



FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

May – July 2025



Please scan for further information



Funded by
UK Government



Derby City Council

Community Action



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Locations:

FH - Family Hubs

CC - Children's Centres

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

What are Family Hubs?

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

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

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



Becket Family Hub

35 Stockbrook Street
Derby, DE22 3WR
01332 640250

BecketFamilyHub@derby.gov.uk



Derwent Family Hub

Monmouth Street
Derby, DE21 6BD
01332 641010

DerwentFamilyHub@derby.gov.uk



Mackworth Morley Family Hub

Reigate Drive, Mackworth,
Derby, DE22 4EQ
01332 208175

MackworthMorleyFamilyHub@derby.gov.uk



Osmaston Allenton Family Hub

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

OsmastonAllentonFamilyHub@derby.gov.uk



Rosehill Family Hub

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

RosehillFamilyHub@derby.gov.uk



Sinfin Family Hub

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

SinfinFamilyHub@derby.gov.uk



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

What are Children's Centres?

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

Where to find us



Alvaston Children's Centre

875 London Road,

Alvaston,

Derby DE24 8UY

01332 640160 (new number)

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



StartforLife

Family Hub Derby welcome every family living in Derby to attend activities at any Family Hub. Start for Life is a free offer and available from pregnancy to 2 years old.

The Start for Life Offer includes:

- Antenatal appointments and preparation for parenthood workshops
- Keeping healthy during and after pregnancy
- Help with wellbeing, mental health and parent-infant relationships
- Support for Dad's and non-birthing parents
- Breastfeeding clubs and infant feeding support
- Infant Massage
- Parenting support and courses
- Stay and Play sessions and much more!

**Scan the QR Code to go to
derby.gov.uk/family-hub**



**Scan here to watch our
Start for Life video**



**Scan here to go to our
YouTube channel**



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. **Please ring to book. Scan the QR Code for more information.**



Wednesdays	10-11:30am	Osmaston Allenton FH
Fridays	1:30-3pm	Online (please contact Rosehill FH for the link)

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

Sometimes we can feel overwhelmed about becoming a parent. One of the best things you can do before your baby is born is to look after yourself as well as preparing for the new arrival. This group will help you relax and get ready for the birth of your baby. **Please ring to book.**

Thursdays	12:30-2:30pm	Derwent FH
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To register your interest for further courses please contact a Family Hub.

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 on 07507 327754.**

Tuesdays	6, 13 & 20 May	10am-12noon	Becket FH
	17 & 24 Jun, 1 Jul	10am-12noon	Becket FH
Wednesdays	7, 14 & 21 May	10am-12noon	Sinfin FH
	4, 11 & 18 Jun	10am-12noon	Derwent FH
	9, 16 & 23 Jul	10am-12noon	Osmaston Allenton FH
Thursdays	12, 19 & 26 Jun	12:30-2:30pm	Audrey Drive CC
Fridays	2, 9 & 16 May	12:30-2:30pm	Mackworth Morley FH
	4, 11 & 18 Jul	10am-12noon	Boulton CC

Bump to Babies | Connected Perinatal Support

Come and meet parents with babies and people who are pregnant for a 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! Suitable for expectant parents and anyone caring for a baby under 2. **No need to book.**

Mondays 10-11:30am Becket FH

Mums, bumps and babies – perinatal exercise | With Livewell

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.**

Wednesdays 11:30am-1pm Derwent FH

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

Pregnancy weight management and wellbeing support | With Livewell

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.

