



Your guide to what's on for families in Derby

January - March 2026



Please scan for further information



Funded by
UK Government



Contents

What are Best Start in Life Family Hubs?	3
What are Children's Centres	4
Best Start in Life	5
What's on for: Parents to be	6
What's on for: New parents	8
What's on for: Babies (0-2s)	9
Parent carer panel	11
What's on for: Under 5s	12
Parenting support	14
Best Start in Life Groups	15
For Dads and male carers	16
SEND Support	17
Speech and language support	21
Support groups	22
Cost of Living	23
What's on for: 5-19 year olds	26
February half term	28
Training courses for adults	30

Locations:

FH - Family Hubs

CC - Children's Centres

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

What are Best Start in Life Family Hubs?

Get the advice and support you need whilst having fun as a family! Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

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



Becket Family Hub

35 Stockbrook Street
Derby, DE22 3WR
01332 640250

BecketFamilyHub@derby.gov.uk



Derwent Family Hub

Monmouth Street
Derby, DE21 6BD
01332 641010

DerwentFamilyHub@derby.gov.uk



Mackworth Morley Family Hub

Reigate Drive, Mackworth,
Derby, DE22 4EQ
01332 640040 (new number)

MackworthMorleyFamilyHub@derby.gov.uk



Osmaston Allenton Family Hub

60 Cockayne Street North
Allenton, Derby, DE24 8XB
01332 956850

OsmastonAllentonFamilyHub@derby.gov.uk



Rosehill Family Hub

17-19 Lower Dale Road
Derby, DE23 6WY
01332 641315

RosehillFamilyHub@derby.gov.uk



Sinfin Family Hub

345 Sinfin Lane, Sinfin Moor
Derby, DE24 9SF
01332 956967

SinfinFamilyHub@derby.gov.uk



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

What are Children's Centres?

Children's Centres are branches of Best Start in Life 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



Best Start in Life Family Hubs welcome every family 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 in 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 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



Bump to Babies | Connected Perinatal Support

A relaxed, drop-in group for mums, dads, partners and families with babies under 2 years old, and anyone pregnant or expecting a baby. 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.

Mondays	10-11:30am	Becket FH
NEW! 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-1pm	Derwent FH Starts 11 Feb
-------------------	-------------	--------------------------

Help to stop smoking for pregnant women | Referral only



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

Tuesdays	9:30am-4pm	Rosehill FH
Fridays	9:30am-4pm	Osmaston Allenton FH

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



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

Tuesdays	12noon-3pm	Rosehill FH
-----------------	------------	-------------

What's on for: Parents to be



Antenatal Peep | 6 week programme

Get to know your baby, find out how their brain is already developing and how you can begin to build your relationship even before they are born. Meet other parents to be and find out more about local support services. **Courses are delivered online and in person at the Family Hubs. Please scan the QR code or contact a Family Hub to find out more or book a place.**



Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered for Derby City families only by a Health Visitor. Topics include: infant feeding choices; safe sleep practices; emotional wellbeing and attachment to your new baby; practical aspects of preparing for your baby; baby brain development; and healthy life choices through pregnancy and beyond. All pregnant individuals are welcome along with their partner/significant other. **To book, please scan the QR Code, go to Eventbrite and search for 'Preparation for Parenthood' in Derby, or text ChatHealth Service on 07507 327754.**



Mondays	26 Jan, 2 & 9 Feb	10am-12noon	Sinfin FH
	2, 9 & 16 Mar	1-3pm	Becket FH
Tuesdays	13, 20 & 27 Jan	10am-12noon	Austin Sunnyhill CC
	10, 17 & 24 Mar	12:30-2:30pm	Alvaston CC
Wednesdays	25 Feb, 4 & 11 Mar	10am-12noon	Derwent FH
Fridays	9, 16 & 23 Jan	12:30-2:30pm	Mackworth Morley FH



What's on for: New parents



Breastfeeding Club | Booking required

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

Mondays	11am-12noon 11am-12noon	Audrey Drive CC Derwent FH	5, 12, 19 & 26 Jan, 2 Feb Starts 9 Feb
Tuesdays	1-2pm	Sinfin FH	
Wednesdays	10:30-11:30am 1-2pm	Mackworth Morley FH Audrey Drive CC	
Thursdays	11am-12noon	Boulton CC	
Fridays	11am-12noon	Becket FH	

