal Support (Session 2) and the Infant Feeding Team (Session 3).

Session one includes safe sleep practices, managing minor illnesses, emotional wellbeing and attachment to your new baby, baby brain development, practical aspects of preparing for your baby, and healthy life choices through pregnancy and beyond. The second session led by midwifery will include: labour and birth, pain relief, and possible complications and Connected Perinatal Support will chat about peer support available for parents across Derby. The third session, run by the Infant Feeding Team, will explore infant feeding choices. All pregnant individuals are welcome to come 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	14, 21 & 28 Sep	1-3pm	Best Start Family Hub - Becket
	19 & 26 Oct, 2 Nov	1-3pm	Best Start Family Hub - Becket
Tuesdays	8, 15 & 22 Sep	12:30-2:30pm	Best Start Family Hub - Mackworth Morley
	3, 10 & 17 Nov	12:30-2:30pm	Audrey Drive CC
Wednesdays	14, 21 & 28 Oct	10am-12noon	Alvaston CC
Thursdays	26 Nov, 3 & 10 Dec	10am-12noon	Best Start Family Hub - Sinfen

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	Best Start Family Hub - Derwent
Tuesdays	1-2pm	Best Start Family Hub - Sinfen
Wednesdays	10:30-11:30am	Best Start Family Hub - Mackworth Morley
	1-2pm	Audrey Drive CC
Thursdays	11am-12noon	Boulton CC
Fridays	11am-12noon	Best Start Family Hub - 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. **Please ring to book. For further details please call Emma Winchester on 07796 557213. Scan the QR Code for more information.**



Thursdays	1:30-2:30pm	Best Start Family Hub - Sinfen
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Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Babies need to be pre-mobile and to have had their 8 week GP check to attend. **Please ring to book.**

Mondays	10-11:30am	Best Start Family Hub - Mackworth Morley
	1-2:30pm	Best Start Family Hub - Becket
Tuesdays	1:30-3pm	Best Start Family Hub - Rosehill
Wednesdays	10-11:30am	Boulton CC
	1:30-3pm	Best Start Family Hub - Derwent
Thursdays	1-2:30pm	Austin Sunnyhill CC
Fridays	1:30-3pm	Best Start Family Hub - Sinfen
	1:30-3pm	Best Start Family Hub - Osmaston Allenton

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



Baby Stay and Play (Peep) | Booking required | ongoing group | For pre walkers only

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

Mondays	10-11:30am	Alvaston CC
Tuesdays	10-11:30am	Best Start Family Hub - Osmaston Allenton
Wednesdays	10-11:30am	Best Start Family Hub - Becket
	1:30-3pm	Best Start Family Hub - Mackworth Morley
Thursdays	10-11:30am	NEW! Best Start Family Hub - Derwent Starts 3 Sep
	1:30-3pm	Best Start Family Hub - Sinfen
Fridays	1:30-3pm	Best Start Family Hub - Rosehill

Child Health Clinic | Booking required

Clinics are run by appointment only. This is run by the Health Visiting Team. **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	Best Start Family Hub - Rosehill
Tuesdays	9:30am-12noon	Audrey Drive CC
	1-3pm	Best Start Family Hub - Sinfen
Wednesdays	9:30am-3pm	Best Start Family Hub - Mackworth Morley
Thursdays	9:30am-12noon	Best Start Family Hub - Osmaston Allenton
	1-3pm	Best Start Family Hub - 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.**

Thursdays	9:30-10:30am	NEW! Boulton CC	Starts 10 Sep
	11:30am-12:30pm	Best Start Family Hub - Mackworth Morley	
Fridays	9:30-10:30am	Best Start Family Hub - Becket	Starts 11 Sep
	11:30am-12:30pm	Best Start Family Hub - Derwent	
	1:30-2:30pm	Best Start Family Hub - Sinfen	

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

NEW! Introducing First Foods: Supporting your baby's weaning journey | Delivered by the Health Team

This session offers practical guidance to give parents and carers the knowledge and confidence to introduce solid foods safely. Find out when to start, how to recognise your baby's cues, and what foods to offer. Together we aim to support healthy eating habits from the very beginning and make mealtimes positive and enjoyable. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book.**