Tuesdays 12noon-3pm Rosehill FH

What's on for: New parents



Baby Massage | Booking required | 5 week programme

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

Mondays	10-11:30am	Mackworth Morley FH
	12:30-2pm	Becket FH
Tuesdays	9:30-11am	Rosehill FH
	1-2:30pm	Austin CC
	1:30-3pm	Audrey Drive CC
Wednesdays	9:30-11am	Boulton CC
	1:30-3pm	Derwent FH
Fridays	1:30-3pm	Osmaston Allenton FH
	1:30-3pm	Sinfin FH

Breastfeeding Club | Booking required

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

Mondays	11am-12noon	Derwent FH
Tuesdays	1-2pm	Sinfin FH
Wednesdays	10:30-11:30am	Mackworth Morley FH
	1-2pm	Audrey Drive CC
Thursdays	11am-12noon	Boulton CC
Fridays	11am-12noon	Becket FH

Buggy Walk and Talk | With Livewell

Come and meet other new parents for a friendly walking social in the fresh air. Bring baby/toddler ready to go in a pushchair. **There is no need to book.** Please come along anytime from 12:30pm for tea and toast first. **For further details please call Emma Winchester on 07796 557213.**

Mondays	1-2pm	Becket FH
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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
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What's on for: Babies (0-2s)



Baby Stay and Play (Peep) | Booking required | ongoing group

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

Mondays	9:30-10:30am	Derwent FH
	10-11:30am	Alvaston CC
Tuesdays	10-11:30am	Osmaston Allenton FH
Wednesdays	10-11:30am	Becket FH
	1:30-3pm	Mackworth Morley FH
	1:30-3pm	Austin CC
Thursdays	9:30-10:30am	Boulton CC
	10-11:30am	Audrey Drive CC
	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
	11:30am-12:30pm	Derwent FH
	1:30-2:30pm	Sinfin FH

Parenting programmes



Solihull Approach | Booking required



Postnatal Plus | 10 weeks

A relaxed group supporting your emotional health and wellbeing looking at relationships and connections with your baby and child. Join us for a coffee and meet the team at our Family Hubs to find out more. **Limited FREE creche places will be available.** Refreshments will be provided. **Scan the QR Code for more information.**

Tuesdays

1-3pm

Derwent FH

Fridays

10am-12noon
1-3pm

Osmaston Allenton FH
Becket FH

Online Solihull Parenting

Our online courses cover from conception up to 19+ years. The same content as a face to face parenting group. Available in 108 languages, with voiceovers in English and Urdu please use access code **MARKEATON** to access your families code. inourplace.co.uk/derby



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

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.**

Bridge the Gap | Free drop-in sessions

Creative drop-in's

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

Tuesdays 10-11:30am Sinfin FH

Introducing Emotions | For 0-2s | 10 week course | Booking essential

Introducing emotions course about building emotional literacy in the under 2s. To book, please ring Becket Family Hub, or email Info@jwbridgethegap.com with your name, your baby's name, emergency contact details and any allergies or medical information we should be aware of.

Thursdays 9:30-11:30am Becket FH Starts Thu 8 May

Hub Club | Drop-in sessions

Join us for a light snack at your local Family Hub for every family to find out more about Family Hub activities. A chance to play, stay, chat and to meet new friends and be part of our parent/carers Family Hub groups. **No need to book, just come along.**

Mondays 10-11:30am Rosehill FH

Tuesdays 11:30am-12:30pm Sinfin FH

Thursdays 1-2:30pm Derwent FH (supported by Bridge the Gap)

Fridays 10-11am Becket FH

9:30-11am Mackworth Morley - various venues.

Ring 01332 208175 for details.

9:30-11am Osmaston Allenton FH

Young parents connect | Under 25s | Drop-in sessions

Why not come for a cuppa and join our relaxed group full of activities where you can meet other young families. **For more information text Katy on 07812 300918.**

Wednesdays 1:30-3pm Osmaston Allenton FH

For Dad's and male carers



Dads Space with Connected Perinatal Support

Meet other dads for a relaxed chat about becoming or being a dad and have a hot drink and a biscuit or two. A friendly Peer Supporter from Connected will make sure you feel welcome from the moment you walk in. **No need to book.**