Buggy Walk and Talk | With Livewell | Term time only

Come and meet other new parents for a friendly walking social in the fresh air. Bring baby/toddler ready to go in a pushchair. **There is no need to book. For further details please call Emma Winchester on 07796 557213. Scan the QR Code for more information.**



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

Post natal weight management clinic | Drop-in sessions

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

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

Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. 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 1-2:30pm	Mackworth Morley FH Becket FH
Tuesdays	1:30-3pm 1-2:30pm	Derwent FH Rosehill FH
Wednesdays	10-11:30am	Boulton CC
Thursdays	1-2:30pm	Austin Sunnyhill CC
Fridays	1:30-3pm 1:30-3pm	Sinfin FH Osmaston Allenton FH

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	9:45-10:45am	Derwent FH	Starts 9 Feb
	10-11:30am	Alvaston CC	
Tuesdays	10-11:30am	Osmaston Allenton FH	
Wednesdays	10-11:30am	Becket FH	
	1:30-3pm	Mackworth Morley FH	
Thursdays	1:30-3pm	Sinfin FH	
Fridays	1:30-3pm	Rosehill FH	

Child Health Clinic | Booking required

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

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

TinyTalk | Booking required | Term time only

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

Fridays	9:30-10:30am	Becket FH	Starts 9 Jan
	11:30am-12:30pm	Audrey Drive CC	9, 16, 23 & 30 Jan, 6 Feb
	11:30am-12:30pm	Derwent FH	Starts 13 Feb
	1:30-2:30pm	Sinfin FH	Starts 9 Jan

NEW! Mother and baby wellbeing | 5 week programme

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

Please ring to book.

Wednesdays	11am-12:30pm	Audrey Drive CC
	1-2:30pm	Osmaston Allenton FH
	1:30-3pm	Derwent FH



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



Derbyshire Healthcare
NHS Foundation Trust

Perinatal Mental Health Support



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

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

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



FamilyHubDerby

Stronger families through support & friendship



Funded by
UK Government



Scan the QR code for more information on our website



Parent carer panel

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

Who are we looking for?

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

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

What is in it for you?

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

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

Where and when are the meetings?

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

What will happen to the information you share?

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

How to get involved?

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



What's on for: Under 5s

Stay and Play | Booking required

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

Mondays	10-11:30am	Becket FH	
	10-11:30am	Boulton CC	
	1:30-3pm	Arboretum Park, Arboretum Square, Rosehill Street, Derby DE23 8FR (Rosehill Family Hub)	
	1:30-3pm	Audrey Drive CC	5, 12, 19 & 26 Jan, 2 Feb
	1:30-3pm	Derwent FH	Starts 9 Feb
Tuesdays	9:45-11:15am	Alvaston CC	
Wednesdays	10-11:30am	Sinfin FH	
	1:30-3pm	Osmaston Allenton FH	
Thursdays	10-11:30am	Austin Sunnyhill CC	
	1:30-3pm	Mackworth Morley FH	
	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	Osmaston Allenton FH
-----------------	-------------	----------------------

Tea and Tots with Connected Perinatal Support | Ongoing group

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

Wednesdays	12:30-2pm	Osmaston Allenton FH
-------------------	-----------	----------------------

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

Mondays	10-11:30am	Rosehill FH	Starts 12 Jan
Tuesdays	1:30-3pm	Mackworth Morley FH	Starts 13 Jan
	1:30-3pm	Sinfin FH	Starts 13 Jan

Health and physical development

Wednesdays	10-11:30am	Osmaston Allenton FH	Starts 14 Jan
-------------------	------------	----------------------	---------------

Early Maths

Tuesdays	10-11:30am	Becket FH	Starts 13 Jan
-----------------	------------	-----------	---------------

Early Literacy

Thursdays	10-11:30am	Normanton Library Almond St, Normanton, Derby DE23 6LX	Starts 15 Jan
------------------	------------	---	---------------

Personal Social and Emotional Development

Fridays	9:30-11am	Audrey Drive CC	Starts 16 Jan
----------------	-----------	-----------------	---------------

