



FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

November - December 2023



Please scan for further information



Funded by
UK Government



Derby City Council

Community Action

NHS



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.

Where to find us



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
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

01332 640758

FIS@Derby.gov.uk

What's on for: Parents to be

Antenatal Peep | Booking required | 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.**

Wednesdays

10-11am **Derwent Family Hub** starts on 8 November

Bump to Babies | with Connected Perinatal Support

Come and meet other expectant and new parents in a no pressure environment. All sessions are hosted by a trained Perinatal Peer Supporter who will be sure to make you feel welcome from the moment you walk in! The sessions are free and **there is no need to book**, simply turn up on the day and we will have the kettle on! Most suitable for bumps and babies under 6months. If your little one isn't on the move, you may still find these sessions suitable too.

Mondays

10am-12pm **Becket Family Hub**

Dads Space | Drop-in sessions | weekly

Come and meet other expectant and new Dads, have safe and supportive conversations with a Perinatal Peer Supporter and Lucas from Derby County Community Trust. Babies and pre-school children welcome! The sessions are free and **there is no need to book**, simply turn up on the day and we will have the kettle on!

Thursdays

10am-12pm **Derwent Family Hub**

Keeping healthy and well during pregnancy | Stop smoking support | drop in sessions

Specialist stop smoking support from a pre natal adviser. Support to quit using your e-cigarette / vape and invaluable tips and guidance to beat cravings and prevent setbacks. Leisure Centre membership once smoke free for 8 weeks (conditions apply). **No need to book, just pop in for a cuppa and a chat!** For further details please call Emma Winchester on 07796 557213.

Tuesdays

1-3pm **Derwent Family Hub** starts on 7 November

What's on for: Parents to be



Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

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

1-3pm **Rosehill Family Hub** starts on 13 November

Wednesdays

1-3pm **Mackworth Morley Family Hub** starts on 15 November

Thursdays

1-3pm **Sinfin Family Hub** starts on 16 November

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-12pm **Derwent Family Hub**

Tuesdays

1-2pm **Sinfin Family Hub**

Fridays

11am-12pm **Becket Family Hub**

Child Health Clinic | Booking required

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

Mondays

1-3pm **Rosehill Family Hub**

Tuesdays

9.30am-3pm **Revive Healthy Living Centre, Roe Farm Lane**
1-3pm **Sinfin Family Hub**

Wednesdays

9am-3pm **Mackworth Family Hub**

Thursdays

9.30am-12pm **Osmaston Allenton Family Hub**

What's on for: New parents

Feeding my Baby | Booking required

These sessions are delivered by an NHS Infant Feeding Practitioner and will help you find out how to recognize 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 requested dates for virtual sessions delivered over Microsoft Teams.**

Tuesdays

10-11.30am

Osmaston Allenton

on 7 November only

10-11.30am

Becket Family Hub

on 5 December only



**All our Family
Hubs are breast
feeding friendly**



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.

Mondays

10am-12pm

Becket Family Hub

starts on 6 November

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

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. **Please ring to book.**

Mondays

10-11.30am **Sinfin Family Hub**

Tuesdays

10-11.30am **Osmaston Allenton Family Hub**

Wednesdays

10-11.30am **Becket Family Hub**

1.30-3pm **Mackworth Morley Family Hub**

1.30-3pm **Rosehill Family Hub**

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**, simply turn up on the day. For further details please call Emma Winchester on 07796 557213.

Fridays

1-2pm **Becket Family Hub** starts on 10 November



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

TinyTalk | Booking required | ongoing programme

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.**

Mondays

12-1pm

1.30-2.30pm

Rosehill Family Hub

Becket Family Hub

Tuesdays

1.30-2.30pm

Mackworth Morley Family Hub

Wednesdays

2-3pm

Derwent Family Hub

Fridays

10-11am

11.30-12.30pm

Osmaston Allenton Family Hub

Sinfin Family Hub



What's on for: Under 5's

Dads' drop in | with Connected Perinatal Support

Relaxed and supportive spaces for Dads and co-parents to drop in, to access free activities with their little ones and to share any ideas/ services they would like to see developed across Derby (partners welcome).

Thursday 2 November

1-4pm **Rosehill Family Hub**

Friday 17 November

1-5pm **Becket Family Hub**



Play, Dance, Move! | Booking required | ongoing

Play, Dance, Move is an exciting creative class for little movers and makers aged 0-5 years (and their grown-ups)! The sessions use stories and props to allow children to explore moving their bodies in an imaginative, fun and accessible way. Each session will be different and are specially created to support children to develop physical skills, confidence and creativity.

