

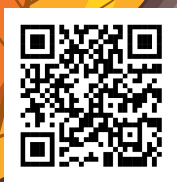


**FamilyHubDerby**

Stronger families through support & friendship

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

## September - December 2024



Please scan for further information



Funded by  
UK Government



Derby City Council

Community Action

NHS

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# 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](mailto:BecketFamilyHub@derby.gov.uk)



## **Derwent Family Hub**

Monmouth Street  
Derby, DE21 6BD  
01332 641010  
[DerwentFamilyHub@derby.gov.uk](mailto:DerwentFamilyHub@derby.gov.uk)



## **Mackworth Morley Family Hub**

Reigate Drive, Mackworth,  
Derby, DE22 4EQ  
01332 208175  
[MackworthMorleyFamilyHub@derby.gov.uk](mailto:MackworthMorleyFamilyHub@derby.gov.uk)



## **Osmaston Allenton Family Hub**

60 Cockayne Street North  
Allenton, Derby, DE24 8XB  
01332 956850  
[OsmastonAllentonFamilyHub@derby.gov.uk](mailto:OsmastonAllentonFamilyHub@derby.gov.uk)



## **Rosehill Family Hub**

17-19 Lower Dale Road  
Derby, DE23 6WY  
01332 641315  
[RosehillFamilyHub@derby.gov.uk](mailto:RosehillFamilyHub@derby.gov.uk)



## **Sinfin Family Hub**

345 Sinfin Lane, Sinfin Moor  
Derby, DE24 9SF  
01332 956967  
[SinfinFamilyHub@derby.gov.uk](mailto:SinfinFamilyHub@derby.gov.uk)



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



# Start for Life

**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](https://derby.gov.uk/family-hub)

Scan here to watch our  
Start for Life video



## 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.**

<b>Wednesdays</b>	12noon-1pm	Derwent	Starts 6 Nov
	5-6pm	Becket (online)	Starts 10 Sep
	5:30-6:30pm	Mackworth Morley	Starts 18 Sep
<b>Thursdays</b>	1:30-2:30pm	Sinfin	Starts 7 Nov
	1:30-2:30pm	Osmaston Allenton	Starts 12 Sep

## 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. Limited creche places available. **Please contact a Family Hub to find out more about this programme and register your interest.**

<b>Fridays</b>	12noon-3pm	Becket	Starts 11 Oct
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## Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered 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. **Please ring to book.**

<b>Mondays</b>	9, 16 and 23 Sep	12:30-2:30pm	Sinfin
	11, 18 and 25 Nov	12:30-2:30pm	Sinfin
<b>Tuesdays</b>	10, 17 and 24 Sep	10am-12noon	Becket
	12, 19 and 26 Nov	10am-12noon	Becket
<b>Thursdays</b>	3, 10 and 17 Oct	12:30-2:30pm	Osmaston Allenton
	5, 12 and 19 Dec	12:30-2:30pm	Osmaston Allenton
<b>Thursdays</b>	3, 10 and 17 Oct	12:30-2:30pm	Rosehill
	5, 12 and 19 Dec	12:30-2:30pm	Rosehill
<b>Fridays</b>	4, 11 and 18 Oct	11am-1pm	Derwent
	6, 13 and 20 Dec	11am-1pm	Derwent
	13, 20 and 27 Sep	12:30-2:30pm	Mackworth Morley
	15, 22 and 29 Nov	12:30-2:30pm	Mackworth Morley

## Bump to Babies | Connected Perinatal Support

Come and meet other parents with babies and other people who are pregnant for relaxed chat, a hot drink and a biscuit or two. Friendly Peer Supporters run all of our Bump to Babies sessions and will make sure you feel welcome from the moment you walk in! **No need to book.**

**Mondays**                      10-11:30am                      Becket

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## Dads Space with Connected Perinatal Support and Derby County Community Trust

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 and Lucas from Derby County Community Trust will make sure you feel welcome from the moment you walk in. **No need to book.**

**Thursdays**                      10am-12noon                      Derwent

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## Pregnancy support walk and talk | With Livewell