Mon 21 Sep	10-11:30am	Best Start Family Hub - Osmaston Allenton
Tue 20 Oct	1-2:30pm	Best Start Family Hub - Mackworth Morley
Wed 18 Nov	10-11:30am	Best Start Family Hub - Becket

Wellbeing for mothers and babies | 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 up to 12 months. **Please ring to book.**

Wednesdays	1-2:30pm	Best Start Family Hub - Sinfen
Thursdays	9:30-11am	Best Start Family Hub - Becket
Fridays	10-11:30am	Best Start Family Hub - Mackworth Morley



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	Best Start Family Hub - Becket
	10-11:30am	Boulton CC
	1:30-3pm	Arboretum Park, Arboretum Square, Rosehill Street, Derby DE23 8FR (Best Start Family Hub - Rosehill)
	1:30-3pm	Best Start Family Hub - Derwent
Tuesdays	9:45-11:15am	Alvaston CC
Wednesdays	10-11:30am	Best Start Family Hub - Sinfin
	1:30-3pm	Best Start Family Hub - Osmaston Allenton
Thursdays	10-11:30am	Austin Sunnyhill CC
	1:30-3pm	Best Start Family Hub - Mackworth Morley
	1:30-3pm	Audrey Drive CC
Fridays	10-11:30am	Boulton CC

Messy Play | Booking required | Term time only | 12 months+

Encouraging creativity and sensory exploration through messy play. Where imagination flows and little hands make big discoveries. Wear suitable clothing and bring a towel. **Please ring to book.**

Tuesdays	1:30-2:30pm	Best Start Family Hub - Osmaston Allenton
Fridays	1:30-2:30pm	Best Start Family Hub - Becket

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	Best Start Family Hub - Osmaston Allenton
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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

NEW! Mondays	10:15-11:45am	Pakistan Community Centre 103 Harrington Street, Pear Tree, Derby DE23 8PB
Tuesdays	1:30-3pm 1:30-3pm	Best Start Family Hub - Sinfin Best Start Family Hub - Mackworth Morley

Health and Physical Development

Tuesdays	10-11:30am	Best Start Family Hub - Becket
Fridays	9:30-11am	Best Start Family Hub - Derwent

Early Maths

Mondays	10-11:30am	Best Start Family Hub - Rosehill
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Early Literacy

Thursdays	10-11:30am	Allenton Library Poole St, Allenton, Derby DE24 9DE
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Personal Social and Emotional Development

Wednesdays	10-11:30am	Best Start Family Hub - Osmaston Allenton
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CANVAS – Move Me! | 0-5's | Booking required | Term time only

MOVE ME! is an engaging creative programme designed to inspire play, connection, and language through movement, music, and arts activities. **Please ring to book.**

Tuesdays	1:30-3pm	Best Start Family Hub - Becket
Wednesdays	9:30-11am	Best Start Family Hub - Derwent
Thursdays	1-2:30pm	Best Start Family Hub - Osmaston Allenton

NEW! Sing, Rhyme, Play and Story Time | 0-3's | Booking required | 6 weeks

Join us for a fun and engaging session where parents, carers and their little ones can enjoy songs, rhymes, stories and activities together. These sessions are designed to support your child's early language, communication and social development while giving you lots of simple ideas to continue the fun and learning at home.

Thursdays	9:30-11am	Best Start Family Hub - Mackworth Morley	Starts 10 Sep
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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 Perinatal Mental Health Team can support families from 12 weeks of pregnancy up until baby is 2 years of age.



Scan the QR code for more information or to access our self-referral.



During pregnancy and the postnatal period many people struggle with feelings of:

overwhelm,
tearfulness,
isolation,
intrusive thoughts,
doubt over their abilities as a parent,
concern over their bond with their baby,
excessive worrying about baby's next stages.

The Specialist Perinatal Mental Health Team are here to support, and will be dropping into the Hubs to provide an opportunity for you to chat in a safe space.

Please speak to your local Family Hub to find out when and where we'll be.



FamilyHubDerby

Stronger families through support & friendship



Funded by
UK Government



Derby City Council

Community Action



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 Beth at Boulton.ChildrensCentre@derby.gov.uk, call 01332 956500 or text 07812 301430.