Sessions will also explore a range of other art forms such as music and art, allowing children to immerse themselves into their imagination in lots of exciting ways! These sessions are led by an outside organisation Déda and are supported by their *Move Me!* Project, which is funded by Derby City's Place Partnership funding which is supporting young people in Derby to have access to expert arts provision. **Please ring to book.**

Tuesdays

1-2.30pm

Osmaston Allenton Family Hub starts on 7 November

Wednesdays

9.30-11am

Derwent Family Hub starts on 8 November

What's on for: Under 5's

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.

Programmes are available in the following strands:

Communication and language development

Early Maths

Early Literacy

Health and physical development

Personal social and emotional development

Please ring your local Family Hub to register your interest in new courses starting in January.

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 Family Hub

1.30- 3pm

Derwent Family Hub

Wednesdays

10-11.30am

Sinfin Family Hub

1.30- 3pm

Osmaston Allenton Family Hub

Thursdays

1.30-3pm

Rosehill Family Hub

1.30-3pm

Mackworth Morley Family Hub

Fridays

10-11.30am

Rosehill Family Hub



What's on for: 8 - 19 year olds

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

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

No booking needed, just turn up.

Tuesdays

5-7pm

Sinfin Family Hub

Wednesdays

5-7pm

Rosehill Family Hub

Thursdays

5-7pm

Derwent Family Hub

Fridays

4.30-6.30pm

Osmaston Allenton Family Hub

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@dcfcricquet.com or 07891 884145.**

Wednesdays

5-6pm

Derwent Family Hub

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 or 07783 283981.**

Tuesdays

4.45-5.45pm

Derwent Family Hub

What's on for: 8 - 19 year olds

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 or **07734 230650**

Thursdays

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



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 or **07494 517324**

Tuesdays

6-7.30pm

Derwent Family Hub

Speech and language support

Early Support Group | Referral only | 6 week programme

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. **For 22 months – 4 years.**

Wednesdays

1.30-2.30pm **Fairdene Court (Rosehill Family Hub)** starts on 8 November

Thursdays

1.30-2.30pm **Derwent Family Hub** starts on 9 November

Fridays

10-11am **Sinfin Family Hub** starts on 10 November

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.**

Wednesdays

10-11am **Mackworth Morley Family Hub** starts on 8 November

Thursdays

10-11am **Becket Family Hub** starts on 9 November

1.30-2.30pm **Osmaston Allenton Family Hub** starts on 9 November

Fridays

1.30 - 2.30pm **Sinfin Family Hub** starts on 10 November

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 Family Hub** starts on 6 November

1.30-2.30pm **Fairdene Court (Rosehill Family Hub)** starts on 6 November

Tuesdays

10-11am **Mackworth Morley Family Hub** starts on 7 November

Wednesdays

1.30-2.30pm **Sinfin Family Hub** starts on 8 November

1.30-2.30pm **Becket Family Hub** starts on 8 November

Fridays

1.30-2.30pm **Derwent Family Hub** starts on 10 November

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.**

Wednesdays

9.30-11.30am Mackworth Morley Family Hub

9.30-11.30am Derwent Family Hub

Appointments are available on 8 November and 13 December.

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 to book or text 07812 301430.

Tuesdays

9.30-11.30am Mackworth Morley Family Hub

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.

Physical and Mental Health Support

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 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. **No need to book.**

Tuesdays

11am-12.30pm **Sinfin Family Hub** starts on 7 November
1.30-3pm **Derwent Family Hub** starts on 7 November

Wednesdays

9.30-11.30am **Rosehill Family Hub** starts on 8 November
1.30-3.30pm **Mackworth Morley Family Hub** starts on 8 November

Friday Club | Drop-in sessions

Every Friday in each Family Hub we are opening the doors to every family to join our well-being Friday sessions. 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 with us! Free refreshments such as tea, coffee, juice and toast. **No need to book, just come along.**

Fridays

9.30-10.30am **Becket Family Hub**
9.30-10.30am **Rosehill Family Hub**
9.30-10.30am **Derwent Family Hub**
9.30-10.30am **Mackworth Morley Family Hub**
10-11am **Sinfin Family Hub**
10-11am **Osmaston Allenton Family Hub**

Other Support groups

Childminders Group | Drop-in sessions

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

Tuesdays

9.30-11.30am **Becket Family Hub**

Shining Stars Young Parents' Group | Drop-in sessions

Meet other young parents for messy play, rhyme time and lots of fun activities for both you and your child. **No need to book.**

Wednesdays

1.30-3pm **Osmaston Allenton Family Hub**

On 8 November, 22 November, 6 December and 20 December only.



DERBY'S SEND
**LOCAL
OFFER**

Providing information and advice on services for 0-25year olds with special educational needs or disabilities

web:
www.derby.gov.uk/sendlocaloffer
email:
local.offer@derby.gov.uk
f: DCCLocalOffer

Not online? No problem!
Call us on our helpline **01332 643616**

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

Tuesdays

12.30-2.30pm **Rosehill Family Hub**

Wednesdays

10am-12pm **Becket Family Hub**

Thursdays

9.30-11.30am **Sinfin Family Hub**

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.**

Thursday 9 and Friday 10 November

9.30am-3pm **Osmaston Allenton Family Hub**

Please call for further details of courses running in 2024 at Derwent, Rosehill and Becket Family Hubs.