Come and meet expectant parents and families for a walk and talk. For further details please call **Emma Winchester on 07796 557213. No need to book, just pop in for a cuppa and a chat!**

**Tuesdays**                      1-2pm                      Derwent                      Starts 10 Sep

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# 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.**

<b>Tuesdays</b>	9:30-11am 1:30-3pm	Rosehill Mackworth Morley
<b>Wednesdays</b>	1:30-3pm	Derwent
<b>Fridays</b>	9:30-11am 1:30-3pm	Osmaston Allenton Becket

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## Breastfeeding Club | Booking required

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

<b>Mondays</b>	11am-12noon	Derwent
<b>Tuesdays</b>	11am-12noon 1-2pm	Rosehill Sinfin
<b>Fridays</b>	11am-12noon	Becket

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## 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 12pm for tea and toast first. **For further details please call. Emma Winchester on 07796 557213.**

<b>Fridays</b>	1-2pm	Becket
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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.**

<b>Mondays</b>	10am-12noon	Becket
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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.**

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

## Child Health Clinic | Booking required

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

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

## 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.**

<b>Fridays</b>	9:30-10:30am	Becket	Starts 13 Sep
	11:30am-12:30pm	Derwent	Starts 13 Sep
	11:30am-12:30pm	Sinfin	Starts 13 Sep



## Solihull Approach

### 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 for children. Refreshments will be provided.

<b>Monday</b>	1-3pm	Sinfin
<b>Tuesdays</b>	1-3pm	Becket
	1-3pm	Derwent

### 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](https://inourplace.co.uk/derby)

## Understanding Children's Behaviour | 6 weeks

A programme to support parents/carers only, who would like some support and strategies around their child's behaviour. Our practitioners will offer you advice, information and guidance to support an increased understanding of your child's changing needs as they grow and develop and how best to support them. We offer programmes for parents/carers of children aged 2-6 or 6-11. **Please contact a Family Hub for further details.**

### Parents/carers of children aged 2-6

<b>Mondays</b>	9:30am-10:30am	Becket (online)	2-6 years
<b>Tuesdays</b>	1pm-2pm	Becket (online)	6+ years
<b>Thursdays</b>	1:30-2:30pm	Derwent	





"Supporting brighter futures, one pregnancy at a time"

## Free support for parents throughout pregnancy and early parenthood

Friendly 1-1 support for pregnant parents



Free groups for all mums, dads, partners and carers with babies and children

Dads' groups and Dads' podcast

Volunteer peer supporter training

We recognise that every pregnancy, labour, birth and early parenthood experience is different and offer a range of tailored individual and group support

Tel: 07719064014 or 01332 412561

[www.connectedperinatalsupport.org](http://www.connectedperinatalsupport.org)



# INTERESTED IN BECOMING A PERINATAL PEER SUPPORTER?

Volunteer opportunity!

"I feel so much more knowledgeable and my confidence has grown so much"



Would you like to support someone through pregnancy or labour and birth?

Would you like to support a new parent through the early days of parenthood?

Could you support parents to meet others in their community?

Do you have a kind, caring approach?

No specific qualifications or experience needed - we love to embrace volunteers for who they are

Contact us for more information

01332 412 561  
07719 064 014



"Supporting brighter futures, one pregnancy at a time."

## 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.connectedperinatalsupport.org](http://www.connectedperinatalsupport.org)

# What's on for: Under 5s

## Deda – Move Me! | Ongoing programme | Term time only

Move Me! is a programme designed to explore development of children's skills through dance, movement, play and arts activities. **Limited places available, booking is advised.**

**Tuesdays** 1-2:30pm Osmaston Allenton

**Wednesdays** 9:30-11am Derwent

## HENRY | 2-5 year olds | 8 week programme

This is a free eight week fun programme that will help give young children aged 2 to 5 years a good start in life. The programme helps the whole family adopt a healthier lifestyle, creates more opportunities to play with your children, and helps parents to support their children's health and social development. **Free creche facilities available.**

**Wednesdays** 1-3pm Osmaston Allenton Starts 11 Sep

## HENRY workshops | Booking required

Come along to find out more about the HENRY programme and future courses.