CANVAS – Move Me! | 0-5s | 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	Becket FH	
Wednesdays	9:30-11am 9:30-11am	Audrey Drive CC Derwent FH	7, 14, 21 & 28 Jan, 4 Feb Starts 11 Feb
Thursdays	1-2:30pm	Osmaston Allenton FH	

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. **Limited FREE creche places will be available.** Refreshments will be provided. **Scan the QR Code for more information.**



Tuesdays	9:30-11:30am 1-3pm	Becket FH Audrey Drive CC
Fridays	1-3pm	Osmaston Allenton FH

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

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

Healthy teeth

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

Thu 5 Feb 1-3pm Sinfin FH

Encouraging Eating, Exploring Foods

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

Thu 22 Jan 9:30-11:30am Sinfin FH

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

Creative drop-in's

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

Tuesdays	10-11:30am	Sinfin FH	Starts 6 Jan
Thursdays	10-11:30am	Becket FH	Starts 8 Jan
	1:30-3pm	Audrey Drive CC	Starts 8 Jan

(running along side Stay and Play)

Hub Club | Drop-in sessions

Whether you just want to get out of the house with your little one for a while, need a listening ear, want to find out more about activities you could access or need some support but don't know where to start – we are here to help. Opportunity to make new friends, gain support in our safe, welcoming Family Hubs and tell us how we can best support you and your family. **No need to book, just come along.**

Mondays	10-11am	Various venues, ring 01332 641315 for details	
Tuesdays	10-11:30am	Sinfin FH (supported by Bridge the Gap)	
Thursdays	1:30-3pm	Derwent FH	Starts 12 Feb
Fridays	10-11am	Becket FH	
	9:30-11am	Mackworth Morley - various venues. Ring 01332 640040 for details.	
	9:30-11am	Osmaston Allenton FH - various venues. Ring 01332 956850 for details.	

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

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

Fridays	10-11:30am Osmaston Allenton FH Starts 9 Jan
----------------	--



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 for dads and families, including Dads' Space groups and support at Royal Derby Hospital.

See www.connectedperinatalsupport.org for more information, call or text on **07947 643 895** or find them 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.**



Connect to Nature Sessions | Booking required

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



SEND 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 FH

6 Jan, 3 Feb, 3 Mar

SEND drop in session – for parents and children aged 2-4 years (term time) and 2-8 years (school holidays)

Does your child have an identified social communication development need? Are they being supported on the Neurodevelopmental pathway? Or do they have an Autism Spectrum diagnosis? If so, then please pop along with your child for some support, advice or guidance whilst your child has the opportunity to play in a safe, calm and quiet space. Sensory room and outdoor space available.

Fridays

10-11am

Mackworth Morley FH

Starts 9 Jan

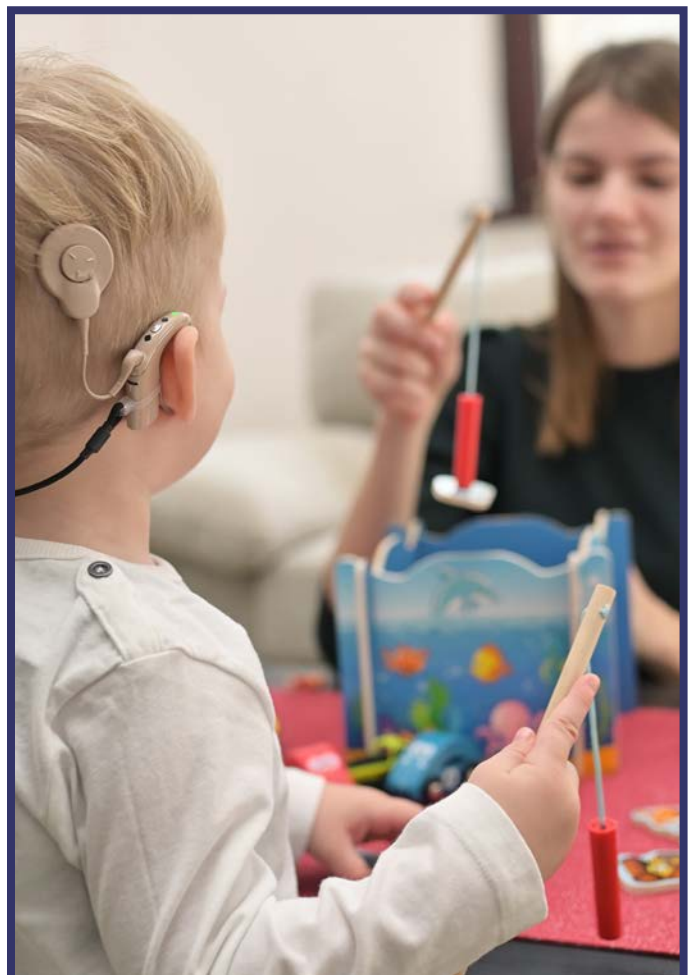
Stay and Play – 52 Things to do before you're 5