Little Live IT | 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 programme for parents/carers of 3-5 year olds. **Please ring to book.**

Mondays

10.30-11.30am **Rosehill Family Hub** starts on 6 November

Story Sacks | Booking required

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.**

Tuesdays

1-3pm **Becket Family Hub** starts on 7 November

Cost of living - help when you need it

Family Budgeting | Cost of Living 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.**

Please ring to book.

Coming soon...

Tuesdays

12.45-2.45pm **Sinfin Family Hub** starts on 9 January

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 Family Hub**

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.**

Thursdays

11.30am-1pm **Osmaston Allenton Family Hub**

Cost of living - help when you need it

Multiply 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! Follow up workshops will be chosen by you as a group. **Contact Maureen Davison (from Direct Help and Advice) for more information on 07458 050806. Please ring to book.**

Tuesdays

9.30-11.30am

Rosehill Family Hub starts on 14 November

Fridays

11.30am-1.30pm

Derwent Family Hub starts on 17 November

**SUPPORTING
YOU WITH THE
COST OF LIVING**

CHILDRENS COAT WINTER WRAP UP

If you have a child or young person in need of a winter coat, your local Family Hub can help. Contact us or call in to your local Family Hub.



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

derby.gov.uk/costofliving

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



Audrey Drive Children's Centre

3 Audrey Drive,
Chaddesden,
Derby
DE21 4NP

01332 642200

AudreyDriveChildrensCentre@derby.gov.uk



Alvaston Children's Centre

875 London Road,
Alvaston,
Derby
DE24 8UY

01332 757991

Alvaston.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

Audrey Drive Children's Centre

Tuesday

9.30am-12.30pm Child Health Clinic | Booking required

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

9.30-11am Childminders Group | Drop-in sessions

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

1-3pm 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. Starts on 14 November. **Please ring to book.**

Wednesday

10-11am Early Support Group | Referral only | 6 weeks

A programme to support families with children who are awaiting 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 to stimulate your child's senses. **For 22 months - 4 years.** Starts on 7 November.

1-2pm Breastfeeding Club | Booking required

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

Thursday

10-11am Understanding Children's Behaviour | Referral only

A 6 week programme for parents (2-4 year olds) that looks at how you can support and understand your child's behaviours using techniques such as play, coaching, rewards and consequences. Starts on 9 November.

1.30 - 3pm 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.**

Friday

10-11.30am 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.**

Alvaston Children's Centre

Monday

9.30am-12.30pm Child Health Clinic | Booking required

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

Tuesday

10-11.30am 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.**

1.30-3pm 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.**

Wednesday

10.30-11.30am Baby Massage | Booking required

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. Starts on 15 November. **Please ring to book.**

Austin Sunnyhill Children's Centre

Monday

1-3pm Child Health Clinic | Booking required

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

4-6pm 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.**

Tuesday

1-3pm Autistic Spectrum Condition | 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 either be face-to-face or 1-1 telephone support. **Please ring to book.**

On 21 November and 19 December only.

1.30-3pm 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.**

Thursday

10-11am Let's Talk at Home | Booking required | 6 week programme

Learning using our simple tips - Together Time, Word Time, Book Time and Talk Time. **For 2 - 4 years.** Starts on 9 November.

Please ring to book.

Boulton Children's Centre

Monday

10 - 11.30am 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.

1.30-3pm Understanding Children's Behaviour | Referral only

A 6 week programme for parents that looks at how you can support and understand your child's behaviours using a range of techniques such as play, coaching, rewards and consequences. Starts on 13 November.

Tuesday

10-11.30am Autistic Spectrum Condition | 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.**

On 7 November and 5 December only

1.30-2.30pm Early Support Group | Referral only |

6 week programme

A programme to support families with children who are awaiting 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 local support services and offer sensory play sessions to stimulate your child's senses. **For 22 months – 4 years.** Starts on 7 November.

Boulton Children's Centre

Wednesday

9-11am Adult Learning - English

Adult education course for you to improve your English. Our tutors will assess your level of learning and support you to gain a suitable qualification.

Please ring to register your interest in the January course.

11.45am-1.45pm Adult Learning - Maths

Adult education course for you to improve your Maths. Our tutors will assess your level of learning and support you to gain a suitable qualification.

Please ring to register your interest in the January course.

Thursday

9.30-10.30am 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.**

11am-12pm Breastfeeding Club | Booking required

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



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



Derby City Council

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 centres.



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.

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 64XXXX** 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 64XXXX** 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 64XXXX** 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 640000** یا **derby.gov.uk/signing-service/** پر ہم سے رابطہ کریں