Thursdays 10am-12noon Derwent FH

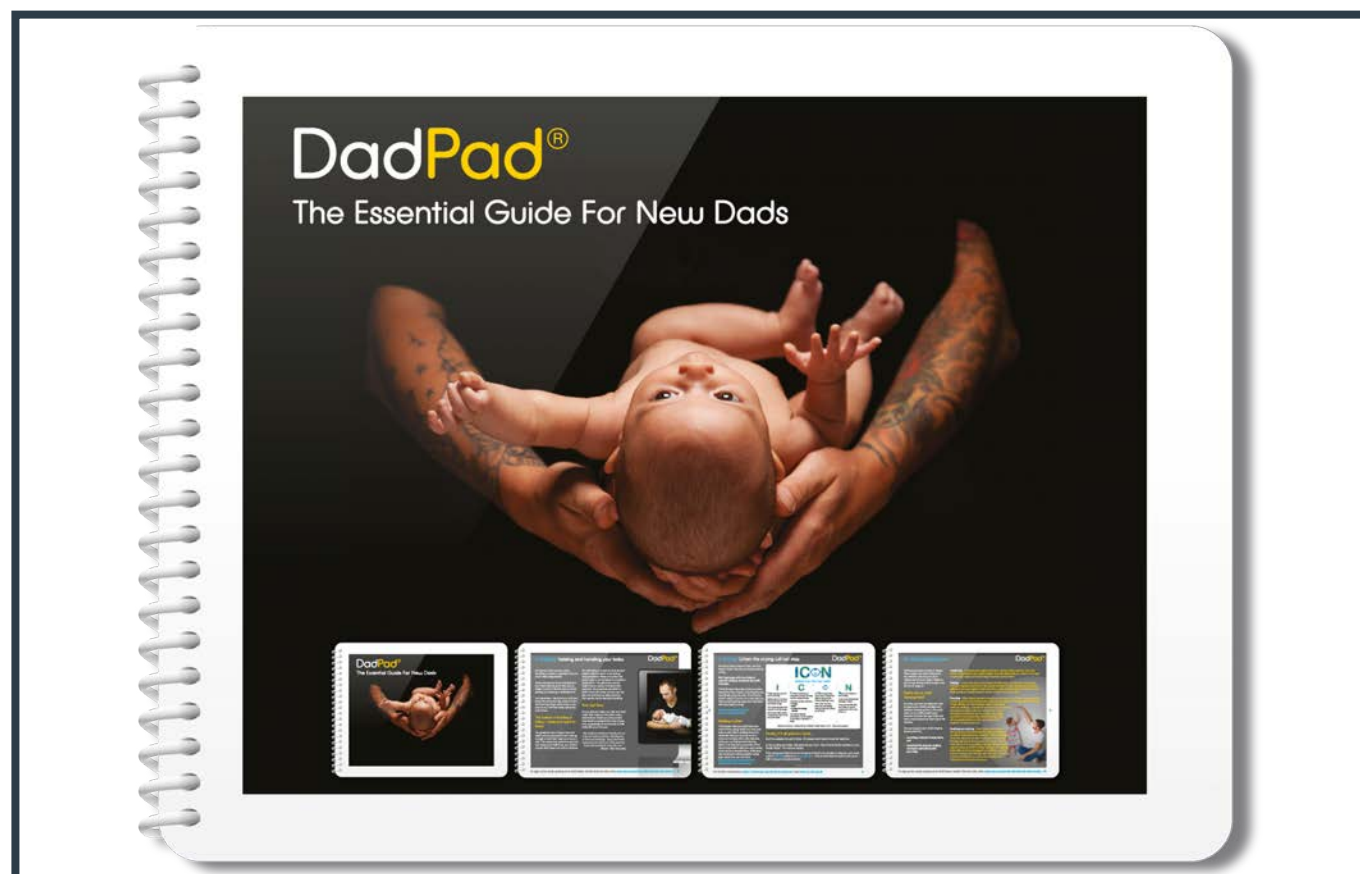
Connect to Nature Sessions | Booking required

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 Sinfin Nature Reserve. For dads or male carers with children aged 2-5 years.

