



**FamilyHubDerby**

Stronger families through support & friendship

# Your guide to what's on for families in Derby

January – March 2024



Please scan for further information



Funded by  
UK Government



Derby City Council

Community Action



# What are Family Hubs?

**Get the advice and support you need whilst having fun as a family!**

Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

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



## **Becket Family Hub**

35 Stockbrook Street  
Derby, DE22 3WR  
01332 640250  
BecketFamilyHub@derby.gov.uk



## **Derwent Family Hub**

Monmouth Street  
Derby, DE21 6BD  
01332 641010  
DerwentFamilyHub@derby.gov.uk



## **Mackworth Morley Family Hub**

Reigate Drive, Mackworth,  
Derby, DE22 4EQ  
01332 208175  
MackworthMorleyFamilyHub@derby.gov.uk



## **Osmaston Allenton Family Hub**

60 Cockayne Street North  
Allenton, Derby, DE24 8XB  
01332 956850  
OsmastonAllentonFamilyHub@derby.gov.uk



## **Rosehill Family Hub**

17-19 Lower Dale Road  
Derby, DE23 6WY  
01332 641315  
RosehillFamilyHub@derby.gov.uk



## **Sinfin Family Hub**

345 Sinfin Lane, Sinfin Moor  
Derby, DE24 9SF  
01332 956967  
SinfinFamilyHub@derby.gov.uk



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

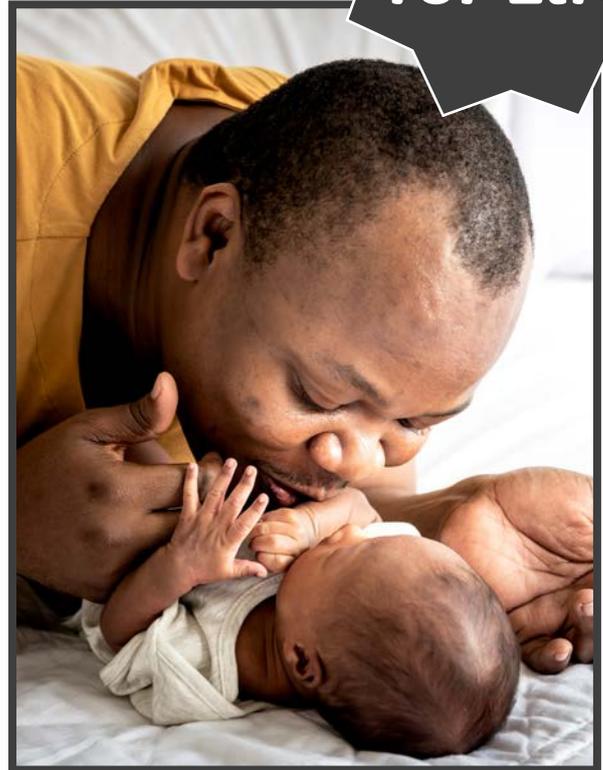
# Start for Life

Start  
for Life

In Derby, we believe that every baby deserves the best start in life and we know how important those early stages are. Working together with our voluntary, community, health and council services, we can provide you and your baby with the best possible support. This support is called our Start for Life offer that is available to parents, carers and their babies from pregnancy to 2 years.

Working together with our voluntary, community, health and Council services, we can provide you and your baby with the best possible support.

This is part of Derby's published Start for Life offer and you can find more information on our website ([Insert Link](#)). Our service directory is available for anyone to find bump to baby help and advice.



## 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. Help your partner be more involved (this could be baby's other parent or a supportive friend or family member). Explore the transition into parenthood and how it may affect you socially and emotionally, meet other parents and find out more about local support services. **Please ring to book.**

<b>Wednesdays</b>	10:30-11:30am 1-2:30pm	Derwent Osmaston Allenton	Starts 24 Jan Starts 24 Jan
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## Bump to Babies with Connected Perinatal Support

Come and meet other parents with babies and other people who are pregnant for relaxed chat, a hot drink and a biscuit or two. Friendly Peer Supporters run all of our Bump to Babies sessions and will make sure you feel welcome from the moment you walk in! All sessions are free and you don't need to book – just turn up and we will have the kettle on! This session is most suitable for pregnant parents and babies who aren't yet mobile.

<b>Mondays</b>	10-11:30am	Becket	Starts 8 Jan
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## Dads Space with Connected Perinatal Support and Derby County Community Trust

Come and meet other dads for relaxed chat about becoming or being a dad and have a hot drink and a biscuit or two. A friendly Peer Supporter from Connected and Lucas from Derby County Community Trust will make sure you feel welcome from the moment you walk in and provide a safe and supportive place to talk. All sessions are free and you don't need to book – just turn up and we will have the kettle on! Babies, pre-school children and partners welcome.

<b>Thursdays</b>	10am-12noon	Derwent	Starts 11 Jan
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## Keeping healthy and well during pregnancy | drop in sessions

Support from a Prenatal Specialist on eating well during pregnancy. Support for maintaining or starting activity to help relieve pregnancy related symptoms and manage weight, and support to quit smoking using nicotine replacement therapy or using your e-cigarette/vape. **No need to book, just pop in for a cuppa and a chat!** For further details please call Emma Winchester on 07796 557213.