### Fussy eating

<b>Tue 24 Sep</b>	10am-12pm	Blagreaves Library
<b>Fri 27 Sep</b>	12:30-2:30pm	Mackworth Morley
<b>Thu 12 Dec</b>	9:30-11:30am	Becket

### Healthy Teeth

<b>Wed 23 Oct</b>	1:15-3:15pm	Derwent
<b>Fri 8 Nov</b>	9:30-11am	Rosehill
<b>Tue 26 Nov</b>	10am-12pm	Osmaston Allenton

### Eat well for less

<b>Thu 26 Sep</b>	9:30-11:30am	Becket
<b>Tue 29 Oct</b>	10am-12noon	Sinfin
<b>Fri 22 Nov</b>	12:30-2:30pm	Mackworth Morley



# What's on for: Under 5s

## Peep Group | 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.

### Communication and language

**Tuesdays** 1:30-3pm Mackworth Morley Starts 10 Sep

### Health and physical development

**Fridays** 9:30-11am Derwent Starts 13 Sep

### Personal, social and emotional development

**Tuesdays** 10-11:30am Becket Starts 10 Sep

### Early Literacy

**Wednesdays** 10am-11:30am Alvaston Library and Learning Centre, 1252 London Road, Alvaston DE24 8QP Starts 11 Sep

### Early Maths

**Tuesdays** 1:30-3pm Sinfon Starts 10 Sep

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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  
1:30- 3pm Derwent  
1:30-3pm Arboretum Park, Arboretum Square, Rosehill Street, Derby DE23 8FR (Rosehill Family Hub)

**Wednesdays** 10-11:30am Sinfon  
1:30- 3pm Osmaston Allenton

**Thursdays** 1:30-3pm Mackworth Morley

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## Weigh, Play and Stay

A new drop in for asylum seekers and refugees. Join us to play with your baby or child, make new friends and meet our health team. Refreshments will be provided. **Please call or text Dee on 07812 300457 for more information.**

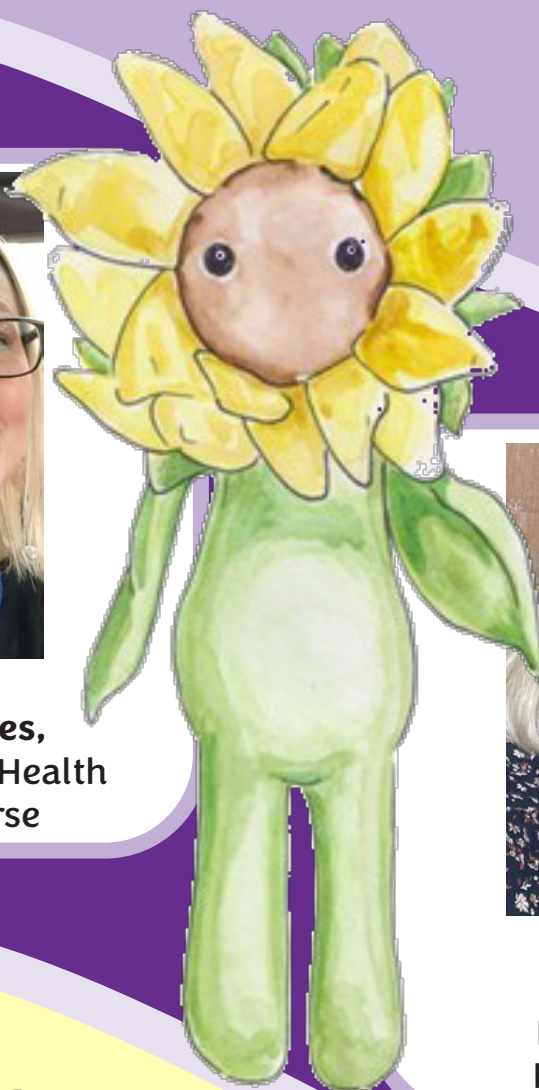
**Mondays** 1-3pm Rosehill

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# Perinatal Mental Health Support



