BEST START IN LIFE

FamilyHubDerby
Stronger families through support & friendship

Your guide to what's on for 0-5's in Derby

April - August 2026

Please scan for further information

Ofsted Outstanding Provider

Funded by UK Government

Derby City Council

Community Action

NHS

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Locations:

Best Start Family Hubs

CC - Children's Centres

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

What are Best Start Family Hubs?

Get the advice and support you need whilst having fun as a family! Derby's Best Start 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.

Best Start Family Hub – Becket
35 Stockbrook Street
Derby, DE22 3WR
01332 640250
BecketFamilyHub@derby.gov.uk

Best Start Family Hub – Derwent
Monmouth Street
Derby, DE21 6BD
01332 641010
DerwentFamilyHub@derby.gov.uk

Best Start Family Hub – Mackworth Morley
Reigate Drive, Mackworth, Derby, DE22 4EQ
01332 640040
MackworthMorleyFamilyHub@derby.gov.uk

Best Start Family Hub – Osmaston Allenton
60 Cockayne Street North
Allenton, Derby, DE24 8XB
01332 956850
OsmastonAllentonFamilyHub@derby.gov.uk

Best Start Family Hub – Rosehill
17-19 Lower Dale Road
Derby, DE23 6WY
01332 641315
RosehillFamilyHub@derby.gov.uk

Best Start Family Hub – Sinfin
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 or scan here for further information

What are Children's Centres?

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

Where to find us

Alvaston Children's Centre
875 London Road,
Alvaston,
Derby DE24 8UY
01332 640160
Alvaston.ChildrensCentre@derby.gov.uk

Audrey Drive Children's Centre
3 Audrey Drive,
Chaddesden,
Derby DE21 4NP
01332 642200
AudreyDrive.ChildrensCentre@derby.gov.uk

Austin Sunnyhill Children's Centre
Browning Street
Sunnyhill
Derby DE23 8DN
01332 640090
AustinSunnyhill.ChildrensCentre@derby.gov.uk

Boulton Children's Centre
47b Holbrook Road,
Alvaston,
Derby DE24 0DD
01332 956500
Boulton.ChildrensCentre@derby.gov.uk

BEST START IN LIFE

HEALTHY BABIES

Best Start Family Hubs welcome mums and birthing people, dads and birthing partners living in Derby to attend activities at any Family Hub. This is a free offer available from pregnancy to 2 years old.

The Best Start Healthy Babies 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 Dads and non-birthing parents
- Breastfeeding clubs and infant feeding support
- Infant Massage
- Parenting support and courses
- Stay and Play sessions and much more!

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

Scan here to register online

Scan here to go to our YouTube channel

What's on for: Parents to be

Bump to Babies | Connected Perinatal Support

A relaxed, drop-in group for anyone pregnant or expecting a baby, and mums, dads, partners and families with babies under 2 years old. Friendly peer supporters run all of our Bump to Babies sessions and will make you feel welcome from the moment you arrive, and will be ready with a drink and a biscuit or two. There are toys for little ones to play with while you have a chance to meet other parents and chat to peer supporters. **No need to book.**

Mondays	10-11:30am	Best Start Family Hub - Becket
Thursdays	10am-12noon	Audrey Drive CC

Mums, bumps and babies – perinatal exercise | With Livewell | Booking required

A mixture of strength, flexibility and aerobic exercise for expectant and new (12 weeks+) parents, delivered by a perinatal exercise specialist. Babies are welcome too. Light refreshments and social time will be included. **For bookings and more information please contact Emma Winchester on 07796 557213. Scan the QR Code for more information.**

Wednesdays	11:30am-1pm	Best Start Family Hub - Derwent

Help to stop smoking for pregnant women | Referral only

Maternity services are now supporting you to find a way to quit for good and stop smoking tobacco. If you haven't already received a referral, or wish to be re-referred, please speak to your community midwife or call Live Life Better Derbyshire on **0800 085 2299** or **01629 538200**.