<b>Tuesdays</b>	1-3pm	Derwent	Starts 9 Jan
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# What's on for: Parents to be

Start  
for Life

## Mellow Bumps – Mums To Be | Booking required | 7 week programme

One of the best things you can do before your baby is born is to look after yourself as well as preparing for the new arrival. This group will help you relax and get ready for the birth of your baby. There will be time to think about how you feel about becoming a parent and getting ready to welcome your baby to the world. This group is based on the Mellow Parenting principles and is targeted to families with additional needs. **Please contact a Family Hub to find out more about this programme and register your interest.**

**Fridays**                      10am-1:30pm                      Mackworth Morley                      Starts 1 Mar

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## Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered by a Health Visitor and supported by a Family 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 - as part of this the Family Hubs will be doing sessions on groups, sensory play and ways to improved development through play.
- Healthy life choices through pregnancy and beyond

All pregnant individuals are welcome along with their partner/significant other

<b>Mondays</b>	26 Feb, 4 Mar and 11 Mar	12:30-2:30pm	Sinfin
<b>Tuesdays</b>	23 Jan, 30 Jan and 6 Feb	9:30-11:30am	Rosehill
<b>Wednesdays</b>	28 Feb, 6 Mar and 13 Mar	12:30-2:30pm	Derwent
<b>Thursdays</b>	25 Jan, 2 Feb and 8 Feb	12:30-2:30pm	Osmaston Allenton
<b>Thursdays</b>	29 Feb, 7 Mar and 14 Mar	12:30-2:30pm	Becket
<b>Fridays</b>	26 Jan, 2 Feb and 9 Feb	12:30-2:30pm	Mackworth Morley

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# What's on for: New parents

Start  
for Life

## Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is for babies from 8 weeks old who are not yet crawling. **Please ring to book.**

<b>Mondays</b>	12noon-2pm	Becket	Starts 8 Jan
	1-3pm	Rosehill	Starts 8 Jan
	1:30-2:30pm	Mackworth Morley	Starts 4 Mar

## 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.**

<b>Mondays</b>	11am-12noon	Derwent	Starts 8 Jan
<b>Tuesdays</b>	11am-12noon	Rosehill	Starts 9 Jan
	1-2pm	Sinfin	Starts 9 Jan
<b>Fridays</b>	11am-12noon	Becket	Starts 5 Jan

## 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.**

<b>Mondays</b>	1-3pm	Rosehill
<b>Tuesdays</b>	9:30am-3pm	Revive Healthy Living Centre, Roe Farm Lane
	1-3pm	Sinfin
<b>Wednesdays</b>	9am-3pm	Mackworth Morley
<b>Thursdays</b>	9:30am-12noon	Osmaston Allenton
	1-3pm	Becket

# What's on for: New parents

Start  
for Life

## Feeding my Baby | Booking required

These sessions are delivered by an NHS Infant Feeding Practitioner and will help you find out how to recognise baby's feeding cues, how to know baby is getting enough milk and how responsive feeding can help your baby's brain to develop. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book your place or request dates for virtual sessions.**

<b>Tuesday 23 Jan</b>	10am-11:30am	Osmaston Allenton
<b>Thursday 15 Feb</b>	10am-11:30am	Derwent
<b>Tuesday 19 Mar</b>	10am-11:30am	Becket

## Are you 25 or under and want to know more about feeding your baby?

We can chat to you about getting to know your baby and how this helps baby to feed well and help their development and wellbeing. It is a relaxed and small group setting and breakfast or lunch will be provided. **Please text the Infant feeding team on 07507 327754 to book your place.**

<b>Wednesday 31 Jan</b>	12noon-1:30pm	Derwent
<b>Wednesday 21 Feb</b>	10-11:30am	Rosehill
<b>Tuesday 26 Mar</b>	12-1:30pm	Mackworth Morley

## 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. The session includes a bodyweight measurement opportunity (optional) and support in setting goals to help keep you on track. Bring your baby along, **no need to book. For further details please call Emma Winchester on 07796 557213.**

<b>Mondays</b>	10am-12noon Becket Starts 8 Jan
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# What's on for: Babies (0-2s)

Start  
for Life

## Baby 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.**

<b>Mondays</b>	9:30-11am	Derwent	Starts 8 Jan
<b>Tuesdays</b>	10-11:30am	Osmaston Allenton	Starts 9 Jan
<b>Wednesdays</b>	10-11:30am 1:30-3pm	Becket Mackworth Morley	Starts 10 Jan Starts 10 Jan
<b>Thursdays</b>	1:30-3pm	Sinfin	Starts 11 Jan
<b>Fridays</b>	1-2:30pm	Rosehill	Starts 12 Jan

## Buggy Walk and Talk | with Livewell

Come and meet other new mums for a friendly walking social in the fresh air. A Specialist Perinatal Advisor will be on hand to support. Bring baby/toddler ready to go in a pushchair. **There is no need to book.** Please come along anytime from 12pm for tea and toast first. **For further details please call. Emma Winchester on 07796 557213.**

<b>Fridays</b>	1-2pm	Becket	Starts 12 Jan
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## TinyTalk | Booking required | Term time only

Babies can understand so much before they can talk. Help them to express themselves with baby signing, helping to reduce frustration. Each week we have a different theme where we learn around 6 different signs. We sign, bounce and giggle along to action songs, stories and familiar nursery rhymes. We also use bright and beautiful sensory toys and instruments to develop visual tracking, motor skills, coordination, listening and language skills. **Classes are suitable from birth - 2 years. Please ring to book.**

<b>Mondays</b>	12noon-1pm	Rosehill	Starts 8 Jan
<b>Wednesdays</b>	1:45-2:45pm	Derwent	Starts 10 Jan
<b>Fridays</b>	11:30-12:30pm	Sinfin	Starts 12 Jan

# What's on for: Under 5s

## Deda – Move Me! | ongoing programme

*Move Me!* is a term time only programme designed to explore development of children's skills through dance, movement, play and arts activities. All sessions are free and you don't need to book – just turn up and have fun!