Best Start Family Hub Groups



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

Creative drop-in's

Emotional literacy enriched play and creative activities for 0-2's (siblings under 5 welcome) and their parents and carers. **No need to book, just come along.**

Tuesdays	10-11:30am	Best Start Family Hub - Sinfin
Thursdays	10-11:30am	Best Start Family Hub - Becket
	1:30-3pm	NEW! Best Start Family Hub - Mackworth Morley (running along side Stay and Play)

Young Parents Connect | Parent or 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	Best Start Family Hub - Osmaston Allenton
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Parenting Support



TogetherNESS: the Solihull Approach | Booking required | 10 weeks

TOGETHERNESS
Bringing the Solihull Approach to the world

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. Refreshments will be provided. **Scan the QR Code for more information. Please ring to book.**



Tuesdays	9:30-11:30am 1-3pm	Best Start Family Hub - Becket Best Start Family Hub - Derwent
Wednesdays	1-3pm	Best Start Family Hub - Osmaston Allenton

TogetherNESS – free online support

Derby Family Hubs provide families free access to online TogetherNESS resources to support wellbeing. For parents, carers, grandparents, and young people. The learning pathways; aimed from conception to 19 years will help you and your family understand and manage emotions and relationships in everyday life.

These are available online for free in 108 languages, with voiceovers in English and Urdu. Please use access code **MARKEATON** to access your families code. togetherness.co.uk/derby

TOGETHERNESS

Bringing the Solihull Approach to the world

Use the exclusive access code: **MARKEATON**

For you...

- Understanding your relationships
Adults
- Understanding your own trauma
Adults

Pregnancy and New Baby...

- Understanding pregnancy, labour, birth and your baby
Antenatal

Your Child...

- Understanding your child's mental health and wellbeing
6 months to 19+ years
- Understanding your child's feelings (a taster pathway)
6 months to 19+ years
- Understanding your child: from toddler to teenager
6 months to 19+ years
- Understanding your child with additional needs
6 months to 19+ years

Pregnancy and New Baby...

- Understanding pregnancy, labour, birth and your baby
Antenatal
- Understanding pregnancy, labour, birth and your baby: for women couples
Antenatal
- Understanding your preterm or sick baby in hospital
Postnatal 0 - 6 Months
- Understanding your preterm or sick baby now you're home
Postnatal 0 - 6 Months
- Understanding your baby
Postnatal 0 - 6 Months

Your teenager...

- Understanding your teenager's brain
Preteen to teenager
- Moving up to secondary school for children with additional needs
Preteen to teenager



Translations

Free downloads



Scan the QR code for access to all courses

Positive Parenting | 4 Weeks | Referral only

Through positive parenting children can be supported in their mental health and their long-term life-chances. Some level of arguing and conflict between parents or carers is often a normal part of everyday life. But when there is regular arguing, bickering and frustrations about issues such as parenting, money, family relationships or housework, this can have a lasting impact on children. The aim of the positive parenting group is for families to work through parental conflict and be supported to prevent any impact on children or young people. **Please ring to register your interest.**

Mondays	1-3pm	Best Start Family Hub - Osmaston Allenton
Tuesdays	10am-12noon	Best Start Family Hub - Rosehill

NEW! Toileting Workshop | Booking required

If your child is aged from 12 months to 4 years and you would like to prepare for or get support around toilet training – come along to our toileting workshop, for fun and practical ideas around getting started and support navigating challenges. **Please ring to book.**

Wed 7 Oct	1:30-2:30pm	Austin Sunnyhill CC
Mon 2 Nov	1:30-2:30pm	Best Start Family Hub - Osmaston Allenton
Wed 4 Nov	1:30-2:30pm	Best Start Family Hub - Becket
Mon 9 Nov	1:30-2:30pm	Best Start Family Hub - Sinfin

NEW! Empowering Parents, Empowering Communities (EPEC)



Being Parent (BAP) | 9 weeks | Parents and carers of children aged 2-11 years

BAP is delivered by parents who use their lived experience to support others. The course provides ideas on setting routines and family rules at home. It shares strategies to support changes with your child's behaviour which helps to build happier relationships and reduce those everyday family stresses. You will learn how to encourage good behaviours and how to share more fun times together. It promotes self-care showing that there is no such thing as a 'perfect parent' and that your 'good enough' is truly good enough.