Tuesdays	9:30am-4pm	Best Start Family Hub - Rosehill
NEW! Wednesdays	9:30am-4pm	Best Start Family Hub - Mackworth Morley Starts 15 Apr
Fridays	9:30am-4pm	Best Start Family Hub - Osmaston Allenton

Perinatal weight management | With Livewell | Booking required

Come and speak to a friendly perinatal specialist for tailored support in keeping healthy and well during pregnancy, and/or realistic support for post-natal weight loss. Sessions focus on safe nutrition, activity and well-being to help manage weight during pregnancy and beyond, and will further support you to give your baby the best start. **For bookings and more information please contact Emma Winchester on 07796 557213.**

Tuesdays	12noon-3pm	Best Start Family Hub - Rosehill

What's on for: Parents to be

Antenatal Peep | 5 week rolling programme

Get to know your baby, find out how their brain is developing and how you can begin to build your relationship even before they are born. We welcome all expectant parents. **Please scan the QR code to find out more about the session and email DerwentFamilyHub@derby.gov.uk or Boulton.ChildrensCentre@derby.gov.uk for your link to join the sessions.**

Thursdays	12:30-1:30pm	Online	Contact Best Start Family Hub - Derwent or Boulton CC for the link

Preparation for parenthood | Booking required | 3 week programme

Sessions are delivered for Derby City Families only by the Health Visitor (Session 1), Midwives and Connected (Session 2) and the Infant Feeding Team (Session 3).

Safe sleep practices, managing minor illnesses, emotional wellbeing and attachment to your new baby, baby brain development, practical aspects of preparing for your baby, and healthy life choices through pregnancy and beyond. The second session led by midwifery will include: labour and birth, pain relief, and possible complications and at the end the Connected Services will introduce their services to you. The third session, run by the Infant Feeding Team, will explore infant feeding choices. All pregnant individuals are welcome to along with their partner/significant other. **To book, please scan the QR Code, go to Eventbrite and search for 'Preparation for Parenthood' in Derby, or text ChatHealth Service on 07507 327754.**

Mondays	13, 20 & 27 Apr	10am-12noon	Best Start Family Hub - Osmaston Allenton
	6, 13 & 20 Jul	1-3pm	Best Start Family Hub - Becket
Tuesdays	5, 12 & 19 May	12:30-2:30pm	Audrey Drive CC
Wednesdays	5, 12 & 19 Aug	10am-12noon	Alvaston CC
Thursdays	2, 9 & 16 Jul	1-3pm	Best Start Family Hub - Sinfin
Fridays	10, 17 & 24 Apr,	12:30-2:30pm	Best Start Family Hub - Mackworth Morley
	1, 8 & 15 May	1-3pm	Best Start Family Hub - Becket
	5, 12 & 19 June	12:30-2:30pm	Best Start Family Hub - Mackworth Morley

What's on for: New parents

Breastfeeding Club | Booking required

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

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

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. **Please ring to book. For further details please call Emma Winchester on 07796 557213. Scan the QR Code for more information.**

Thursdays	1:30-2:30pm	Best Start Family Hub - Sinfin

Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Babies need to be pre-mobile and to have had their 8 week GP check to attend. **Please ring to book.**

Mondays	10-11:30am	Best Start Family Hub - Mackworth Morley
Tuesdays	1:30-3pm	Best Start Family Hub - Rosehill
Wednesdays	10-11:30am	Boulton CC
	1:30-3pm	Best Start Family Hub - Derwent
Thursdays	1-2:30pm	Austin Sunnyhill CC
	10-11:30am	Best Start Family Hub - Becket
Fridays	1:30-3pm	Best Start Family Hub - Sinfin
	1:30-3pm	Best Start Family Hub - Osmaston Allenton

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

Baby Stay and Play (Peep) | Booking required | ongoing group | For pre walkers only.

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	9:45-10:45am	Best Start Family Hub - Derwent
	10-11:30am	Alvaston CC
Tuesdays	10-11:30am	Best Start Family Hub - Osmaston Allenton
Wednesdays	10-11:30am	Best Start Family Hub - Becket
	1:30-3pm	Best Start Family Hub - Mackworth Morley
Thursdays	1:30-3pm	Best Start Family Hub - Sinfin
Fridays	1:30-3pm	Best Start Family Hub - 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**.