Wednesdays	23, 30 Apr & 7 May	1:30-3pm	Derwent FH
	4 & 25 Jun & 2 Jul	1:30-3pm	Derwent FH
	14 & 21 May	1:30-3pm	Sinfin FH
	9, 16 & 23 Jul	1:30-3pm	Sinfin FH

Dad Pad

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



What's on for: Under 5s

CANVAS – Move Me! | 0-5s | Term time only

MOVE ME! is an engaging creative programme designed to inspire play, connection, and language through movement, music, and arts activities. **Limited places are available, booking is advised.**

Tuesdays	1:30-3pm	Becket FH
Wednesdays	9:30-11am	Derwent FH
Thursdays	1-2:30pm	Osmaston Allenton FH

Messy Play | Booking required

We will provide fun activities to support your child's creativity and exploration. For children aged 12 months to 4 years (termtime) and 12 months to 8 years (holidays). Children to wear suitable clothing to get messy and bring a towel.

Tuesdays	1:30-2:30pm 2-3pm	Osmaston Allenton FH Rosehill FH	Starts 6 May Starts 6 May
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A Lullaby for Derby | Parent workshops | 6 sessions | Booking required

Join our FREE sessions to share your memories and help create a lullaby for Derby. Meet other parents while enjoying tea and lunch – babies are welcome! We'll work together to write a lullaby, which will be recorded by a composer and featured in an exhibition at Derby Museum and Art Gallery from September to October 2025. FREE lunch will be provided (12-12.30pm). **Please ring to book.**

Wednesdays	10am-12:30pm	Becket FH	Starts 7 May
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What's on for: Under 5s

Peep Group | 10 week programme | Booking required

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

Communication and Language

Tuesdays	1:30-3pm	Mackworth Morley FH
	1:30-3pm	Sinfin FH
Thursdays	1:30-3pm	Austin Sunnyhill CC

Health and physical development

Tuesdays	10-11:30am	Becket FH
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Early Maths

Wednesdays	10-11:30am	Osmaston Allenton FH
Fridays	9:30-11am	Derwent FH

Early Literacy

Thursdays	10-11:30am	Riverside Library
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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.**

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	Derwent FH
Tuesdays	9:45-11:15am	Alvaston CC
Wednesdays	10-11:30am	Sinfin FH
	1:30-3pm	Osmaston Allenton FH
	10-11:30am	Audrey Drive CC
Thursdays	10-11:30am	Austin Sunnyhill CC
	1:30-3pm	Mackworth Morley FH

SEN Support

The following 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.**

What is Autism | Support session | Booking required

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

Wednesday 30 Apr	1-3pm	Osmaston Allenton FH (limited free creche places available)
Tuesday 6 May	6-8pm	Becket FH
Monday 14 Jul	1-3pm	Mackworth Morley FH

What is ADHD | Support sessions | Booking required

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

Friday 2 May	1-3pm	Becket FH
Wednesday 14 May	6-8pm	Mackworth Morley 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. **Limited free creche places available.**

Tuesday 29 Apr	1-3pm	Derwent FH
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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.

Thursday 10 Jul	1-3pm	Rosehill FH
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Understanding Social Communication | Booking required

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

Thursday 12 Jun	9:30-11:30am	Sinfin FH (limited free creche places available)
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SEN Support

Derby Signing Families Group | Booking required

For families with a deaf child and/or deaf parent in the Derby City area. Come along and enjoy a wide range of activities including creative activities, outdoor play and games, and meet the health team. For 0-5 year olds (term time) and 0-8 (school holidays). **Please email MackworthMorleyFamilyHub@derby.gov.uk to book or text 07812 301430.**

Tuesdays 6 May, 3 Jun & 1 Jul 9:30-11:30am Mackworth Morley FH

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.