<b>Tuesdays</b>	1-2:30pm	Osmaston Allenton	Starts 9 Jan
<b>Wednesdays</b>	9:30-11am	Derwent	Starts 10 Jan

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## Peep Progression Pathway | Booking required | 10 week programme

Peep recognises you as your child's first educator and provides activities and ideas to help you make the most of everyday opportunities, to support your baby/child's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

### Physical development

<b>Tuesdays</b>	10-11:30am	Becket	Starts 9 Jan
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### Early Maths

<b>Tuesdays</b>	1:30-3pm	Mackworth Morley	Starts 9 Jan
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### Communication and language

<b>Wednesdays</b>	10-11:30am	Osmaston Allenton	Starts 10 Jan
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### Early Literacy

<b>Thursdays</b>	10am-11:30am Starts 11 Jan	Normanton Library, Almond Street, Derby DE23 6LX	
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### Communication and language

<b>Fridays</b>	10-11:30am	Derwent	Starts 12 Jan
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## Stay and Play | Booking required | from 8 January onwards

**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.**

<b>Mondays</b>	10-11:30am	Becket
	1:30- 3pm	Derwent
	1:30-3pm	Arboretum Park (Rosehill Family Hub)

<b>Wednesdays</b>	10-11:30am	Sinfin
	1:30- 3pm	Osmaston Allenton

<b>Thursdays</b>	1:30-3pm	Mackworth Morley
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# Parenting programmes

## Early Support Group | 2-4s programme | Referral only | 6 weeks

Support for families with children who are awaiting a referral to the Community Paediatrician for social communication difficulties or recently diagnosed with Autism. Our practitioners will support you with strategies to help your child's communication and behaviour, provide information about support services and offer sensory play sessions.

<b>Mondays</b>	1:30-2:30pm	Osmaston Allenton	Starts 22 Jan
<b>Tuesdays</b>	1-3pm	Becket	Starts 9 Jan
	1:30-2:30pm	Derwent	Starts 23 Jan
<b>Wednesdays</b>	10am-12noon	Rosehill	Starts 10 Jan
	12:30-3pm	Fairdene Court (Rosehill Family Hub)	Starts 10 Jan

## Early Support Group | 5-11s Programme | Referral only | 6 weeks

A Programme to support parents/carers with children of primary school age who are awaiting assessment through the neurodevelopmental pathway or have a recent diagnosis of ASC/ADHD. Our practitioners will offer you strategies and information which will support you in managing your child's needs including what they may be communicating through their behaviours and how to manage this, emotional regulation, sensory needs and signposting to services. **Please contact a Family Hub for further details.**

## HENRY | 2-5 year olds | Referral only | 8 weeks

HENRY runs for 8 weeks, each session is 2.5 hours – 2 hours creche session and parents learning then 30 minutes family time at the end. It's for parents and children aged 2-5 years. HENRY works with parents to support change in family lifestyle habits and behaviours to provide a healthy start in life for their children. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book your place.**

<b>Mondays</b>	12:30-3pm	Becket	Starts 22 Jan
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## Little Live Its | with Derby County Community Trust

Is your child a bit of a fussy eater? Could you do with some ideas for quick and simple healthy meals? Then come along to 'Little Live Its' new 6 week programme for parents/carers of 2-4 year olds. **Please ring to book.**

<b>Tuesdays</b>	2-3pm	Becket	Starts 27 Feb
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# Parenting programmes

## Understanding Children's Behaviour | 2-6s Programme | Referral only | 6 weeks

**Mondays**                      9:30-11am                      Rosehill                      Starts 22 Jan

**Thursdays**                      1:30-2:30pm                      Derwent                      Starts 25 Jan

## Understanding Children's Behaviour | 6-11s Programme | Referral only | 6 weeks

A programme to support parents/carers with children of primary school age who would like some support and strategies around their child's behaviour. Our practitioners will offer you advice, information and guidance to support an increased understanding of your child's changing needs as they grow and develop and how best to support them. **Please contact a Family Hub for further details.**



TRIPLE P ONLINE FOR BABY

# Build a positive foundation for your baby, and for you

FREE IN  
DERBY

## Support your baby's development, and your own wellbeing

Most parents-to-be and new parents feel a mix of emotions. Welcoming a baby into your life is incredibly exciting, but also has challenging moments. There are positive ways to handle all of this! Triple P for Baby gives you skills and strategies to support your baby's development, communication, and learning. And it also helps you care for your own emotional wellbeing, which is good for your baby, too.

## Why Triple P works

Triple P for Baby is part of the Triple P – Positive Parenting Program®, world-renowned and backed by research. You'll get proven parenting strategies to help you create the best environment for your baby's development, with a full toolkit of tips and ideas. And you'll learn effective ways to cope with changing emotions and relationship strains, too. Research indicates that both mums and dads who do Triple P for Baby feel happier and less stressed.