**Corrina  
Davies-Fowkes,**  
Perinatal Mental Health  
Outreach Nurse



**Ali Clarke,**  
Perinatal  
Mental Health  
Nursery Nurse



**FamilyHubDerby**

Stronger families through support & friendship

We will be visiting the hubs and dropping into sessions, please ask a member of staff if you feel you would like to discuss anything in relation to mental health

# 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



www.inourplace.co.uk



Residents of DERBY



Use Access Code  
**MARKEATON**

In paid partnership with:

# 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



www.inourplace.co.uk



Residents of DERBY



Use Access Code  
**MARKEATON**

In paid partnership with:

TRIPLE P ONLINE FOR BABY

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

FREE IN DERBY

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

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

## Why Triple P works

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

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

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

<b>Information sessions</b>	Mon 9 Sep	9:30-11am	Mackworth Morley	Wed 2 Oct	9:30-11am	Sinfin
	Fri 13 Sep	9:30-11am	Rosehill	Thu 24 Oct	1:30-3pm	Derwent
	Tue 17 Sep	9:30-11am	Osmaston Allenton	Thu 5 Nov	1:30-3pm	Becket

## START TODAY – IT’S COMPLETELY FREE!

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

Find out more at your local Family Hub

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

Phone: 01332 643972

Triple P is brought to parents by Family Hub Derby  
\*Be quick! Free access can only be offered while funding is available!

Scan here to find out more about the course



# Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.

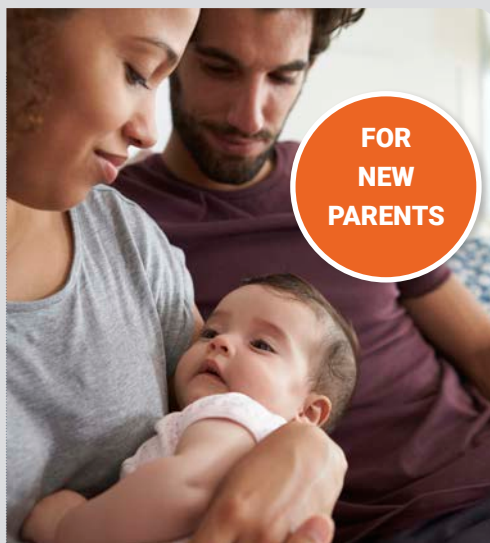


FOR  
ALL  
PARENTS

## Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR  
NEW  
PARENTS

## Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR  
SEPARATING  
PARENTS

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)







# 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](https://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](https://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](mailto:FIS@derby.gov.uk)

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

Signing service [derby.gov.uk/signing-service](https://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](http://www.uhdb.nhs.net) or scan the QR code



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

## Trinity Warriors Ages | 5+



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 **Leon Haywood** on **07792 510170** for further information.

<b>Thursdays</b>	5-6pm	Osmaston Allenton
<b>Fridays</b>	5-6pm	Sinfin
<b>Fridays</b>	5-6pm	Becket

## Freedom Foundation | Age 8+



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

<b>Thursdays</b>	4:30pm-6pm	Becket
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## 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 Ed at Sporting Communities for more information - [Ed@sportingcommunitiescic.org](mailto:Ed@sportingcommunitiescic.org) or 07734 230650.**

<b>Thursdays</b>	6-7pm	Mackworth Youth and Community Centre, Prince Charles Avenue, Mackworth, Derby DE22 4FN
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## Empower | 11-12 year olds



Empower aims to support young people to manage their psychological wellbeing and physical health to fulfil a happier, healthier lifestyle. Weekly sessions will include fun games and physical activity in combination with valuable, interactive wellbeing workshops delivered by our coaches. Referrals can be made through the Empower page on the Derby County Community Trust webpage. Contact Chelsea for more information - [chelsea.moore@dcct.co.uk](mailto:chelsea.moore@dcct.co.uk) or go to [www.derbycountycommunitytrust.com/empower-1](http://www.derbycountycommunitytrust.com/empower-1)

<b>Tuesdays</b>	4:30-5:45pm	Derwent	Starts 10 Sep
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# What's on for: 5 - 19 year olds

## Premier Education | Age 11+



Activities such as fencing, handball, lacrosse, tchoukball as well as character building skills.