Parent Group Leaders (PGL) | 12 weeks

Becoming a Parent Group Leader (PGL) gives you the chance to help families gain the skills they need to give their children the best start in life. We are looking for parents and carers to become PGL's to deliver parenting courses in your local area. As a volunteer group leader you will: receive free training and support from our EPEC trained staff; learn to lead practical, caring groups for local parents; share tried and tested methods that give children the best start in life; join a group of like-minded parents to make a difference to your local community and develop your skills and confidence. Once you have completed your training, you and another parent group leader will deliver courses to other parents across Derby.

To find out more about BAP courses or to register your interest for PGL training, please contact Alvaston.ChildrensCentre@derby.gov.uk or call 01332 640160.

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 to find out more about these sessions.**

Stay and Play – 52 Things to do before you're 5 | Term time only

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

Early Support Group | Referral only | 5 weeks | 2-4's

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 Best Start in Life Family Hub for further details.**

Mondays	1:30-2:30pm	Best Start Family Hub - Mackworth Morley
Tuesdays	10-11am	Audrey Drive CC
	1:30-2:30pm	Austin Sunnyhill CC
Wednesdays	10-11am	Best Start Family Hub - Rosehill
	10-11am	Best Start Family Hub - Osmaston Allenton
Thursdays	10-11am	Audrey Drive CC
Fridays	10-11am	Best Start Family Hub - Sinfin
	1:30-2:30pm	Best Start Family Hub - Becket

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.**

An Introduction to Autism | Booking required

Find out more about the Autism spectrum and how you can support your child.

Wed 23 Sep	1-3pm	Best Start Family Hub - Becket
Tue 3 Nov	9:30-11:30am	Audrey Drive CC
Thu 19 Nov	1-3pm	Best Start Family Hub - Sinfin

An Introduction to ADHD | Booking required

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

Wed 23 Sep	1-3pm	Best Start Family Hub - Osmaston Allenton
Mon 12 Oct	10am-12noon	Best Start Family Hub - Rosehill
Tue 8 Dec	1-3pm	Best Start Family Hub - Derwent

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.

Tue 20 Oct	9:30-11:30am	Best Start Family Hub - Mackworth Morley
Mon 23 Nov	10am-12noon	Best Start Family Hub - Rosehill

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.

Wed 21 Oct	10am-12noon	Best Start Family Hub - Osmaston Allenton
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Understanding Social Communication | Booking required

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

Thu 10 Dec	10am-12noon	Best Start Family Hub - Sinfin
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NEW! Sleep workshops | Booking required | Delivered by Nickie Sutton, Specialist Sleep Practitioner

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

If you're unable to attend a virtual session, please contact Best Start Family Hub - Sinfin to access the link to the recorded workshop.

Pathological Demand Avoidance

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. Routines, expectations, even how their body feels is an unwanted pressure that they try to resist (even if they are tired).

Mon 7 Dec	12:30-2:30pm	Online - contact Best Start Family Hub - Sinfin for link
Thu 10 Dec	12:30-3pm	Best Start Family Hub - Derwent

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. This workshop looks at how being a teenager with additional needs affects sleep and practical advice on what you can do to help (no taking away of screens!)

Wed 18 Nov	12:30-2:30pm	Online - contact Best Start Family Hub - Sinfin for link
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ADHD and Sleep

Sleep is much harder for children and young people with ADHD for reasons that they cannot control due to biological differences. They are often wired and busy at bedtime and cannot switch off. We will look at how having ADHD affects sleep and what you can do to help (no taking away of screens!)

Mon 12 Oct	12:30-2:30pm	Online - contact Best Start Family Hub - Sinfin for link
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Sensory Processing and Sleep

Children and young people with sensory processing differences find it hard to settle and sleep because they are often overwhelmed with sensory discomfort. We will look at how the different senses impact on sleep and behaviours, and offer simple effective strategies to help.

Thu 19 Nov	9:30am-12noon	Best Start Family Hub - Becket
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Autism and Sleep

Sleep is much harder for autistic children and young people for reasons that they cannot control; due to biological differences. This workshop looks at how being autistic affects sleep and what you can do to help (no taking away of screens!).