## Now, there's Triple P Online for Baby, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Promote your baby's social, emotional, and cognitive development
- Be empowered and have confidence in your own choices- different options to cope with frequent crying, sleeping, partner conflict and more
- Read your baby's cues and encourage their language learning
- Take better care of your own emotional and mental health
- Enjoy life as a new parent a lot more!

## START TODAY – IT'S COMPLETELY FREE!

This is a worldwide recognised programme you can do online in your own time.

Find out more at your local Family Hub

E-mail: [cypwfld@derby.gov.uk](mailto:cypwfld@derby.gov.uk)

Phone: 01332 643972

Triple P is brought to parents by Family Hub Derby

\*Be quick! Free access can only be offered while funding is available!





# Perinatal Mental Health Project



**Have you or a partner given birth, gone through pregnancy, or had contact with any perinatal mental health services in Derby over the past two years? If so, then we would love to hear from you!**

**We are incredibly excited to announce that we are currently undertaking an important piece of mapping work. Over the next twelve months we will be taking a deep dive into the perinatal mental health services available in Derby: providing parents with an opportunity to have their voices heard and make a real difference to your services.**

**We will be facilitating several listening sessions and focus groups, both online and in person, to better understand your experiences, and hear your views. The QR code below will allow you to register your interest, and receive the dates for our planned sessions.**



**More Information:** 

07719064041  
07719065740



[hannah.moore@perinatalsupport.org.uk](mailto:hannah.moore@perinatalsupport.org.uk)  
[nicola.armstrong@perinatalsupport.org.uk](mailto:nicola.armstrong@perinatalsupport.org.uk)

# What's on for: 5 - 19 year olds

## Trinity Warriors Ages | 5+

To all the aspiring bboys and bgirls out there! Learn the skills of break dance from beginners to pro's everyone is welcome. No booking required, just turn up!

**Leon Heywood 07792510170.**



**Thursdays** 5-6pm Osmaston Allenton

**Fridays** 5-6pm Sinfin

**Fridays** 5-6pm Becket

## Freedom Foundation | Age 8+



Senior Factory - You will be introduced to street dance and hip-hop techniques, learn routines and songs along with understanding how to construct your own song or rap to express emotions.

**Booking required please contact [Anna.malik@freedomfoundationuk.org](mailto:Anna.malik@freedomfoundationuk.org) or 07969133159.**

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

## Mackworth Youth Session | For 8-13 year olds



A FREE Sporting Communities Youth session including a range of activities from sports, team building, playing games and arts and crafts. All equipment will be provided, including hot chocolate! No need to book, just turn up. **Contact Ed at Sporting Communities for more information - [Ed@sportingcommunitiescic.org](mailto:Ed@sportingcommunitiescic.org) or 07734 230650.**

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

## Derbyshire Cricket Foundation | For 8-15 year olds

Come and join in the fast-paced inclusive cricket sessions for children and young people of all experiences. **Contact Pete Boot for more information - [pete.boot@dcfcricet.com](mailto:pete.boot@dcfcricet.com) or 07891 884145.**

**Wednesdays** 5-6pm Derwent Starts 10 Jan

# What's on for: 5 - 19 year olds

## Premier Education | Age 11+



Activities such as fencing, handball, lacrosse, tchoukball as well as character building skills. Booking required, **please contact James [jjennison@premier-education.com](mailto:jjennison@premier-education.com) or 07980276488.**

## Engineered Learning | 11 - 16s



Active Hands: Supporting Nature – Engineered Learning empowers you to achieve through engineering. Make friends whilst creating items in wood that support wildlife in our authentic workshop. **Booking required please contact Carol Phillips [carol@engineeredlearning.co.uk](mailto:carol@engineeredlearning.co.uk).**

### School holiday delivery:

**Monday 1 April 2024**

**Tuesday 2 April 2024**

**Wednesday 3 April 2024**

**Wednesday 10 April 2024**

**Thursday 11 April 2024**

**Friday 12 April 2024**

Derwent Workshop, Unit 8, Racecourse Industrial Estate, Mansfield Road, Derby DE21 4SX.

## Tackle it! | For boys age 12-14



Tackle It is Derby County Community Trust's wellbeing programme (early-intervention) for young males aged 12-14 who are struggling with their mental wellbeing. The sessions aim to give participants a 'safe space' to chat, socialise and take part in fun activities. The aim is to keep a relaxed atmosphere where people can meet others who may be experiencing similar challenges. Tackle It is part of our wider Winning Minds project, supporting youth mental health and social action. **Contact Morgan Stanley for more information - [Morgan.stanley@dcct.co.uk](mailto:Morgan.stanley@dcct.co.uk) or 07494 517324 or Matt Deacon [matt.deacon@dcct.co.uk](mailto:matt.deacon@dcct.co.uk).** No booking required, just turn up!