Mondays	9:30am-12noon	Alvaston CC
	1-3pm	Austin Sunnyhill CC
	1-3pm	Best Start Family Hub - Rosehill
Tuesdays	9:30am-12noon	Audrey Drive CC
	1-3pm	Best Start Family Hub - Sinfin
Wednesdays	9:30am-3pm	Best Start Family Hub - Mackworth Morley
Thursdays	9:30am-12noon	Best Start Family Hub - Osmaston Allenton
	1-3pm	Best Start Family Hub - 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.**

Fridays	9:30-10:30am	Best Start Family Hub - Becket
	11:30am-12:30pm	Best Start Family Hub - Derwent
	1:30-2:30pm	Best Start Family Hub - Sinfin

NEW! Mother and baby wellbeing | 5 week programme

Connect with your baby in a relaxing and mindful way. Sessions include mum and baby self-care and story massage. This programme is for babies from 8 weeks up until they start to crawl. **Please ring to book.**

Tuesdays	10-11:30am	Best Start Family Hub - Osmaston Allenton
Thursdays	1-2:30pm	Best Start Family Hub - Becket
Fridays	10-11:30am	Best Start Family Hub - Mackworth Morley

What's on for: Under 5s

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	Best Start Family Hub - Becket
	10-11:30am	Boulton CC
	1:30-3pm	Arboretum Park, Arboretum Square, Rosehill Street, Derby DE23 8FR (Best Start Family Hub - Rosehill)
	1:30-3pm	Best Start Family Hub - Derwent
Tuesdays	9:45-11:15am	Alvaston CC
Wednesdays	10-11:30am	Best Start Family Hub - Sinfin
	1:30-3pm	Best Start Family Hub - Osmaston Allenton
Thursdays	10-11:30am	Austin Sunnyhill CC
	1:30-3pm	Best Start Family Hub - Mackworth Morley
	1:30-3pm	Audrey Drive CC
Fridays	10-11:30am	Boulton CC

Messy play | Booking required | Term time only | 12 months+

Encouraging creativity and sensory exploration through messy play. Where imagination flows and little hands make big discoveries. Wear suitable clothing and bring a towel. **Please ring to book.**

Tuesdays	1:30-2:30pm	Best Start Family Hub - Osmaston Allenton	
NEW! Fridays	1:30-2:30pm	Best Start Family Hub - Becket	Starts 17 Apr

Tea and Tots with Connected Perinatal Support | Ongoing group

A relaxed drop-in group for expectant mums, dads and partners and anyone with a child under 5. Come and meet our friendly peer supporters and other families and have a drink, a biscuit and a chat. There are toys for babies, toddlers and pre-schoolers and our peer supporters will make you feel welcome from the moment you arrive. **No need to book.**

Wednesdays	12:30-2pm	Best Start Family Hub - Osmaston Allenton

What's on for: Under 5s

Peep Group | 10 week programme | Booking required

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

Communication and Language

Tuesdays	10-11:30am	Best Start Family Hub - Becket
Wednesdays	10-11:30am	Best Start Family Hub - Osmaston Allenton
Fridays	9:30-11am	Best Start Family Hub - Derwent

Health and physical development

Mondays	10-11:30am	Best Start Family Hub - Rosehill

Early Maths

Tuesdays	1:30-3pm	Best Start Family Hub - Mackworth Morley

Early Literacy

Thursdays	10-11:30am	Chaddesden Library The Phillip Whitehead Memorial Library, Chaddesden Park, Chaddesden, Derby DE21 6LN

Personal Social and Emotional Development

Tuesdays	1:30-3pm	Best Start Family Hub - Sinfin

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

MOVE ME! is an engaging creative programme designed to inspire play, connection, and language through movement, music, and arts activities. **Please ring to book.**

Tuesdays	1:30-3pm	Best Start Family Hub - Becket
Wednesdays	9:30-11am	Best Start Family Hub - Derwent
Thursdays	1-2:30pm	Best Start Family Hub - Osmaston Allenton

Derbyshire
Perinatal Mental Health Service
Supporting women and birthing people from 12 weeks of pregnancy to 2 years of age

NHS
Derbyshire Healthcare
NHS Foundation Trust

Perinatal Mental Health Support

The Perinatal Mental Health Team can support families from 12 weeks of pregnancy up until baby is 2 years of age.

Scan the QR code for more information or to access our self-referral.

During pregnancy and the postnatal period many people struggle with feelings of:

overwhelm,
tearfulness,
isolation,
intrusive thoughts,
doubt over their abilities as a parent,
concern over their bond with their baby,
excessive worrying about baby's next stages.

The Specialist Perinatal Mental Health Team are here to support, and **will be dropping into the Hubs** to provide an opportunity for you to chat in a safe space.

Please speak to your local Family Hub to find out when and where we'll be.