Mondays	1:30-2:30pm	Mackworth Morley FH
Tuesdays	10-11am	Audrey Drive CC
Wednesdays	9:30-11am 1:30-2:30pm	Rosehill FH Becket FH
Fridays	1-2:30pm	Osmaston Allenton 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 of sessions in Family Hubs or delivered virtually.**

Wednesdays	1:30-2:30pm	Derwent FH
	1:30-2:30pm	Rosehill FH

Stay and Play (Peep) | Ongoing group

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

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

Transition workshops | 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.

Monday 28 Apr	1-3pm	Becket FH
Monday 19 May	10am-12noon	Sinfin FH
Tuesday 20 May	10am-12noon	Mackworth Morley FH

Sleep workshops | Booking required

Sensory Processing and Sleep

To sleep well, we need to feel calm, safe, and comfortable. Children and young people with sensory differences are often in a heightened state of anxiety and overwhelm before they settle, and then discomfort can stop them sleeping (and wake them up!). Nickie will explain how sensory differences affect sleep and how you can help.

Fri 6 Jun 12.30-3pm Becket FH

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 7 May 10am-12.30pm Osmaston Allenton FH

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. 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 having ADHD affects sleep and what you can do to help (no taking away of screens!)

Wed 2 Jul 6-8pm Virtual (available via Zoom)

Neurodivergence and Sleep

Sleep is much harder for neurodivergent 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 neurodivergent affects sleep and what you can do to help (no taking away of screens!)

Tue 10 Jun 6-8pm Virtual (available via Zoom)

For further details or to request the Zoom link to join on line please call Mackworth Morley Family Hub on 01332 208175.

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.

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

REAL | ongoing programme

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

Wellcomm to Words | Referral only | 6 week programme

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

Mondays	1:30-2:30pm	Osmaston Allenton FH
Wednesdays	1:30-2:30pm	Becket FH
Thursdays	1:30-2:30pm	Rosehill FH
Fridays	1:30-2:30pm	Derwent FH

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 FH
	9:30-11am	Derwent FH

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.

ASC friendly stay and play | 2+ years | Booking required

Come and join our neurodiverse friendly stay and play sessions in a safe space designed to support emotional regulation. Explore and have fun in a calm, quiet environment and enjoy the sensory room and outdoor space with our ASC champions who are available to offer support and advice.

Mondays	1:30-2:30pm	Becket FH
Fridays	10-11am	Mackworth Morley FH





"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.connectedperinatsupport.org



FREE Rhymetimes For 0 – 3 year olds

Alvaston – Tuesdays, 11-11:30am

Mickleover – Tuesdays and Fridays, 11-11:30am

Normanton – Mondays, 2.30-3pm

Riverside – Mondays and Fridays, 11-11:30am

Booking is essential at Mickleover



Everything begins with reading

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.

Story Sacks at Blagreaves Library

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

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

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

Understanding your baby

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

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

Designed by clinical psychologists in partnership with health visitors and parents



Residents of DERBY

Understanding your child: from toddler to teenager

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

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

Designed by clinical psychologists in partnership with practitioners and parents



Residents of DERBY



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.

We look forward to welcoming you on the following dates
10am-12pm:
Derwent on 28th April
and 8th July;
Becket on 6th May
and 10th June;
Rosehill on 12th May
and 24th June;
Osmaston, Allenton on
20th May and 24th June;
Mackworth on 27th May
and 30th June



FamilyHubDerby

Stronger families through support & friendship



Funded by
UK Government



Derby City Council



Scan the QR code
for more
information on
our website





The Families Information Service

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

- A Childcare Directory - an online directory of registered childcare within Derby city including, nursery schools, day nurseries, childminders, before and after schools clubs and more. derby.gov.uk/childcaredirectory
- A Family Hub Directory - an online directory that holds information on local and national organisations such as children's centres and their events, services, family activities and support groups. derby.gov.uk/family-hub
- Making childcare more affordable - We can support you on how to choose the right childcare for you and how to save money on the childcare you pay for. Call us for a friendly chat - we can help!