**Mondays**                      6-7:30pm                      Osmaston Allenton                      Starts 8 Jan

**Tuesdays**                      6-7:30pm                      Derwent                      Starts 9 Jan

## Community One | 12-16s



GROWTH Programme – Sport, music, arts, social affairs, health, and wellbeing activities every week. No need to book – just turn up! **Contact [info@communityone.org.uk](mailto:info@communityone.org.uk) or 01332 891444.**

**Mondays**                      5-7pm                      Rosehill

**Tuesdays**                      5-7pm                      Arboretum Park

# What's on for: 5 - 19 year olds

## GREAT Girls Hub | For girls age 12-17



The GREAT Hubs aims to support young females with their wellbeing. Sessions are based on the GREAT values of Gratitude, Resilience, Empathy, Authenticity, Teamwork. A GREAT session is one hour each week focusing on wellbeing for mind and body through lots of fun activities. Most importantly these sessions offer a place to come along and talk openly to other females in a community that is supportive, positive and compassionate to each other. **Contact Claire Clark for more information - [Claire.clark@dcct.co.uk](mailto:Claire.clark@dcct.co.uk) or 07783 283981.**

**Mondays** 4:45-6pm Osmaston Allenton Starts 8 Jan

**Tuesdays** 4:45-5:45pm Derwent Starts 9 Jan

## Sporting Communities | 13 - 16's



Get involved in activities such as art, virtual reality (VR), sports, health, fitness, cooking and more. Sessions will be tailored around individual needs to support emotional health and well-being either one-to-one or in groups. For more information on how to get involved in the programme, **contact [info@supportingcommunitiescio.co.uk](mailto:info@supportingcommunitiescio.co.uk) or call 07841026335.**

## Baby People | Music sessions | For 13-19 year olds

Music studio sessions covering MCing, singing and music production. No experience needed, come and learn some studio skills and improve your craft. Open for free to all young people aged between 13 and 19 years. **No booking needed, just turn up.**

**Tuesdays** 5-7pm Sinfin Starts 9 Jan

**Wednesdays** 5-7pm Rosehill Starts 10 Jan

**Thursdays** 5-7pm Derwent Starts 11 Jan

**Fridays** 4:30-6:30pm Osmaston Allenton Starts 12 Jan

## Youth Matters | 14+



Get focused and fit with Youth Matters Boxing programme including pad work and circuit training. Supported and encouraged throughout the session by a Mentor as well as the Coach. **Booking required please contact Danny [danny.youthmattersnewmills@gmail.com](mailto:danny.youthmattersnewmills@gmail.com).**

**Thursdays** 4pm Derwent Starts 18 Apr

# 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](http://derby.gov.uk/derbyHAF)



## I AM CARING I CAN FOSTER

FOR INFORMATION VISIT  
[DERBY.GOV.UK/FOSTERING](http://DERBY.GOV.UK/FOSTERING)  
CALL 01332 640880 TEXT 07774 333412



Derby City Council



# Speech and language support

## Lets Talk at Home | Booking required | 6 week programme

Learning using our simple tips - Together Time, Word Time, Book Time and Talk Time. **For 2-4 years.**

<b>Mondays</b>	1:30-2:30pm	Mackworth Morley	Starts 8 Jan
<b>Tuesdays</b>	1:30-2:30pm	Osmaston Allenton	Starts 9 Jan
<b>Wednesdays</b>	1:30-2:30pm	Rosehill	Starts 10 Jan
<b>Thursdays</b>	10-11:30am	Becket	Starts 11 Jan

## Wellcomm to Words | Referral only | 6 week programme

A group, to support children's language, using intervention activities from the Big Book of Ideas. This includes 10 interventions you can use at home to support your child's speaking and understanding. **For 2-4 years.**

<b>Mondays</b>	1:30-2:30pm	Osmaston Allenton	Starts 8 Jan
	1:30-2:30pm	Fairdene Court	Starts 8 Jan
<b>Tuesdays</b>	10-11am	Mackworth Morley	Starts 9 Jan
<b>Wednesdays</b>	1:30-2:30pm	Becket	Starts 10 Jan
<b>Thursdays</b>	1:30-2:30pm	Rosehill	Starts 11 Jan
<b>Fridays</b>	1:30-2:30pm	Derwent	Starts 12 Jan

## Story Sacks | Booking required | 5 week course

Story Sacks are a great way to bring stories to life. Why not join our fun, friendly classes for parents/carers, to create a Story Sack for your family to enjoy. **Limited Free Creche places available. Please ring to book.**

<b>Wednesdays</b>	12:30-2:30pm	Becket	Starts 17 Jan
<b>Thursdays</b>	12:45-2:45pm	Rosehill	Starts 29 Feb

# SEN Support

## Autistic Spectrum Condition (ASC) | Support sessions

A parent support service delivered by Autism Champions for parents/carers of children with Autistic Spectrum Condition (ASC). These sessions will give you an opportunity to talk to an ASC Champion, gain information and support and discover local sources of support (including Umbrella, SENDIASS and Local Offer). We now offer a blended service, appointments will be either face-to-face sessions or 1-1 telephone support. **Please ring to book.**

<b>Mondays</b>	8 Jan, 5 Feb and 4 Mar	9:30-11:30am	Osmaston Allenton
<b>Tuesdays</b>	16 Jan, 20 Feb and 19 Mar	1-4pm	Becket
<b>Wednesdays</b>	10 Jan, 14 Feb and 13 Mar	9:30-11:30am 9:30-11:30am	Derwent Mackworth Morley

## Derby Signing Families Group | Booking required

This group is available to families with a deaf child and/or deaf parent in the Derby City area. We provide families with access to a safe and welcoming environment where your child/ren can play with other children. Come along and enjoy a wide range of activities including malleable and creative activities, outdoor play and games. The health team visit on the first Tuesday of every month, for you to get your child weighed and ask any questions relating to your child's development. For 0-5 year olds (term time) and 0-8 (school holidays). **Please email [mackworthmorleyfamilyhub@derby.gov.uk](mailto:mackworthmorleyfamilyhub@derby.gov.uk) to book or text 07812 301430.**