Tue 20 Oct	9:30am-12noon	Best Start Family Hub - Osmaston Allenton
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When extra steps are needed, help them with key life skills



Proven, positive parenting strategies for families of children with disability

Now available in Derby City

WHY STEPPING STONES TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

As a parent or carer of a child with disability, you want to support them to get the most out of everyday life. You can help them with the key life skills they need to handle daily challenges, like getting ready in the morning, socialising with others, being independent, self-care, and with nighttime routines. Positive parenting strategies can make a real difference. Backed by research, proven by parents – plus, it's free!

- Manage everyday life with more ease, like daily routines, communication, mealtimes and family outings.
- Create a safe, loving environment for your child's development that suits your family's unique needs.
- Build their social skills to grow relationships at home and in the community.
- Address specific behaviours and boost everyone's emotional wellbeing.
- Make life less stressful and help the whole family adapt and thrive.
- Raise happier, more capable children who can meet life's challenges.
- Practical, simple strategies you can use straight away – based on over four decades of ongoing research.
- Join more than 100,000 families who have been helped by Stepping Stones Triple P, now available online.

Free support for your positive parenting journey

This is your complete positive parenting toolkit to choose what works best for your family. It's for parents and carers of children with developmental disability, neurodiversity or additional needs up to 12 years old. This programme supports families to encourage behaviour they like, manage daily tasks and strengthen relationships – for happier children and homes.

- Interactive, easy-to-use online programme, including videos, activities and a downloadable workbook.
- Each module takes about an hour or less to complete and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace! No need to travel, be somewhere in-person, arrange childcare, or worry about waitlists. Access it on your computer, phone or tablet.

Help give your child the key life skills they need with Stepping Stones Triple P Online – for parents/carers of children with disability under 12.

START YOUR FREE PROGRAMME IN DERBY CITY TODAY

To find out more, please contact:

Best Start Family Hub - Mackworth Morley

Reigate Drive, Mackworth, Derby DE22 4EQ

Email: MackworthMorleyFamilyHub@derby.gov.uk

Tel: 01332 640040

Funded by



Speech and Language Support

Making it REAL! | Booking required | 2-4's | 6 weeks | Term time only

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. **Please ring to book.**

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

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

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 1:30-2:30pm	Best Start Family Hub - Osmaston Allenton Best Start Family Hub - Sinfin
Tuesdays	10-11am	Best Start Family Hub - Mackworth Morley
Wednesdays	1:30-2:30pm	Best Start Family Hub - Becket
Thursdays	1:30-2:30pm	Best Start Family Hub - Rosehill
Fridays	1:30-2:30pm	Best Start Family Hub - Derwent

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.

Mondays	9:30-11am	Best Start Family Hub – Osmaston Allenton
Tuesdays	9:30-11am	Best Start Family Hub - Derwent

Freedom Programme | Referral only

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 Best Start Family Hub – Derwent on 01332 641010 for more information or to self refer.**

You & Me, Mum Programme | Referral only

You & Me, Mum is a 10-week programme for mothers which will help you to understand how domestic abuse can affect you as a parent and how it effects your children. It will support and develop further understanding of your role as a mother and how you can support the needs of your children, whilst also promoting self care and empowerment. The course is aimed at those who are recovering from experiencing domestic abuse. Mothers need to have attended the Freedom Programme within the last 3 years so they have some knowledge around domestic abuse.

Please contact any Family Hub or email DerwentFamilyHub@derby.gov.uk to find out more information or to self-refer.

For Dads and male carers



Support for Dads | with Connected Perinatal Support



Are you expecting a baby or are you a dad with a baby under 2 years old? Connected Perinatal Support provide free, friendly individual and group peer support specifically for dads and partners, including group socials and support for dads and partners at Royal Derby Hospital.

See www.connectedperinatalsupport.org/dads-space for more information, call or text on 07719 064014 or find Connected Perinatal Support on Facebook or Instagram.