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Funded by UK Government
Derby City Council
Community Action
NHS

WE MAKE A POSITIVE DIFFERENCE IN EVERYTHING WE DO

BEST START IN LIFE

Parent carer panel

Join our Family Hubs Parent Carer Panel and tell us what you think about our services for families with children aged 0-19 (25 with SEND) in Derby.

Who are we looking for?

We want to hear from parents and carers from all areas of Derby to ensure that all communities of Derby are represented.

You do not need to have taken part in anything like this before. As long as you're willing to share your experiences of having a baby, caring for a child and accessing services for your children or young people then we'd love to hear from you.

What is in it for you?

Not only will you be contributing ideas to improve services for all children, young people and families across Derby, there will be opportunities for training and development too.

You will meet other parents and carers when taking part in the panel, and children are also welcome. Our Family Hubs staff will be available to support these sessions.

Where and when are the meetings?

We work with the panel to find a time that works for as many of the group as possible. Meetings will be held at a Family Hub or community venue. There will also be online sessions and surveys for those who are unable to attend the face-to-face meetings.
Sessions will take place approximately every eight weeks.

What will happen to the information you share?

We are interested in your experiences. The information you share will be used to shape services in Derby City. We will take notes from the meetings, but no personally identifiable information will be recorded.

How to get involved?

For more information or to register your interest email MackworthMorleyFamilyHub@derby.gov.uk or text **07812 301430**.

BEST START IN LIFE

FamilyHubDerby

Best Start Family Hub Groups

Bridge the Gap | Free drop-in sessions | Term time only

Creative drop-in's

Emotional literacy enriched play and creative activities for babies and young children and wellbeing activities for parents and carers. **No need to book, just come along.**

Tuesdays	10-11:30am	Best Start Family Hub - Sinfin
Thursdays	10-11:30am	Best Start Family Hub - Becket
	1:30-3pm	Audrey Drive CC **(running along side Stay and Play)**

Hub Club | Drop-in sessions | Term time only

Whether you just want to get out of the house with your little one for a while, need a listening ear, want to find out more about activities you could access or need some support but don't know where to start – we are here to help. Opportunity to make new friends, gain support in our safe, welcoming Family Hubs and tell us how we can best support you and your family. **No need to book, just come along.**

Tuesdays	10-11:30am	Best Start Family Hub - Sinfin **(supported by Bridge the Gap)**
Thursdays	1:30-3pm	Best Start Family Hub - Derwent
Fridays	10-11am	Best Start Family Hub - Becket

If you are a school, nursery or community group that would like a visit from our team, please contact Best Start Family Hub Mackworth Morley.

Young Parents Connect | Parent/carers under 25 | Drop-in sessions

Come and join our relaxed group and connect with other young parents in your local area, build confidence as a young parent and gain knowledge around what to expect as a parent in the present and the future.

NEW! Wednesdays

1:30-3pm Best Start Family Hub - Derwent
Starts 15 Apr

For more information text Leanne on 07554 076256.

Fridays

10-11:30am Best Start Family Hub - Osmaston Allenton

For more information text Katy on 07812 300918.

Parenting support

Togetherness: the Solihull Approach | Booking required | 10 weeks

TOGETHERNESS
Bringing the Solihull Approach to the world

A relaxed group supporting your emotional health and wellbeing looking at relationships and connections with your baby and child. Please contact a Family Hub to register your interest. You will then be invited to join us for a coffee the week before the course starts to find out more. **Limited FREE creche places will be available**. Refreshments will be provided. **Scan the QR Code for more information.**

Tuesdays	9:30-11:30am	Best Start Family Hub - Becket	
	1-3pm	Best Start Family Hub - Derwent	
	9:30-11:30am	Best Start Family Hub - Sinfin	No creche available

Togetherness – free online support
Derby Family Hubs provide families free access to online Togetherness resources to support wellbeing. For parents, carers, grandparents, and young people. The learning pathways; aimed from conception to 19 years will help you and your family understand and manage emotions and relationships in everyday life.

These are available online for free in 108 languages, with voiceovers in English and Urdu. Please use access code **MARKEATON** to access your families code. **togetherness.co.uk/derby**

For Dads and male carers

Support for Dads | with Connected Perinatal Support

Connected
- Perinatal Support -

Are you expecting a baby or are you a dad with a baby under 2 years old? Connected Perinatal Support provide free friendly individual and group peer support for dads and families, including Dads' Space groups and support at Royal Derby Hospital.