Booking required, **please contact James [jjennison@premier-education.com](mailto:jjennison@premier-education.com) or 07980 276488.**

## Active Hands School Holiday Programme: Engineering and Joinery | 11-16 year olds



Run by a friendly team of experienced engineers and youth workers, we will support you to learn new skills. No experience is needed and personal protective equipment, lunch and refreshments provided. **Please get in touch with Ruth Hardy to book [ruth@engineeredlearning.co.uk](mailto:ruth@engineeredlearning.co.uk).**

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

## Tackle it! | Tackle it Gaming! For boys age 12-17



Tackle It is Derby County Community Trust's wellbeing programme. A chance to chat, socialise and take part in fun activities, supporting young people's wellbeing. **Contact Morgan Stanley for more information - [Morgan.stanley@dcct.co.uk](mailto:Morgan.stanley@dcct.co.uk) or 07494 517324.** No booking required, just turn up!

**Mondays**                      6-7:30pm                      Osmaston Allenton

## Community One | 12-16 year olds



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

**Mondays**                      5-7pm                              Rosehill

**Tuesdays**                    5-7pm                              Arboretum Park

## Supporting Communities | 13-16 year olds



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 Lemar Carlin [lemar@sportingcommunitiescic.org](mailto:lemar@sportingcommunitiescic.org)

**Tuesdays**                      6-7:30pm                      Derwent                      Start 17 Sep

# What's on for: 5 - 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.**

<b>Tuesdays</b>	5-7pm	Sinfin
<b>Wednesdays</b>	5-7pm	Mackworth Youth and Community Centre, Prince Charles Avenue, DE22 4FN
<b>Thursdays</b>	5-7pm	Derwent
<b>Fridays</b>	4:30-6:30pm	Osmaston Allenton

## Youth Matters Train4Change | 14+ | 10 weeks



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

<b>Thursdays</b>	4pm	Derwent	Start 9 Sep (excluding half term)
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# Speech and language support

## 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.**

**Tuesdays** 10-11am Mackworth Morley

**Tuesdays** 1:30-2:30pm Osmaston Allenton

**Wednesdays** 1:30-2:30pm Rosehill

**Thursdays** 10-11am Becket

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## REAL | with Deda and Derby Theatre | 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 and you will be provided with **FREE** tickets to events at Deda and Derby Theatre. Interpreters will be provided for BSL or EAL families interested in the project. To express your interest, please email [lisa.sandercock@derby.gov.uk](mailto:lisa.sandercock@derby.gov.uk).

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## 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

**Wednesdays** 1:30-2:30pm Becket

**Thursdays** 1:30-2:30pm Rosehill

**Fridays** 1:30-2:30pm Derwent

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# SEN Support

The following workshops are suitable for families of children and young people 0-19 who have or might have Autism or ADHD. 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 sessions

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

<b>Tuesday 24 Sep</b>	6-8pm	Sinfin
<b>Wednesday 16 Oct</b>	1-3pm	Derwent
<b>Monday 9 Dec</b>	1-3pm	Becket

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## What is ADHD | Support sessions

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

<b>Monday 23 Sep</b>	1-3pm	Becket
<b>Tuesday 10 Dec</b>	12:30-2:30pm	Mackworth Morley

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## Using Visual Resources

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.