DadPad

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



Holiday activities

FREE! Family fun sessions | 0-11's and their parents or carers

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

October Half Term

Mon 26 Oct	10-11:30am	Best Start Family Hub - Rosehill
Tue 27 Oct	10-11:30am	Best Start Family Hub - Mackworth Morley
Wed 28 Oct	1:30-3pm	Best Start Family Hub - Osmaston Allenton



Follow us on Derby Family Information Service Facebook page for our holiday offer for all ages.
facebook.com/DerbyFIS

In partnership with Family Hubs



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Empowering Parents, Empowering Communities (EPEC) is an evidence-based parenting programme that combines the latest child development research with practical, proven parenting strategies to help parents build stronger relationships, improve communication and support their children's emotional wellbeing. Delivered through a unique parent-led model, trained local Parent Group Leaders facilitate interactive and supportive group sessions using discussions, role play, practical activities and shared learning. Designed to improve access to high-quality parenting support, particularly for Black, Asian and minoritised communities, EPEC empowers parents with the confidence, skills and knowledge to strengthen family life while creating a sustainable, community-led approach that improves outcomes for children, families and local communities.

Being a Parent helps parents and carers develop practical skills, confidence and positive strategies to strengthen relationships, encourage positive behaviour and support their child's emotional, social and developmental wellbeing. This course will be delivered in Urdu.

Mondays

12:30-1:30pm (lunch provided)

Living with Teenagers equips parents and carers with practical skills and confidence to strengthen relationships, improve communication and positively support the emotional wellbeing, independence and behaviour of teenagers aged 12-16 years. This course will be delivered in Urdu.

Tuesdays

10:30am-12:30pm (lunch provided)

Baby & Us supports parents and carers of babies under one year to build secure attachments, understand their baby's development and cues, and develop the confidence and skills to give their child the best possible start in life. This course will be delivered in Urdu.

Thursdays

11am-1pm (lunch provided)

Infant Feeding Support Group a culturally & religiously sensitive, breastfeeding hub that provides a safe, supportive & inclusive environment for Black, Asian, Minority Ethnic mothers that can access information, advice & guidance including resources to help overcome barriers & feel confident in breastfeeding.

Drop-in: Thursdays

10am-2pm (lunch provided)

**Pakistan Community Centre,
103 Harrington Street, Pear Tree,
Derby DE23 8PB.
Tel 01332 774055.**



What's on for: 5 – 19 year olds

Trinity Warriors Ages | 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 trinitywarriorsenquiry@outlook.com to book your place.**

Fridays	4:30-6:30pm	Best Start Family Hub - Derwent	8-16's
NEW! Saturdays	9:30-10:30am	Best Start Family Hub - Derwent	6-11's

Mackworth Youth Session | 8-14's



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 - 07706 577540 or lemar@sportingcommunities.co.uk.**

Thursdays	5:30-6:30pm	Mackworth Youth and Community Centre, Prince Charles Avenue, Mackworth, Derby DE22 4FN
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Baby People | Music sessions | 11-18's



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	Best Start Family Hub - Sinfen
Thursdays	5-7pm	Best Start Family Hub - Derwent

Sporting Communities | 8-12's



A range of fun activities, including arts and crafts, sports activities, team building and play! **Contact Lemar at Sporting Communities for more information - 07706 577540 or lemar@sportingcommunities.co.uk.**

Tuesdays	6-7:30pm	Best Start Family Hub - Derwent FH
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Music Workshops | 5-13's | Booking required



Come and join Fusionscape for **FREE** music workshops. **For more information contact admin@fusionscape.org or call 07423 796177. Starts 12 September.**

Saturdays	10-11am	Best Start Family Hub - Becket FH	5-9's
	11:15am-12:15pm	Best Start Family Hub - Becket FH	10-13's

What's on for: 5 – 19 year olds

Community One | 12–16's | 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	Best Start Family Hub -Rosehill	Starts 7 Sep
Tuesdays	5–7pm	Arboretum Park	Starts 8 Sep

Love4Life | 11–18's | Referral only | Term time 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	Best Start Family Hub - Derwent	Starts 14 Sep
Tuesdays	3:45–4:45pm	Best Start Family Hub - Sinfin	Starts 15 Sep

Sporting Communities | 8–13's



A range of fun activities, including indoor sports, popular table games and PlayStation 5. **Contact Lemar at Sporting Communities for more information - 07706 577540 or lemar@sportingcommunities.co.uk.**