See www.connectedperinatalsupport.org for more information, call or text on 07719 064 014 or find them on Facebook or Instagram.

DadPad

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

SEND Support

Derby Signing Families Group | Booking required

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

First Tuesday of every month	9:30-11:30am	Best Start Family Hub - Mackworth Morley

SEND drop in session – for parents and children aged 2-4 years (term time) and 2-8 years (school holidays)

Does your child have an identified social communication development need? Are they being supported on the Neurodevelopmental pathway? Or do they have an Autism Spectrum diagnosis? If so, then please pop along with your child for some support, advice or guidance whilst your child has the opportunity to play in a safe, calm and quiet space. Sensory room and outdoor space available. **Alternatively if you would like a telephone call from one of our Autism Champions, please contact your local Family Hub.**

Fridays	10-11am	Best Start Family Hub - Mackworth Morley

Stay and Play – 52 Things to do before you're 5 | Term time only

This group is for families with a deaf parent or child (aged birth – 5 years). We share ideas that support your child's learning and development in everyday life, such as signing, talking, singing, sharing books and playing together. You and your child can have fun, make friends and learn new signs every week as well as picking up your own copy of the 52 Things to do Before You're 5 booklet and poster. **To find out more contact us on 01332 362512 or BSL Text Voice 07500 878565.**

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

Early Support Group | Referral only | 5 weeks | 2-4 year olds programme

Support for families with children who have or might have social communication difficulties or autism. Our practitioners will provide strategies to support your child's communication and behaviour and information to support your everyday challenges. **Please contact a Best Start in Life Family Hub for further details.**

Mondays	1:30-2:30pm	Best Start Family Hub - Mackworth Morley
Tuesdays	10-11am	Audrey Drive CC
	1-2pm or 2-3pm	Austin Sunnyhill CC
Wednesdays	9:30-10:30am or 10:30-11:30am	Best Start Family Hub - Rosehill
	10-11am	Best Start Family Hub - Osmaston Allenton
Thursdays	10-11am	Audrey Drive CC
Fridays	10-11am	Best Start Family Hub - Sinfin
	12:30-1:30pm or 1:45-2:45pm	Best Start Family Hub - Hub Becket

SEND Support

These introduction workshops are suitable for families of children and young people 0-19 who are or might be Autistic. Book a place for yourself and a supportive family member or friend. **Please note these workshops are for adults only, we have no provision for children.**

An introduction to Autism | Booking required

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

Thu 24 Apr	6-8pm	Online - contact Best Start Family Hub - Becket for link
Mon 8 Jun	9:30-11:30am	Best Start Family Hub - Mackworth Morley
Wed 24 Jun	1-3pm	Best Start Family Hub - Sinfin

An introduction to ADHD | Booking required

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

Wed 22 Apr	1-3pm	Best Start Family Hub - Osmaston Allenton
Tue 7 Jul	6-8pm	Online - contact Best Start Family Hub - Mackworth Morley for link

Using Visual Resources | Booking required

Find out how you can use visual resources to support your child's routines, communication and understanding. Take home your own set of visual resources to support your child at home.

Mon 27 Apr	1-3pm	Best Start Family Hub - Osmaston Allenton

Communicative Behaviour | Booking required

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

Thu 28 May	1-3pm	Best Start Family Hub - Becket
Tue 14 Jul	1-3pm	Best Start Family Hub - Derwent

Understanding Social Communication | Booking required

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

Thu 28 May	1-3pm	Best Start Family Hub - Becket

Speech and language support

Making it REAL! | Booking required | 2-4's | 6 weeks | Term time only

Support your child's early literacy and language using mark making, songs and rhymes, sharing books and stories and environmental prints. You will receive a free resource after each session to continue the learning at home. **Please ring to book.**

Mondays	1:30-2:30pm	Best Start Family Hub - Sinfin
Tuesdays	10-11am	Best Start Family Hub - Mackworth Morley
	1:30-2:30pm	Best Start Family Hub - Osmaston Allenton
Wednesdays	10-11am	Audrey Drive CC
Thursdays	1:30-2:30pm	Best Start Family Hub - Becket
Fridays	10-11am	Best Start Family Hub - Rosehill

REAL | Ongoing programme | 3-4's

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

Wellcomm to Words | Referral only | 6 week programme | 2-4's | Term time only

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.