<b>Wednesday 6 Nov</b>	9:30-11:30am	Derwent
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## Communicative Behaviour

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

<b>Monday 14 Oct</b>	9:30-11:30am	Rosehill
<b>Tuesday 5 Nov</b>	9:30-11:30am	Osmaston Allenton

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## Understanding Social Communication

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

<b>Tuesday 3 Dec</b>	10-11:30am	Sinfin
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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](mailto:mackworthmorleyfamilyhub@derby.gov.uk) to book or text 07812 301430.**

**Tuesdays** 9:30-11:30am Mackworth Morley 3 Sep, 1 Oct, 5 Nov and 3 Dec

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## Early Support Group | Referral only

### 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. **Three sessions in the hub and three supportive telephone contacts.**

<b>Mondays</b>	1:30-2:30pm	Osmaston Allenton
	1:30-2:30pm	Mackworth Morley
<b>Wednesdays</b>	9:30-10:30am or 10:30-11:30am	Rosehill
	1:30-2:30pm	Becket
<b>Fridays</b>	9:30-10:30am	Sinfin

### Drop ins

Come along to our informal drop ins, meet our practitioners for individual support or just come along for a safe space for your child to play and meet other parents. **No need to book.**

<b>Monday 30 Sep</b>	1-3pm	Becket
<b>Tuesday 19 Nov</b>	9:30-11:30am	Mackworth Morley
<b>Tuesday 10 Dec</b>	9:30-11:30am	Osmaston Allenton

### 5-11 year olds programme | 6 weeks

Support for parents/carers with children of primary school age who are awaiting assessment or diagnosed with ASC/ADHD. Our practitioners will offer you strategies which will support you in managing your child's needs, behaviours and how to manage this, emotional regulation, sensory needs and signposting to services. **Please contact a Family Hub for further details of sessions in Family Hubs or delivered virtually.**

**Wednesdays** 10:30-11:30am Derwent Starts 11 Sep & 13 Nov

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## 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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# Support groups

## Aquarius Parenting Programme | Booking required



Start for Life

Want to build a healthier life style but need some support? This programme helps parents who may struggle with alcohol or substance misuse to build a healthier life together. **Referrals to be made directly to Aquarius on [derby@aquarius.org.uk](mailto:derby@aquarius.org.uk) or call 01332 362744.**

## Bridge the Gap | Free drop-in sessions



Start for Life

### 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 Starts 10 Sep

### Introducing Emotions | 10 week course

Introducing emotions course for 0-2 year olds. Play and creativity based gentle introduction to emotional literacy. Activities and ideas parents can continue at home.

**Thursdays** 9:30-11:30am Becket Starts 12 Sep

## Childminders Group | Drop-in sessions

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

**Tuesdays** 9:30-11:30am Becket

## 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.

## Hub Club | Drop-in sessions



Start for Life

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/carer Family Hub groups. **No need to book, just come along.**

**Mondays** 10-11:30am Rosehill  
**Tuesdays** 2-3pm Sinfin  
**Thursdays** 1:30-3pm Derwent (supported by Bridge the Gap)  
**Fridays** 9:30-11am Becket  
9:30-11am Mackworth Morley  
9:30-11am Osmaston Allenton

## Young parents group | Drop-in sessions



Start for Life

Are you new parents Under 25? Why not come for a cuppa and join our relaxed group full of activities and where you can meet other young parents and chat about topics that matter to you.

**Wednesdays** 1:30-3pm Osmaston Allenton



# 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.**

<b>Mondays</b>	9:30-11:30am	Osmaston Allenton	Start 16 Sep
<b>Tuesdays</b>	12:30-2:30pm	Rosehill	Starts 17 Sep
<b>Wednesdays</b>	9:30-11:30am	Becket	Starts 18 Sep
<b>Thursdays</b>	9:30-11:30am	Sinfin	Starts 19 Sep
<b>Fridays</b>	9:30-11:30am	Mackworth Morley	Starts 20 Sep

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

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

<b>Fri 13 &amp; 20 Sep</b>	9:30am-3pm	Derwent
<b>Wed 2 &amp; Fri 4 Oct</b>	9:30am-3pm	Rosehill
<b>Wed 30 Oct &amp; 6 Nov</b>	9:30am-3pm	Mackworth Morley
<b>Fri 1 &amp; 8 Nov</b>	9:30am-3pm	Sinfin
<b>Wed 20 &amp; Fri 22 Nov</b>	9:30am-3pm	Rosehill
<b>Fri 6 &amp; 13 Dec</b>	9:30am-3pm	Osmaston Allenton