Get in touch

Tel **01332 640758**

Email FIS@derby.gov.uk

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

Signing service derby.gov.uk/signing-service

Our Maternity and Neonatal Improvement Programme

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



What we are doing to make care safer for you:



Working with you

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



Delivering national best practice

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

Improved against national targets

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



Home birth service to reopen

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

Wireless monitoring

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



Privacy during induction

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

Reducing delays

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



Recruited more staff to care for you

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

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

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



JOIN US THIS SUMMER

HOLIDAY ACTIVITY AND FOOD IN DERBY



derby.gov.uk/derbyHAF



Would You Like To Learn More About The Physical Activities Available In Normanton And Arboretum?



DE23 Active is a long-term project aimed to get the local community in Normanton & Arboretum more physically active!

Being more physically active can improve both your physical and mental health.

#ChangeStartsWithYou.

To learn more about the project & our sessions, please visit us on our website:
de23active.org.uk

or visit us on Instagram & Facebook:

@DE23ACTIVE



What's on for: 5 – 19 year olds

Trinity Warriors Ages | 5+ | 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. No booking required, just turn up!

Please contact Paco Box on 07807 196647, Nancy Thompson on 07772 263760 or trinitywarriorsenquiry@outlook.com to book your place.



Thursdays	5-6pm	Osmaston Allenton FH
Fridays	5-6pm	Sinfin FH
Fridays	5-6pm	Becket FH

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@sportingcommunitiescic.org or 07706 577540.**

Thursdays	5:30-6:30pm	Mackworth Youth and Community Centre, Prince Charles Avenue, Mackworth, Derby DE22 4FN
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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 www.derbycountycommunitytrust.com/empower-1

Tuesdays	4:30-5:30pm	Derwent FH
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Baby People | Music sessions | For 11-18 year olds | Term time only

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 11 and 18 years. **No booking needed, just turn up.**

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

What's on for: 5 – 19 year olds

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! Contact ed@sportingcommunitiescic.org or call 07734 230650.

Tuesdays 6-7:30pm Derwent FH

Chess and juggling with Andre | 5-11s | Booking required



Come and join Andre from Introverted Moves to practice your chess and juggling skills. This is open to parents and carers with children aged 5-11s.

Thursdays 3:45-4:45pm Mackworth Morley FH

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

Freedom Foundation | Age 8+ | Booking required



Senior Factory - You will be introduced to street dance and hip-hop techniques, learn routines and songs along with understanding how to construct your own song or rap to express emotions. **Booking required please contact** Anna.malik@freedomfoundationuk.org or 07969133159.

Thursdays 4:30pm-6pm Becket

SF Boxing and Fitness | 14+ | Booking required



This boxing mentoring programme aims to increase physical and mental wellbeing. **Contact 07939 054867 to book your place.**

Thursdays 4-5pm Derwent FH

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



May half term

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

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

Tuesday 27 May	1-3pm	Mackworth Morley FH
Wednesday 28 May	10am-12noon 1-3pm 1-3pm	Becket FH Derwent FH Osmaston Allenton FH
Thursday 29 May	1-3pm	Sinfin FH
Friday 30 May	10am-12noon	Rosehill FH

Look out for our Summer Splash programme with details of FREE activities for 0-19 year olds during the school summer holiday



Training courses for adults

English for Speakers of Other Languages (ESOL)

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

Wednesdays	9:30-11:30am	Becket FH
Thursdays	9:30-11:30am	Sinfin FH
Fridays	9:30-11:30am	Mackworth Morley FH
	9:30-11:30am	Rosehill FH

First Aid Training for Parents | Booking required

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.**

Thur 1 & 22 May and 5 & 19 Jun	9:30-11:30am	Rosehill FH
Fri 2 & 23 May and 6 & 20 Jun	9:30-11:30am	Boulton CC
Fri 2 & 23 May and 6 & 20 Jun	1-3pm	Derwent FH
Thu 26 & Fri 27 Jun	9:30am-3pm	Sinfin FH
Thur 10 & Fri 11 Jul	9:30-3pm	Rosehill FH
Thu 17 & Fri 18 Jul	9:30am-3pm	Mackworth Morley FH