Mondays	1:30-2:30pm	Best Start Family Hub - Osmaston Allenton
	1:30-2:30pm	Best Start Family Hub - Sinfin
Tuesdays	10-11am	Best Start Family Hub - Mackworth Morley **(new group)**
Wednesdays	1:30-2:30pm	Best Start Family Hub - Becket
Thursdays	1:30-2:30pm	Best Start Family Hub - Rosehill
Fridays	1:30-2:30pm	Best Start Family Hub - Derwent

Support groups

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

Increase your knowledge around substance use and the ways this can potentially impact you in pregnancy and on children age 0-2. We can support you to explore ways of keeping yourself happy and healthy in pregnancy whilst developing strategies to increase positive relationships between parent and child. **We can offer up to six sessions either 1:1 or group setting. If you would like more information regarding this support please call us on 01332 362744 or email us on derby@aquarius.org.uk.**

NEW! Childminders Group | Drop-in sessions

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

Mondays	9:30-11am	Best Start Family Hub – Osmaston Allenton	Starts 13 Apr
Tuesdays	9:30-11am	Best Start Family Hub - Derwent	

Freedom Programme | Referral only

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 Best Start Family Hub – Derwent on 01332 641010 for more information or to self refer.**

You & Me, Mum Programme | Referral only

You & Me, Mum is a 10-week programme for mothers which will help you to understand how domestic abuse can affect you as a parent and how it effects your children. It will support and develop further understanding of your role as a mother and how you can support the needs of your children, whilst also promoting self care and empowerment. The course is aimed at those who are recovering from experiencing domestic abuse. Mothers need to have attended the Freedom Programme within the last 3 years so they have some knowledge around domestic abuse.

Please contact any Family Hub or email DerwentFamilyHub@derby.gov.uk to find out more information or to self-refer.

Holiday activities

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

Come and join us for themed art and craft, scavenger hunt, baby sensory area, small world play, outdoor activities and much more! Please bring a refillable water bottle for your child. **No need to book, just turn up!**

May Half Term

Wed 27 May	10-11:30am	Best Start Family Hub - Becket
Wed 27 May	1:30-3pm	Best Start Family Hub - Derwent
Thu 28 May	1:30-3pm	Best Start Family Hub - Sinfin

Summer holiday

Mon 27 Jul	1:30-3pm	Best Start Family Hub - Rosehill
Wed 29 Jul	1:30-3pm	Best Start Family Hub - Derwent
Tue 4 Aug	10-11:30am	Best Start Family Hub - Mackworth Morley
Wed 5 Aug	10-11:30am	Best Start Family Hub - Becket
Thu 6 Aug	1:30-3pm	Best Start Family Hub - Sinfin
Wed 12 Aug	1:30-3pm	Best Start Family Hub - Derwent
Thu 13 Aug	1:30-3pm	Best Start Family Hub - Osmaston Allenton
Mon 17 Aug	1:30-3pm	Best Start Family Hub - Rosehill
Tue 18 Aug	10-11:30am	Best Start Family Hub - Mackworth Morley
Thu 20 Aug	1:30-3pm	Best Start Family Hub - Sinfin
Wed 26 Aug	10-11:30am	Best Start Family Hub - Becket
Thu 27 Aug	1:30-3pm	Best Start Family Hub - Osmaston Allenton

Follow us on Derby Family Information Service Facebook page for our holiday offer for all ages.
facebook.com/DerbyFIS

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 the Family Hub to book.**

Wednesdays	9:30-11:30am	Best Start Family Hub - Becket
	9:30-11:30am	Best Start Family Hub - Sinfin
Thursdays	9:30-11:30am	Best Start Family Hub - Rosehill
	9:30-11:30am	Best Start Family Hub - Sinfin
Fridays	12:30-2:30pm	Best Start Family Hub - Rosehill

First Aid Training for parents/carers | Booking essential

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. **Please ring the Family Hub to book.**

Mon 15 & 22 Jun	9:30am-3pm	Best Start Family Hub - Rosehill
Wed 3, 10, 17 & 24 Jun	9:30-11:30am	Audrey Drive CC
Wed 3, 10, 17 & 24 Jun	12:45-2:45pm	Best Start Family Hub - Sinfin

Introduction to Awareness of Mental Health | 4 weeks | Booking required

DCG

This introductory course is designed to develop learners' understanding of how mental health can affect individuals in everyday life. **For further information please contact** paula.may@derby-college.ac.uk