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

Wednesdays

9:30-11am

The Royal School for the Deaf,
180 Ashbourne Road, Derby DE22 3BH



SEND Support

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

An introduction to Autism | Booking required

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

Thu 22 Jan	12:30-2:30pm	Online - contact Mackworth Morley FH for link
Fri 27 Feb	9:30-11:30am	Osmaston Allenton FH
Wed 26 Mar	6-8pm	Online - contact Mackworth Morley FH for link

An introduction to ADHD | Booking required

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

Thu 26 Feb	12:30-2:30pm	Becket FH
Wed 25 Mar	1-3pm	Derwent FH

Using Visual Resources | Booking required

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

Thu 19 Mar	12:30-2:30pm	Becket FH
-------------------	--------------	-----------

Communicative Behaviour | Booking required

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

Tue 24 Mar	9:30-11:30am	Sinfin FH
-------------------	--------------	-----------

Understanding Social Communication | Booking required

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

Tue 20 Jan	9:30-11:30am	Mackworth Morley FH
-------------------	--------------	---------------------

SEND Support

Early Support Group | Referral only | 5 weeks

2-4 year olds programme

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

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

5-11 year olds programme

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

Wednesdays	1:30-2:30pm	Becket FH
	1:30-2:30pm	Audrey Drive CC
	1:30-2:30pm	Rosehill FH

Transition workshop | Booking required

For families, carers or supportive adults of children and young people from 2-19, moving into a new education setting, who are autistic/have social communication needs or are awaiting a referral to the paediatrician. To gain information and practical ideas on how you can support your child with their transition into a new class, nursery, school or college. Book a place for yourself and a supportive family member or friend. Please note this session is for adults only – we have no provision for children.

Mon 26 Feb	9:30-11:30am	Sinfin FH
-------------------	--------------	-----------

SEND Sleep Support

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.

All workshops are delivered online. Please contact Mackworth Morley FH for the link.

Anxiety and sleep

We all recognise how feeling stressed and anxious affects our sleep; we lay awake going over things in our mind, finding it difficult to let go and drop off. Many of our children also struggle with this; their worlds are busy, noisy and demanding. Their busy brains may also wake them during the night, affecting the quality of their sleep and yours too. We will look at some simple and effective ways to help your child sleep and where you can go for onward support and help.

Wed 11 Feb 7-9pm

ADHD and sleep

Sleep is much harder for children and young people with ADHD for reasons that they cannot control; there are biological differences which get in the way. 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!)

Thu 22 Jan 10am-12noon

Sensory Processing and Sleep

Children and young people with sensory processing differences find it very hard to settle and sleep well because they are often overwhelmed with sensory discomfort. We will look at how the different senses impact on sleep, behaviours that you may see, and simple effective strategies to help when suggested sleep strategies often don't work.

Tue 10 Mar 10am-12noon

Autism and Sleep

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

Wed 11 Mar 7-9pm

If you're unable to attend, please contact Mackworth Morley FH to access the link to the recorded workshop.