Tuesdays	6:15–7:15pm	Best Start Family Hub -Osmaston Allenton
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NEW! Super 1s cricket | 12–25's with SEND | Term time only



DERBYSHIRE Cricket
Foundation

Super 1s is a cricket programme for young people with a disability aged 12-25 and offers the chance to have fun, play regular and competitive cricket while support all-round personal development. Contact Bella at Derbyshire Cricket Foundation on 07717 723751 or email bellahopcraft@dcfcricicket.com

Wednesdays	5–6pm	Best Start Family Hub - Derwent	Starts 9 Sep
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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	Best Start Family Hub - Sinfin
Thursdays	9:30-11:30am	Best Start Family Hub - Rosehill

First Aid Training for parents or 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.**

Mon 14 & 21 Sep	9:30am-3pm	Best Start Family Hub - Derwent
Wed 2 & 9 Dec	9:30am-3pm	Best Start Family Hub - Becket

NEW! Pathway to Working in Schools | 4 week programme

This course is for anyone wanting to work in schools. Everyone attending will progress onto their individual 'next steps' with personalised support and guidance. **Please ring the Family Hub to book.**

Mondays	1-3pm	Alvaston CC	Starts 21 Sep
Thursdays	1-3pm	Best Start Family Hub - Sinfin	Starts 2 Nov

NEW! Everyday Maths Made Easy

Build your confidence with numbers in a friendly and supportive environment. Strengthen your basic maths skills and develop helpful study habits, while gaining confidence for everyday life, supporting your children's learning, and improving your opportunities for work.

Mondays	12:30-2:30pm
	Best Start Family Hub - Sinfin
	Starts 5 Oct



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.**

Thursdays 11:30am-1pm Best Start Family Hub – Osmaston Allenton

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 Best Start Family Hub – Osmaston Allenton

NEW! YMCA Pop-up shops



YMCA are running pop-up shops full of food, toiletries and household items. All prices 30p-£1. Cash and card accepted. **For more information go to www.ymcaderbyshire.org.uk**

Best Start Family Hub – Becket

Mon 14 Sep	10-11am
Mon 9 Nov	9:30-10:30am
Tues 13 Oct & 15 Dec	11:30am-12:30pm

Best Start Family Hub – Mackworth Morley

Tues 15 Sep, 3 Nov & 15 Dec	2:30-3:30pm
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**SUPPORTING
YOU WITH THE
COST OF LIVING**

**derby.gov.uk/costofliving
communityactionderby.org.uk**

JOIN US THIS WINTER

HOLIDAY ACTIVITY AND FOOD IN DERBY



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

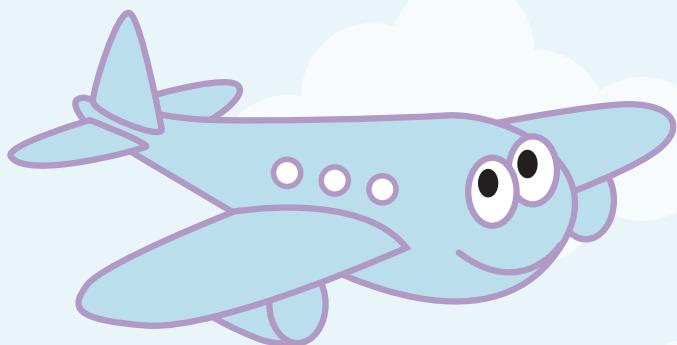
Subject to availability

derby.gov.uk/derbyHAF

Derby City Council



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



Riverside Library

Council House, Corporation Street, Derby, DE1 2FS.
 Phone: 01332 641702

Rhymetime

Every Monday and Friday 11:00 – 11:30



Storytime

Every Wednesday 11:00 – 11:30

Suitable for children 0+

No need to book – just come along and join in the fun!

inderby.org.uk/libraries  



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](https://www.facebook.com/DerbyFIS) | Signing service derby.gov.uk/signing-service



Derby City Council



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

@NHSHealthyStart



SCAN ME

Have your Say Survey

How are we doing?



FamilyHubDerby



Scan the QR code to access the survey



Derby City Council

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