Mondays	12:45-2:45pm	Best Start Family Hub - Osmaston Allenton	Starts 13 Apr

NEW! Story sacks | 10 weeks | Booking required

Derby Adult Learning Service
Learning Opportunities for Adults

Funded by CLAIRE WARD MAYOR OF THE EAST MIDLANDS | East Midlands Combined County Authority

To celebrate National Year of reading we are working in partnership with Derby Adult Learning Service to offer FREE story sack courses for children aged 0-3 and their parents or carers. Story Sacks make learning playful, boost literacy skills, and create special moments for parents, carers, and children to share. They're perfect for inspiring little imaginations and big smiles! Whether your child loves adventure, animals, fairy tales, or superheroes — there's a story waiting for you!

Please ring the Family Hub to book.

Tuesdays	1-3pm	Best Start Family Hub - Becket	Starts 14 Apr
Thursdays	9:30-11:30am	Best Start Family Hub - Mackworth Morley	Starts 16 Apr
Fridays	9:30-11:30am	Best Start Family Hub - Osmaston Allenton	Starts 17 Apr

NHS

Get your free Healthy Start vitamins here.

Use your NHS Healthy Start prepaid card to collect:

Healthy Start vitamins for women

Vitamin drops for babies and young children suitable from birth to 4 years old

www.healthystart.nhs.uk
@NHSHealthyStart

SCAN ME

Have your Say Survey

How are we doing?

FamilyHubDerby

Scan the QR code to access the survey

Derby City Council

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 wellbeing.

Mondays **10am – 12:30pm**
Empowered Mothers Support Group: Drop in (including yoga).

Tuesdays **10am-1pm**
Empowered Mothers Support Group: (EAL Mums). Drop in, part of Women's Health Hub. Lunch provided.

Wednesdays **10:30am – 12:30pm**
EPEC ADHD. Registration required. Lunch provided.

Thursdays **11am-12:30pm**
EPEC Baby & Us. Registration required. Lunch provided.

Infant feeding support group drop in
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.

Thursdays **10am-2pm**

Pakistan Community Centre,
103 Harrington Street, Pear Tree,
Derby DE23 8PB. Tel 01332 891444.

The Families Information Service

The Families Information Service provides free, impartial information and advice to families about childcare and other services that support families. The Families Information Service delivers:

- A Childcare Directory - an online directory of registered childcare within Derby city including, nursery schools, day nurseries, childminders, before and after schools clubs and more. **derby.gov.uk/childcaredirectory**
- A Family Hub Directory - an online directory that holds information on local and national organisations and their events, services, family activities and support groups. **derby.gov.uk/family-hub**

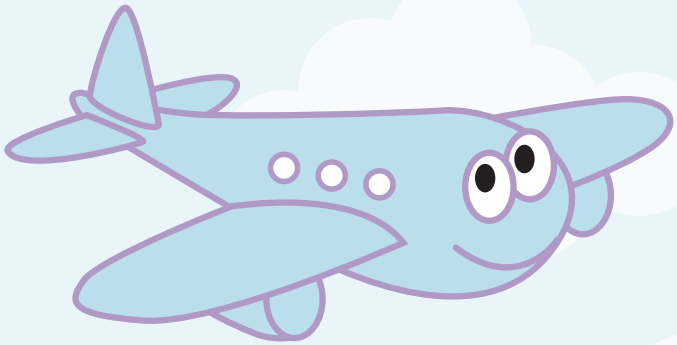
Get in touch
Tel 01332 640758 | Email FIS@derby.gov.uk
Facebook @DerbyFIS | Signing service derby.gov.uk/signing-service

Derby City Council

The Families Information Service

Don't miss out on your 2 year olds funded childcare

Apply now and check your eligibility



Telephone: 01332 640758
Email: fis@derby.gov.uk

DERBY LIBRARIES

Riverside Library

Council House, Corporation Street, Derby, DE1 2FS.
Phone: 01332 641702

Rhymetime

Every Monday and Friday 11:00 – 11:30

Storytime

Every Wednesday 11:00 – 11:30

Suitable for children 0+

No need to book – just come along and join in the fun!

inderby.org.uk/libraries

Derby City Council

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 پر ہم سے رابطہ کریں **derby.gov.uk/signing-service**

Derby City Council
The Council House Corporation Street Derby DE1 2FS
www.derby.gov.uk