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# Cost of living – help when you need it

## Family Budgeting | Cost of Living | 5 week course

Worried about the rising cost of living? This course will look at ways to help you manage your money, giving you more control over your finances. You will also look at how to help your child with fun family maths activities. Each family will be given a **FREE 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. **Please contact a Family Hub for further details.**

<b>Mondays</b>	9:30-11:30am	Mackworth Morley	Starts 4 Nov
<b>Wednesdays</b>	12:45-2:45pm	Sinfin	Starts 17 Sep
<b>Thursdays</b>	10am-12noon	Derwent	Starts 19 Sep

## Jubilee | Drop-in sessions | Fortnightly

A drop-in advice session supporting you to get back on your feet offering a safe place to talk about your money problems. **No appointment needed.**

<b>Thursdays</b>	11:30am-1pm	Osmaston Allenton
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## Money Management Workshops | Booking required

Join us to gain some good knowledge, skills, tips and advice in a range of workshops on offer. Relaxed learning with some fun activities. Complete three workshops and receive a £10 shopping voucher, SIM card and entry into monthly draw to win a prize. **Contact Klaudia (Direct Help & Advice) for more information and to book your place on 07458 104321.**

<b>Monday 16 Sep</b>	9:30-11:30am	Sinfin
<b>Thursday 10 Oct</b>	10am-12noon	Rosehill
<b>Friday 15 Nov</b>	9:30-11:30am	Derwent

## Supporting Families Employment Advisor

Personalised support for adults in finding work, benefits advice, accessing training/voluntary work, addressing debt and future ambitions. **Contact Louise Elliott to book an appointment at your local Family Hub on 07503 181888.**

## Food Bank | Referral only

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

<b>Thursdays</b>	11:30am-1pm	Osmaston Allenton
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**Think food  
Think support  
Think change**

The **Derby Food 4 Thought Alliance** supports people in Derby who are experiencing food insecurity, through food provision, signposting, support and advice.



## **Need support?**

If you need assistance please call **01332 346266** - we can provide you with a range of support including an emergency food provision.

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## **Want to donate?**

We rely on food and monetary donations from businesses and individuals. For enquiries or to donate, please email us.

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## **Interested in volunteering?**

We're always looking for volunteers to help with all kinds of tasks. For more information, please visit our website or email us.

**Website: [www.derbyfood4thoughtalliance.org.uk](http://www.derbyfood4thoughtalliance.org.uk)**

**Email: [info@df4ta.com](mailto:info@df4ta.com)**



The Derby Food 4 Thought Alliance is proud to be part of The Derby Community Hub - a multi-sector partnership, led by Community Action Derby. DF4TA is a registered charity (no. 1198665).



@DerbyFood4TA



@DF4TA



@DF4TA

# October half term

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

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

<b>Monday 28 Oct</b>	1-3pm	Derwent
<b>Tuesday 29 Oct</b>	10am-12noon	Becket
<b>Tuesday 29 Oct</b>	10am-12noon	Mackworth Morley
<b>Wednesday 30 Oct</b>	10am-12noon	Osmaston Allenton
<b>Thursday 31 Oct</b>	1-3pm	Sinfin
<b>Friday 1 Nov</b>	10am-12noon	Rosehill

# Festive holidays

## Family fun sessions | Booking required

Come and join us for festive arts & crafts, snacks, card making, music, games and a visit from Santa! Refreshments will be provided. **Limited places, please ring to book.**

<b>Wednesday 4 Dec</b>	Rosehill	1-2:30pm 3-4:30pm	Preschool School aged children
<b>Friday 6 Dec</b>	Mackworth Morley	1:30-3pm	0-5years
<b>Wednesday 11 Dec</b>	Osmaston Allenton	1:30-3pm	Under 5's
<b>Tuesday 17 Dec</b>	Derwent	10am-11:30am	0-5years
<b>Wednesday 18 Dec</b>	Sinfin	10-11:30am	Under 5's

**All six Family Hubs will be open:  
9am-5pm  
Fri 27, Mon 30 and Tue 31 Dec  
Thu 2 and Fri 3 Jan**

# JOIN US THIS WINTER

## HOLIDAY ACTIVITY AND FOOD IN DERBY

Scan here  
for more!