Speech and language support

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

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

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

REAL | Ongoing programme | 3-4's

Do you have a child aged 3-4 years who would benefit from support at home with their early literacy skills? Our team can visit you at home and provide you with fun activities you can use to support your child's language. To express your interest, please email lisa.sandercock@derby.gov.uk

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

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

Mondays	1:30-2:30pm	Osmaston Allenton FH
Wednesdays	10-11am 1:30-2:30pm	Alvaston CC (new group) Becket FH
Thursdays	1:30-2:30pm	Rosehill FH
Fridays	1:30-2:30pm	Derwent FH

Support groups

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

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

Childminders Group | Drop-in sessions

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

Mondays	9:30-11:30am	Rosehill FH	
Tuesdays	9:30-11am	Derwent FH	Starts 13 Feb

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.

You & Me, Mum Programme

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.

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 Osmaston Allenton FH

Food Bank | Referral only

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

Thursdays 11:30am-1pm Osmaston Allenton FH



**SUPPORTING
YOU WITH THE
COST OF LIVING**

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



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





"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



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  



52 Things to do before you're 5

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



The Families Information Service

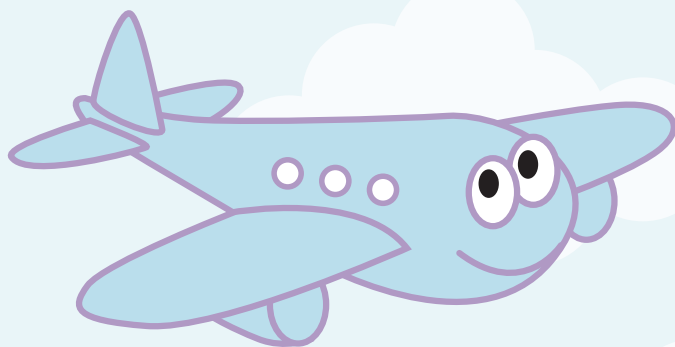


For more information, go to derby.gov.uk/52things or scan here.



The Families Information Service

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



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





The Families Information Service

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

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



Get in touch

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

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



Derby City Council

Our Maternity and Neonatal Improvement Programme

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



University Hospitals of
Derby and Burton
NHS Foundation Trust

What we are doing to make care safer for you:



Working with you

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



Delivering national best practice

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

Improved against national targets

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



Home birth service to reopen

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

Wireless monitoring

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



Privacy during induction

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

Reducing delays

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



Recruited more staff to care for you

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

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

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



What's on for: 5 – 19 year olds

Trinity Warriors Ages | 6+ | Booking required

To all the aspiring b-boys and b-girls out there! Learn the skills of break dance from beginners to pro's, everyone is welcome. Also try illustration, graffiti and various other arts. **Please contact Paco Box on 07807 196647, Nancy Thompson on 07772 263760 or trinitywarriorsenquiry@outlook.com to book your place.**



Thursdays	4:30-6pm	Becket FH	
Fridays	5-7pm	Derwent FH	Starts 13 Feb

Mackworth Youth Session | 8-13 year olds



A FREE Sporting Communities Youth session including a range of activities from sports, team building, playing games and arts and crafts. All equipment will be provided, including hot chocolate! No need to book, just turn up. **Contact Lemar at Sporting Communities for more information - lemar@sportingcommunities.co.uk or 07706 577540.**

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

Empower | 11-12 year olds



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

Tuesdays	4:30-5:30pm	Derwent FH	Starts 10 Feb
-----------------	-------------	------------	---------------

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

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

Tuesdays	5-7pm	Sinfin FH	
Thursdays	5-7pm	Derwent FH	Starts 12 Feb

Sporting Communities | For girls age 8-12



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

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

What's on for: 5 – 19 year olds

Music Workshops | 5-13s | Booking required

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



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

Community One | 12-16 year olds | Booking required

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



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

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

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



Mondays	3:35-4:35pm	Audrey Drive CC	5, 12, 19 & 26 Jan, 2 Feb
	3:35-4:35pm	Derwent FH	Starts 9 Feb
Tuesdays	3:45-4:45pm	Sinfin FH	



February half term

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

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

Mon 16 Feb

10-11:30am

Rosehill FH

Wed 18 Feb

10-11:30am

Sinfin FH

Wed 18 Feb

1:30-3pm

Derwent FH



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



HolidayActivities Community Action Department for Education

HOLIDAY ACTIVITIES & FOOD IN DERBY

Scan here for more!