Improve your English for work and life | 5 weeks | Booking required

This course will help you build confidence in speaking, learn job-related vocabulary, practice interviews, and explore career options. You'll also develop everyday conversation skills and gain insights into life in the UK. **Please ring to book.**

Fridays	9:30-11:30am	Mackworth Morley FH (starts 6 Jun)
	9:30-11:30am	Rosehill FH (starts 6 Jun)

Pathway to working in schools | 3 weeks | Booking required

Are you a parent interested in working in a school but not sure where to start? Join our free course designed to help you take the first steps toward a rewarding role in education. These friendly and informative sessions will introduce you to key skills, job opportunities, and training pathways in schools. **Please ring to book.**

Wednesdays	9:45-11:45am	Becket FH (starts 4 Jun)
Thursdays	9:45-11:45am	Sinfin FH (starts 5 Jun)

Training courses for adults

Preparing to Work in Care Sessions | Booking required

Join our FREE practical sessions to learn about a career in care and support to take your first steps into this industry. We will support you to: find out about different roles in social care and progression routes; learn how to get started with a course or qualification; learn about job opportunities, training and advice

To book your place, please go to www.adult-learning-derby.org.uk, call **01332 956565** or Relay UK **18001 01332 956565**.

Mon 9, 16 and 23 Jun

12:30-2:30pm

Rosehill FH

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 for more information.**

Mondays

11am-1pm

Sinfin FH

Thursdays

11:30am-1pm

Osmaston Allenton FH

Supporting Families Employment Advisor

Personalised support for adults in finding work, benefits advice, accessing training/voluntary work, addressing debt and future ambitions. **Contact Claire Williamson on 07350 401602 or Mujahid Shah on 07867 372803 to book an appointment at your local Family Hub.**

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

FOR SUPPORT CALL **01332 346266**, TEXT **07490 341584** OR VISIT:

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



FamilyHubDerby

Stronger families through support & friendship

Could you volunteer with us?

Derby City Family Hubs currently have opportunities for volunteers to gain experience alongside our citywide play team, delivering sessions to support child development through play.

If you are over 18, have a few hours free each week and would like to improve your skills, employability and knowledge of working with families, contact

Lisa Sandercock on lisa.sandercock@derby.gov.uk

All volunteers will need to undertake an enhanced DBS check.



FAMILY GROUP

FREE, THEMED MONTHLY SESSIONS FOR LGBT+
FAMILIES OF ANY SIZE AND TO CONNECT - EXPECT
CRAFTS, TOYS AND GAMES FOR ALL AGES.

11-1PM ON THE LAST SUNDAY OF THE MONTH,
AT 25 CURZON STREET, DERBY, DE1 1LH



DROP IN - NO BOOKING REQUIRED

IF YOU HAVE QUESTIONS, GET IN TOUCH:



Derbyshire LGBT+
Lesbian, Gay, Bisexual, Trans*

01332 207 704
INFO@DERBYSHIRELGBT.ORG.UK
DERBYSHIRELGBT.ORG.UK
@DERBYSHIRELGBT



In partnership with Family Hubs



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

**community
one**

EPEC - Empowering Parents, Empowering Communities at Community One

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

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

Parent Champions - The Empowered Mothers support group:

Session 1

Mondays 10am-12:30pm - with yoga
10-11am.

Session 2

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

Breastfeeding club

Thursdays 10:30am-1:30pm. A culturally and religiously sensitive, breastfeeding club that provides a safe, supportive and inclusive environment where black, Asian, minority ethnic mothers can access culturally sensitive education, resources, and support to overcome barriers and feel confident in breastfeeding.

**Pakistan Community Centre,
103 Harrington Street, Derby.**

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

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