



52 Things to do before you're 5

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



DERBY'S SEND

LOCAL OFFER

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

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



All our Family Hubs are breast feeding friendly



FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

September – October 2023



Please scan for further information



Funded by
UK Government



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
DE22 4EQ

01332 208175

MackworthMorleyFamilyHub@derby.gov.uk

Help with your finances

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 12 September

Fridays

10am - 12pm **Derwent Family Hub** starts on 15 September

Autistic Spectrum Condition (ASC)

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 13 September and 11 October

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.**

Tuesdays

1-3pm Becket Family Hub starts on 19 September

Thursdays

12.45-2.45pm Osmaston Allenton Family Hub starts on 21 September

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 07503181888.**

Jubilee | Drop in sessions

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



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
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www.facebook.com/DerbyFIS

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 13 September

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 4-6 weeks old. **Please ring to book.**

Mondays

1-3pm **Rosehill Family Hub** starts on 2 October

Wednesdays

1-3pm **Mackworth Morley Family Hub** starts on 4 October

Thursdays

1-3pm **Sinfin Family Hub** starts on 5 October

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** starts on 4 September

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 for more information - Claire.clark@dcct.co.uk or **07783 283981**.

Tuesdays

4.45 - 5.45pm **Derwent Family Hub** starts on 5 September

Cricket - 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@dcfcricket.com or **07891 884145**.

Wednesdays

5 - 6pm **Derwent Family Hub** starts on 6 September

Tackle it! - For boys age 12 - 17

Tackle It is Derby County Community Trust's wellbeing programme (early-intervention) for young males aged 12-17 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 **07494517324**

Tuesdays

6 - 7.30pm **Derwent Family Hub** starts on 5 September

Further sessions for young people are coming soon

**Follow us on
Derby Family Information Service Facebook page
for regular updates
www.facebook.com/DerbyFIS**

Training courses for adults

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 28 September and Thursday 5 October

9.30am-3pm Mackworth Morley Family Hub

Friday 29 September and Friday 6 October

9.30am-3pm Sinfin Family Hub

Thursday 9 and Friday 10 November

9.30am - 3pm Osmaston Allenton Family Hub

English for Speakers of Other Languages (ESOL)

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

Limited Free creche places available.

Tuesdays

12.30 - 2.30pm Rosehill Family Hub starts on 19 September

Wednesdays

10am - 12pm Becket Family Hub starts on 20 September

Thursdays

9.30 - 11.30am Sinfin Family Hub starts on 21 September

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.**

Tuesdays

1-3pm Becket Family Hub starts on 7 November

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.

Thursdays

1.30-2.30pm Derwent Family Hub starts on 21 September

What's on for: New parents

Baby Peep | Booking required - ongoing programme

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 physical development through tummy time, sitting, crawling and standing. **Please ring to book.**

Mondays

10-11.30am Sinfin Family Hub starts on 4 September

Tuesdays

10-11.30am Osmaston Allenton Family Hub starts on 5 September

Wednesdays

10-11.30am Becket Family Hub starts on 13 September

1.30-3pm Mackworth Morley Family Hub starts on 6 September

1.30-3pm Rosehill Family Hub starts on 13 September

Child Health Clinic | Booking required

Clinics are run **by appointment only**. Please contact the Health Team on 0300 1234586 (option3) to book an appointment.

Mondays

1-3pm Rosehill Family Hub

Tuesdays

1-3pm Sinfin Family Hub

Wednesdays

9am-3pm Mackworth Family Hub

Thursdays

9.30am-12pm Osmaston Allenton Family Hub

1-3pm Becket Family Hub

Breastfeeding Support | Booking required

Contact the Infant Feeding team on 0300 1234586 (option 3) for support and advice or to book your place at a Breastfeeding club.

Mondays

11am-12pm Derwent Family Hub starts on 25 September

Tuesdays

1-2pm Sinfin Family Hub starts on 12 September

Fridays

11am-12pm Becket Family Hub

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

TinyTalk | Booking required - 6 week 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 **Rosehill Family Hub** starts on 18 September
1.30-2.30pm **Becket Family Hub** starts on 18 September

Tuesdays

1.30-2.30pm **Mackworth Morley Family Hub** starts on 19 September

Wednesdays

2-3pm **Derwent Family Hub** starts on 20 September

Fridays

10-11am **Osmaston Allenton Family Hub** starts on 22 September
11.30-12.30pm **Sinfin Family Hub** starts on 22 September

Feeding my Baby sessions | Booking required

These sessions are delivered by an NHS Infant Feeding Practitioner and will help you to 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. Contact the Infant Feeding team on 0300 1234586 (option 3) for support and advice or to book your place at a Feeding my baby session.

Mondays

10-11.30am **Derwent Family Hub** on 9 October only

Tuesdays

10-11.30am **Becket Family Hub** on 12 September only

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** starts on 5 September

Wednesdays

9.30-11am **Derwent Family Hub** Fortnightly starting on 13 September
9.30-11am **Osmaston Allenton Family Hub** starts on 6 September

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. **Runs on alternate weeks.**

Wednesdays

1.30-3pm **Osmaston Allenton Family Hub** starts on 13 September

Dads Space | Drop-in sessions

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** starts on 21 September

Aquarius MPACT programme | Booking required 8 week programme

Moving Parents and Children Together Programme (M-PACT) is an 8 week whole family, structured support programme which aims to improve the well-being of children and families affected by substance misuse.