FREE HEALTHY MEAL

SPORTS COACHING

ARTS & CRAFTS

DRAMA AND DANCE

AND MORE...

Subject to availability



derby.gov.uk/derbyHAF



Helping you gain the skills and confidence to move into employment

We provide:

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



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

Have your Say Survey

How are we doing?



FamilyHubDerby



Scan the QR code to access the survey



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 wellbeing.

Mondays

10am – 12:30pm

Empowered Mothers Support Group: Drop in (including yoga).

Tuesdays

10am-1pm

Empowered Mothers Support Group: (EAL Mums). Drop in, part of Women's Health Hub. Lunch provided.

Wednesdays

10:30am – 12:30pm

EPEC ADHD. Registration required. Lunch provided.

Thursdays

11am-12:30pm

EPEC Baby & Us. Registration required. Lunch provided.

Infant feeding support group drop in

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.

Thursdays

10am-2pm

**Pakistan Community Centre,
103 Harrington Street, Pear Tree,
Derby DE23 8PB. Tel 01332 891444.**

Training courses for adults

English for Speakers of Other Languages (ESOL)

Our FREE English classes are friendly, supportive and will help you improve your speaking, listening, reading, and writing. **Please ring the Family Hub to book.**

Wednesdays	9:30-11:30am	Becket FH
	9:30-11:30am	Sinfin FH
Thursdays	9:30-11:30am	Rosehill FH
	9:30-11:30am	Sinfin FH
Fridays	12:30-2:30pm	Rosehill FH

First Aid Training for parents/carers | Booking essential

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

Thu 5 Feb & Tue 10 Feb	9:30am-3pm	Becket FH
Wed 4 Mar & 11 Mar	9:30am-3pm	Alvaston CC
Fri 13 & 27 Feb	9:30am-3pm	Derwent FH

NEW! Everyday Maths Made Easy

Build your confidence with numbers in this short, friendly course. Strengthen your basic number and problem-solving skills, helping you to feel more confident with everyday tasks, supporting your kids as they grow, and boosting your skills for work or future opportunities. **Please ring to book.**

Mondays	12:30-2:30pm	Sinfin FH	Starts 12 Jan
----------------	--------------	-----------	---------------

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

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

Mondays	12:45-2:45pm	Osmaston Allenton FH	Starts 2 Feb
----------------	--------------	----------------------	--------------

NEW! NCFE CACHE Certificate in Caring for Children | Booking required

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

Tuesdays	9:15am-12:15pm	Alvaston CC	(Enrolment 13 Jan, course starts 20 Jan)
-----------------	----------------	-------------	--

Training courses for adults

NEW! Achieve and Thrive | Finance and Wellbeing | 5 Weeks | Booking required

A practical 5-week course to help you build confidence with everyday money decisions and family wellbeing. All participants will receive a supermarket voucher at the end of the course. **Please ring the Family Hub to book.**

Mondays	9:30-11:30am	Osmaston Allenton FH	Starts 12 Jan
Week 1 & 2	Family First Aid		
Week 3 & 4	Cooking on a budget		
Week 5	Making the food shop stretch		
Thursdays	9:30-11:30am	Becket FH	Starts 15 Jan
Week 1 & 2	Cooking on a budget		
Week 3	Budgeting tips/tricks		
Week 4	Promoting healthy eating for children		
Week 5	Making the food shop stretch		
Fridays	9:30-11:30am	Mackworth Morley FH	Starts 16 Jan
Week 1	Budgeting tips/tricks		
Week 2	Promoting healthy eating for children		
Week 3 & 4	Cooking on a budget		
Week 5	Making the food shop stretch		

NEW! Achieve and Thrive | Maths Together | 5 weeks | Booking required

Build confidence supporting your child with maths through simple, practical strategies you can use at home. No tests, no pressure – just useful tips to make maths easier for both you and your child. **Please ring the Family Hub to book.**

Mondays	9:30-11:30am	Osmaston Allenton FH	Starts 23 Feb
Thursdays	9:30-11:30am	Becket FH	Starts 26 Feb
Fridays	9:30-11:30am	Mackworth Morley FH	Starts 27 Feb

Sessions include: keeping children safe online; times tables support, and help with maths homework.

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