FREE HEALTHY MEAL

SPORTS COACHING

ARTS & CRAFTS

DRAMA AND DANCE

AND MORE...

Subject to availability

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

# 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 757991

[Alvaston.ChildrensCentre@derby.gov.uk](mailto:Alvaston.ChildrensCentre@derby.gov.uk)



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

3 Audrey Drive,  
Chaddesden,  
Derby DE21 4NP  
01332 642200

[AudreyDrive.ChildrensCentre@derby.gov.uk](mailto:AudreyDrive.ChildrensCentre@derby.gov.uk)



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

Browning Street  
Sunnyhill  
Derby DE23 8DN  
01332 640090

[AustinSunnyhill.ChildrensCentre@derby.gov.uk](mailto:AustinSunnyhill.ChildrensCentre@derby.gov.uk)



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

47b Holbrook Road,  
Alvaston,  
Derby DE24 0DD  
01332 956500

[Boulton.ChildrensCentre@derby.gov.uk](mailto:Boulton.ChildrensCentre@derby.gov.uk)

# Alvaston Children's Centre

## Baby Stay and Play (Peep) | Booking required

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** 10-11:30am

## Child Health Clinic | Booking required

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

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

## Introduction to working with children | Booking required

This six week course, delivered by Derby College, will provide you with an insight into working with children and the role of a practitioner and supporting children's needs.

**Tuesdays** 9am-12noon Enrol 1 Oct

## Stay and Play | Booking required

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

**Tuesdays** 10-11:30am

# Boulton Children's Centre

## Baby Stay and Play (Peep) | Booking required

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.**

**Thursdays** 9:30-10:30am

## Breastfeeding Club | Booking required

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

**Thursdays** 11am-12noon

## 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

## Understanding children's behaviour

See page 9 for further details.

**Thursdays** 1-2:30pm Starts 12 Sep

# Audrey Drive Children's Centre

## 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. **Please ring to book.**

**Tuesdays** 1:30-3pm

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## Baby Stay and Play (Peep) | Booking required

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.**

**Thursdays** 10-11:30am

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## Breastfeeding Club | Booking required

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

**Wednesdays** 1-2pm

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## Childminders Group | Drop-in sessions

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

**Tuesdays** 9:30-11am

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## Child Health Clinic | Booking required

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

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

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## Early Support Group | 2-4 year olds programme | Referral only

Support for families with children who are awaiting a referral to the Community Paediatrician 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.

**Thursdays** 10-11am

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## 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.

**Thursdays** 1:30-2:30pm

---

## Stay and Play | Booking required

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

**Wednesdays** 10-11:30am

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# Austin/Sunnyhill Children's Centre

## 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. **Please ring to book.**

**Tuesdays** 1:30-3pm

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

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

**Mondays** 4-6pm

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## Child Health Clinic | Booking required

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

**Mondays** 1-3pm

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

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

**Tuesdays** 10am-11am and 11:15am-12:15pm

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

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

### Communication and Language

**Thursdays** 1-2:30pm

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## Stay and Play | Booking required

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

**Thursdays** 10-11:30am

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# LGBT+

## FAMILY GROUP

FREE, THEMED MONTHLY SESSIONS FOR LGBT+ FAMILIES OF ANY SHAPE AND SIZE TO CONNECT.

10-12PM ON THE LAST SUNDAY OF THE MONTH  
AT 25 CURZON STREET, DERBY, DE1 1LH



TO BOOK ON, EMAIL US AT  
[SONIAT@DERBYSHIRELGBT.ORG.UK](mailto:SONIAT@DERBYSHIRELGBT.ORG.UK)  
OR CALL 01332 207 704



### 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

**Mondays 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.



# 52 Things to do before you're 5

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

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

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

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



**The Families  
Information Service**



Derby City Council



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



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

### **Punjabi**

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

### **Polish**

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

### **Slovak**

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

### **Urdu**

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