**Tuesdays**                      9:30-11:30am    Mackworth Morley                      Starts 9 Jan

## Peep | Booking required | ongoing group

This group is for families with a deaf parent or child (aged birth – 5 years). We share ideas and activities that support your child's learning and development in everyday life such as signing, talking, singing, sharing books and playing together. You and child can make friends and have fun while finding out how the things you do now will help them make the most of School. **To find out more contact us on 01332 362512 or BSL Text Voice 07500 878565.**

**Wednesdays**                      9:30-11:30am  
The Royal School for the Deaf, 180 Ashbourne Road, Derby DE22 3BH.  
Starts 10 Jan



# Physical and Mental Health Support

Start  
for Life

## Aquarius Parenting Programme | Booking required

Bespoke parenting course for expectant parents and those with children aged 0-2. For parents who have a history of / or currently being affected by parental substance misuse and want to build healthier lifestyles for them and their families. **Referrals to be made directly to Aquarius on [derby@aquarius.org.uk](mailto:derby@aquarius.org.uk) or call 01332 362744.**

## Bridge the Gap | Drop-in sessions

Friendly and relaxed session in a safe space to meet our team and have a drink while we provide opportunities to talk or create. Young children have so many emotions and behaviours that can feel overwhelming for us as parents and we feel pulled in so many different directions. Bridge the Gap specialise in this area and can give you a non-judgmental space to ask questions or just be creative. We offer story time and activities for the children that support them with their own emotional regulation and development. If you haven't a child with you but would like a space to access creative therapeutic input then come along to access support for yourself.

<b>Tuesdays</b>	11am-12:30pm	Sinfin	Starts 9 Jan
	1:30-3pm	Osmaston Allenton	Starts 9 Jan
<b>Wednesdays</b>	9:30-11am	Mackworth Morley	Starts 10 Jan
	1:30-3pm	Becket	Starts 10 Jan

## Hub Club | Drop-in sessions

In each Family Hub we are opening the doors to every family to find out more about Family Hub activities. There will be a range of activities on offer for you and your children. A chance to play, stay, chat and create with others, to meet new friends and be part of our parent/carer Family Hub groups. Come and have breakfast or lunch with us! **No need to book, just come along.**

<b>Mondays</b>	10-11:30am	Rosehill
<b>Thursdays</b>	11am-1pm	Derwent
<b>Fridays</b>	10-11am	Becket
	9:30-10:30am	Mackworth Morley
	10-11am	Sinfin
	10-11am	Osmaston Allenton

# Support groups

## Childminders Group | Drop-in sessions

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

**Tuesdays**

9:30-11:30am

Becket

Starts 9 Jan

## Young parents group | drop-in sessions



For mums and dads under 25 to meet, share and learn alongside their child. Through peer and professional support you can get advice and guidance or sign post to other services. We want these groups to be co-created with you at the heart of them. We encourage you to make suggestions for session activities and topics you want to know more about. Join us for fun activities with refreshments available.

**Wednesdays**

1:30-3pm

Osmaston Allenton

Starts 24 Jan

## Child development and importance of play | one off sessions



Interactive play session for parents or carers and children under 5 looking at child development and the importance of play. Please ring to book.

**Wednesday 24 January**

9:30-11:30am

Rosehill

**Thursday 25 January**

9:30-11:30am

Derwent

1-3pm

Sinfin

**Monday 12 February**

9:30-11:30am

Osmaston Allenton

**Monday 18 March**

9:30-11:30am

Mackworth Morley

**Thursday 28 March**

1-3pm

Becket



# Adult support groups

## 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. **Limited Free creche places available. Please ring to book.**

<b>Mondays</b>	9:30-11:30am	Osmaston Allenton	Starts 15 Jan
<b>Tuesdays</b>	12:30-2:30pm	Rosehill	Starts 9 Jan
<b>Wednesdays</b>	9:30-11:30am	Becket	Starts 10 Jan
<b>Thursdays</b>	9:30-11:30am	Sinfin	Starts 11 Jan
<b>Fridays</b>	9:30-11:30am	Rosehill	Starts 19 Jan

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## First Aid Training for Parents | Booking required | 2 days

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

<b>Thursday 11 and Friday 12 Jan</b>	9:30am-3pm	Derwent
<b>Thursday 8 and Friday 9 Feb</b>	9:30am-3pm	Rosehill
<b>Thursday 7 and Friday 8 Mar</b>	9:30am-3pm	Becket

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## Adult Learning | English and Maths | Term time only

Adult education courses for you to improve your English and Maths. Our tutors will assess your level of learning and support you to gain a suitable qualification. **Please ring to book.**

<b>Maths</b>			
<b>Wednesdays</b>	9:30-11:30am	Osmaston Allenton	Starts 10 Jan
<b>English</b>			
<b>Wednesdays</b>	12:30-3pm	Osmaston Allenton	Starts 10 Jan

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# Cost of living – help when you need it