Thursdays

5.30-7.30pm **Becket Family Hub** starts on 14 September
5.30-7.30pm **Mackworth Morley Family Hub** starts on 14 September

Referrals to be made directly to Aquarius on derby@aquarius.org.uk or 01332 362744

Physical and Mental Health Support

Bridge the Gap | Drop-in sessions

Our experienced counsellor and mental health nurse will provide a safe space for parents to talk through their worries about their child's behaviours and emotions, helping them adapt to changes when a new baby is due in the family. Craft activity and story sessions will be on offer with a focus on families with children under 5.

Tuesdays

11am - 12.30pm **Sinfin Family Hub** starts on 12 September
1.30pm - 3pm **Derwent Family Hub** starts on 12 September

Wednesdays

9.30-11.30am **Rosehill Family Hub** starts on 13 September
1.30-3.30pm **Mackworth Morley Family Hub** starts on 13 September

Feel good Friday! | Drop-in sessions

Every Friday in each Family Hub we are opening the doors to every family to join our feel good 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.

Fridays - starting on 15 September

9.30-10.30am **Becket Family Hub**
9.30-10.30am **Rosehill Family Hub**
9.30-11am **Sinfin Family Hub**
10-11am **Derwent Family Hub**
10-11am **Mackworth Morley Family Hub**
10-11.30am **Osmaston Allenton Family Hub**

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.

Tuesdays

10am-12pm **Osmaston Allenton Family Hub** starts on 5 September

Referrals to be made directly to Aquarius on derby@aquarius.org.uk or call 01332 362744

What's on for: Under 5's

Peep - Early Maths | 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 early math's development. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification. **Please ring to book.**

Wednesdays

10-11.30am **Osmaston Allenton Family Hub** starts on 13 September

Fridays

10-11.30am **Derwent Family Hub** starts on 15 September

Peep - Communication and Language | 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 communication and language development. This programme is for 3-4 year olds. Create a memory folder of all the activities you and your child do together and achieve a nationally recognised qualification.

Tuesdays

10-11.30am **Becket Family Hub** starts on 12 September
1.30-3pm **Mackworth Morley Family Hub** starts on 12 September

Daddy and Me Sessions with Connected Perinatal Support

Dad's and co-parents are all welcome to join us for well-being sessions with their little ones on the following dates:

Friday 29 September

9.30am-12pm **Mackworth Morley Family Hub**

Thursday 12 October

1-4pm **Rosehill Family Hub**

Monday 30 October

9.30am-12pm **Osmaston Allenton Family Hub**
1-5pm **Sinfin Family Hub**

What's on for: Under 5's

Stay and Play | Booking required - starts 11 September 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.

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 **Mackworth Morley Family Hub**

Fridays

10-11.30am **Rosehill Family Hub**

Play, Dance, Move! Booking required - 3 week programme

Play, Dance, Move is an exciting creative dance class for little movers aged 0-5 years (*and their grown-ups!*). The sessions use stories and props to allow children to explore moving their bodies in a fun and accessible way. Each session will be different and allow children to develop physical skills, confidence, and creativity! These sessions are led by outside organisation Déda and supported by their *Move Me!* Project, supporting children and families to develop through dance.' **Please ring to book.**

Tuesdays

9.30-11.30am **Sinfin Family Hub** 3, 10 and 17 October
1-3pm **Osmaston Allenton Family Hub** 3, 10 and 17 October

Wednesdays

9.30-11.30am **Mackworth Morley Family Hub** 4, 11 and 18 October
1- 3pm **Derwent Family Hub** 4, 11 and 18 October

Thursdays

1-3pm **Becket Family Hub** 5, 12 and 19 October

Speech and language support

Early Support Group (Referral only)

A 10 week 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. In November 2023 Speech and Language Therapy Staff will be working with Family Visitors at the Early Support Group at Rosehill Family Hub. **For 22 months – 4 years.**

Mondays

1.30-2.30pm **Mackworth Morley Family Hub** starts on 11 September

Wednesdays

1-3pm **Fairdene Court, Rosehill Family Hub** starts on 13 September

Wellcomm to Words (Referral only)

A fun stimulating play-based group, to support children's language, using intervention activities from the Big Book of Ideas. A 7-week programme of support, including 10 interventions you can use at home to support your child's speaking and understanding. **For 2 – 4 years.**

Tuesdays

10-11am **Mackworth Morley Family Hub** starts on 12 September

Wednesdays

1.30 - 2.30pm **Sinfin Family Hub** starts on 13 September
1.30 - 2.30pm **Becket Family Hub** starts on 13 September

Fridays

1.30 - 2.30pm **Derwent Family Hub** starts on 8 September

Lets Talk at Home (Referral only)

Learning using our simple tips - Together Time, Word Time, Book Time and Talk Time. **For 18 months – 4 years.**

Wednesdays

10-11am **Mackworth Morley Family Hub** starts on 13 September

Thursdays

10-11am **Becket Family Hub** starts on 14 September

Fridays

1.30 - 2.30pm **Sinfin Family Hub** starts on 15 September