## Family Budgeting | Cost of Living | 6 week course

Worried about the rising cost of living? This course will look at ways to help you manage your money, giving you more control over your finances. You will also look at how to help your child with fun family maths activities. Each family will be given a slow cooker or air fryer at the end of the course on condition that you attend every lesson, fully complete all elements of the course, and that you have not previously received a free item from an alternative course. **Limited FREE creche places are available.**

<b>Tuesdays</b>	12:45-2:45pm	Sinfin	Starts 9 Jan
	12:45-2:45pm	Derwent	Starts 27 Feb
	12:45-2:45pm	Mackworth Morley	Starts 16 Apr

## 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.

<b>Thursdays</b>	11:30am-1pm	Osmaston Allenton
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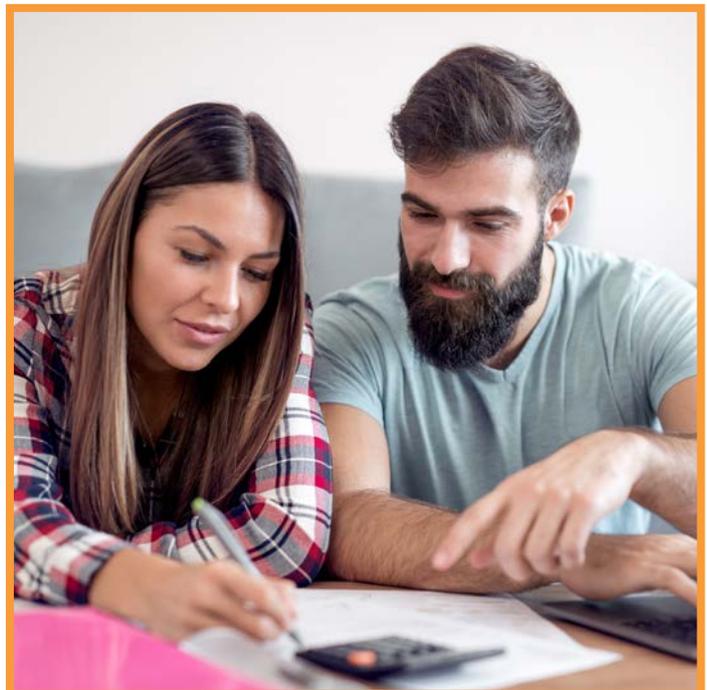
## Supporting Families Employment Advisor

Personalised support for adults attached to the Supporting Families programme in finding work, benefits advice, accessing training/voluntary work, addressing debt and improving low confidence and future ambitions to help move out of poverty. Regular support meetings can be arranged to evidence progress towards agreed goals at a pace that is comfortable for the adult. **Contact Louise Elliott to book an appointment at your local Family Hub on 07503 181888.**

## 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.**

<b>Thursdays</b>	11:30am-1pm Osmaston Allenton
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# Cost of living – help when you need it

## Money Management Workshops | Booking required

Come and join us to gain some good knowledge, skills, tips and advice in a range of workshops on offer. Relaxed learning with some fun activities. Our first session will be 'Supermarket Sweep' – shop the aisles, taster challenge and lots more! The next two workshops will be chosen by you as a group. Complete 3 workshops and receive a £10 shopping voucher, SIM card and entry into monthly draw to win Prize. **Contact Klaudia (Direct Help & Advice) for more information and to book your place on 07458 104321.**

<b>Mondays (for 3 weeks)</b>	9:30am-11:30am	Sinfin	Starts 8 Jan
<b>Fridays (for 3 weeks)</b>	10am-12noon 11:30am-1:30pm	Becket Derwent	Starts 12 Jan Starts 2 Feb

### SUPPORTING YOU WITH THE COST OF LIVING

Derby City Council has partnered with Community Action Derby and Derby Homes to create an online hub with advice and support about dealing with the cost of living, to help with rising costs including:



HOUSING  
+ RENTAL



INCREASE  
YOUR INCOME



HEALTH +  
WELLBEING



PAYING  
THE BILLS



DEBT  
SUPPORT



FOOD, CLOTHING,  
TOILETRIES  
+ FURNITURE



WARM  
WELCOME  
HUBS



FAMILY  
SUPPORT

If you can't find what you are looking for on the website, please telephone 01332 346266 between 9.30am and 4.30pm, Monday to Friday or email [support@communityactionderby.org.uk](mailto:support@communityactionderby.org.uk).

There's also a textphone for those who are hard of hearing: 07490 341 584



FOR SUPPORT CALL 01332 346266,  
TEXT 07490 341584 OR VISIT

[derby.gov.uk/costofliving](https://derby.gov.uk/costofliving)  
[communityactionderby.org.uk](https://communityactionderby.org.uk)

# February half term - Family fun!

## Family fun sessions | FREE light lunch included

Come and join us for arts and crafts, face painting, youth activities and lots more fun activities for 0-11 year olds and their families.

**All family fun sessions are 10:30am-1pm.**

<b>Monday 19 Feb</b>	Rosehill
<b>Tuesday 20 Feb</b>	Derwent
<b>Wednesday 21 Feb</b>	Osmaston Allenton
<b>Thursday 22 Feb</b>	Becket Sinfin
<b>Friday 23 Feb</b>	Mackworth Morley



# What are Childrens Centres?

Children's Centres offer a range of activities, sessions, advice and support for families with children aged from 0-8 years.

## Where to find us



### **Alvaston Children's Centre**

875 London Road,  
Alvaston,  
Derby DE24 8UY  
01332 757991  
[Alvaston.ChildrensCentre@derby.gov.uk](mailto:Alvaston.ChildrensCentre@derby.gov.uk)



### **Audrey Drive Children's Centre**

3 Audrey Drive,  
Chaddesden,  
Derby DE21 4NP  
01332 642200  
[AudreyDriveChildrensCentre@derby.gov.uk](mailto:AudreyDriveChildrensCentre@derby.gov.uk)



### **Austin\Sunnyhill Children's Centre**

Browning Street  
Sunnyhill  
Derby DE23 8DN  
01332 640090  
[AustinSunnyhill.ChildrensCentre@derby.gov.uk](mailto:AustinSunnyhill.ChildrensCentre@derby.gov.uk)



### **Boulton Children's Centre**

47b Holbrook Road,  
Alvaston,  
Derby DE24 0DD  
01332 956500  
[Boulton.ChildrensCentre@derby.gov.uk](mailto:Boulton.ChildrensCentre@derby.gov.uk)

# Alvaston Children's Centre

## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Mondays** 9:30am-12:30pm

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## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

**Mondays** 9:30am-12:30pm Starts 8 Jan

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## Stay and Play | Booking required

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

**Tuesdays** 10-11:30am Start 9 Jan

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## Peep Progression Pathway | Booking required | 10 weeks | Personal, social and emotional development

Peep recognises you as your child's first educator and provides activities and ideas to help you make the most of everyday opportunities, to support your baby/child's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

**Tuesdays** 1:30-3pm Start 9 Jan

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# Audrey Drive Children's Centre

## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Tuesdays** 9:30am-12.30pm

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## Childminders Group | Drop-in sessions

A stay and play network for childminders to share good practice. **Text Angie on 07752 798859 for further information.**

**Tuesdays** 9:30-11am Starts 9 Jan

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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. Baby Massage is starting this October and is for babies from 8 weeks old. **Please ring to book.**

**Tuesdays** 1-3pm Starts 9 Jan

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## Stay and Play | Booking required

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

**Wednesdays** 10-11:30am Starts 10 Jan

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## Breastfeeding Club | Booking required

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

**Wednesdays** 1-2pm Starts 3 Jan

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## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

**Thursdays** 10-11:30am Starts 10 Jan

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# Austin Sunnyhill Children's Centre

## Child Health Clinic | Booking required

This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

**Mondays** 1-3pm

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## Baby People | Music sessions | For 13-19 year olds

Music studio sessions covering MCing, singing and music production. No experience needed, come and learn some studio skills and improve your craft. Open for free to all young people aged between 13 and 19 years. **No booking is necessary, just turn up.**

**Mondays** 4-6pm Starts 8 Jan

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## Early Support Group | 2-4s programme | Referral only | 6 weeks

Support for families with children who are awaiting a referral to the Community Paediatrician for social communication difficulties or recently diagnosed with Autism. Our practitioners will support you with strategies to help your child's communication and behaviour, provide information about support services and offer sensory play sessions.

**Tuesdays** 10am-11am and 11:15am-12:15pm Starts 9 Jan

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## Peep Progression Pathway | Booking required | 10 week programme

Peep recognises you as your child's first educator and provides activities and ideas to help you make the most of everyday opportunities, to support your baby/child's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

**Wednesdays** 10-11:30am Starts 10 Jan

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## Stay and Play | Booking required

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

**Thursdays** 10-11:30am Starts 11 Jan

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# Boulton Children's Centre

## 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

Starts 8 Jan

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## Baby Peep | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

**Thursdays**

9:30-10:30am

Starts 11 Jan

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## Breastfeeding Club | Booking required

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

**Thursdays**

11am-12noon

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# 52 Things to do before you're 5

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

52 Things to do before you're 5 is a pack of fun activities which are free or low-cost that parents and children under 5 can do together. The pack contains:

- a colourful booklet filled with ideas of fun things to do
- a poster to tick off each activity as it's completed
- suggested words to use to improve vocabulary
- advice on making childcare affordable
- information about children centre.

Find ideas for indoor and outdoor activities which build on all areas of your child's development including their language and communication skills, physical abilities, expressive arts and more.



**The Families  
Information Service**



Derby City Council



For more information, go to  
[derby.gov.uk/52things](http://derby.gov.uk/52things)  
or scan here.



We can give you this information in any other way, style or language that will help you access it. Please contact us on **01332 641315** or **derby.gov.uk/signing-service**

### **Punjabi**

ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਇੱਥੇ ਸੰਪਰਕ ਕਰੋ: **01332 641315** ਜਾਂ **derby.gov.uk/signing-service**

### **Polish**

Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku. Prosimy o kontakt: **01332 641315** lub **derby.gov.uk/signing-service**

### **Slovak**

Túto informáciu vám môžeme poskytnúť iným spôsobom, štýlom alebo v inom jazyku, ktorý vám pomôže k jej sprístupneniu. Prosím, kontaktujte nás na tel. č.: **01332 641315** alebo na stránke **derby.gov.uk/signing-service**

### **Urdu**

یہ معلومات ہم آپ کو کسی دیگر ایسے طریقے، انداز اور زبان میں مہیا کر سکتے ہیں جو اس تک رسائی میں آپ کی مدد کرے۔ براہ کرم **01332 641315** یا **derby.gov.uk/signing-service** پر ہم سے رابطہ کریں

