

FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

Summer Holiday 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



Derwent Family Hub

Monmouth Street
Derby, DE21 6BD
01332 641010
DerwentFamilyHub@derby.gov.uk



Mackworth Morley Family Hub

Reigate Drive, Mackworth,
Derby, DE22 4EQ
01332 208175
MackworthMorleyFamilyHub@derby.gov.uk



Osmaston Allenton Family Hub

60 Cockayne Street North
Allenton, Derby, DE24 8XB
01332 956850
OsmastonAllentonFamilyHub@derby.gov.uk



Rosehill Family Hub

17-19 Lower Dale Road
Derby, DE23 6WY
01332 641315
RosehillFamilyHub@derby.gov.uk



Sinfin Family Hub

345 Sinfin Lane, Sinfin Moor
Derby, DE24 9SF
01332 956967
SinfinFamilyHub@derby.gov.uk



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



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 to 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





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

Breastfeeding Club | Booking required

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

Mondays 11am-12noon Derwent

Tuesdays 11am-12noon Rosehill
 1-2pm Sinfin

Fridays 11am-12noon Becket

Buggy Walk and Talk | with Livewell

Come and meet other new mums 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.**

Fridays 1-2pm Becket (no session on 23 or 30 Aug)

Post natal weight management clinic | Drop-in sessions

Come and speak to a specialist advisor in a relaxed environment for some friendly and realistic support in post-natal weight loss. Bring your baby along, **no need to book.** **For further details please call Emma Winchester on 07796 557213.**

Mondays 10am-12noon Becket (no session 19 or 26 Aug)

What's on for: Start for Life (0-2s)



Baby Stay and Play | Booking required | ongoing group

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

Mondays	9:30-11am	Derwent
Tuesdays	10-11:30am	Osmaston Allenton
Wednesdays	10-11:30am 1:30-3pm	Becket Mackworth Morley
Thursdays	1:30-3pm	Sinfin
Fridays	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.**

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



for
EAST MIDLANDS

Together,
let's shape
a brighter
future for
every child.



fosterforeastmidlands.org.uk

What's on for: Under 5s

Deda – Move Me! | ongoing programme

Move Me! is a programme designed to explore development of children's skills through dance, movement, play and arts activities. No need to book – just turn up and have fun!

Tuesdays 1-2:30pm Osmaston Allenton

Wednesdays 9:30-11am Derwent

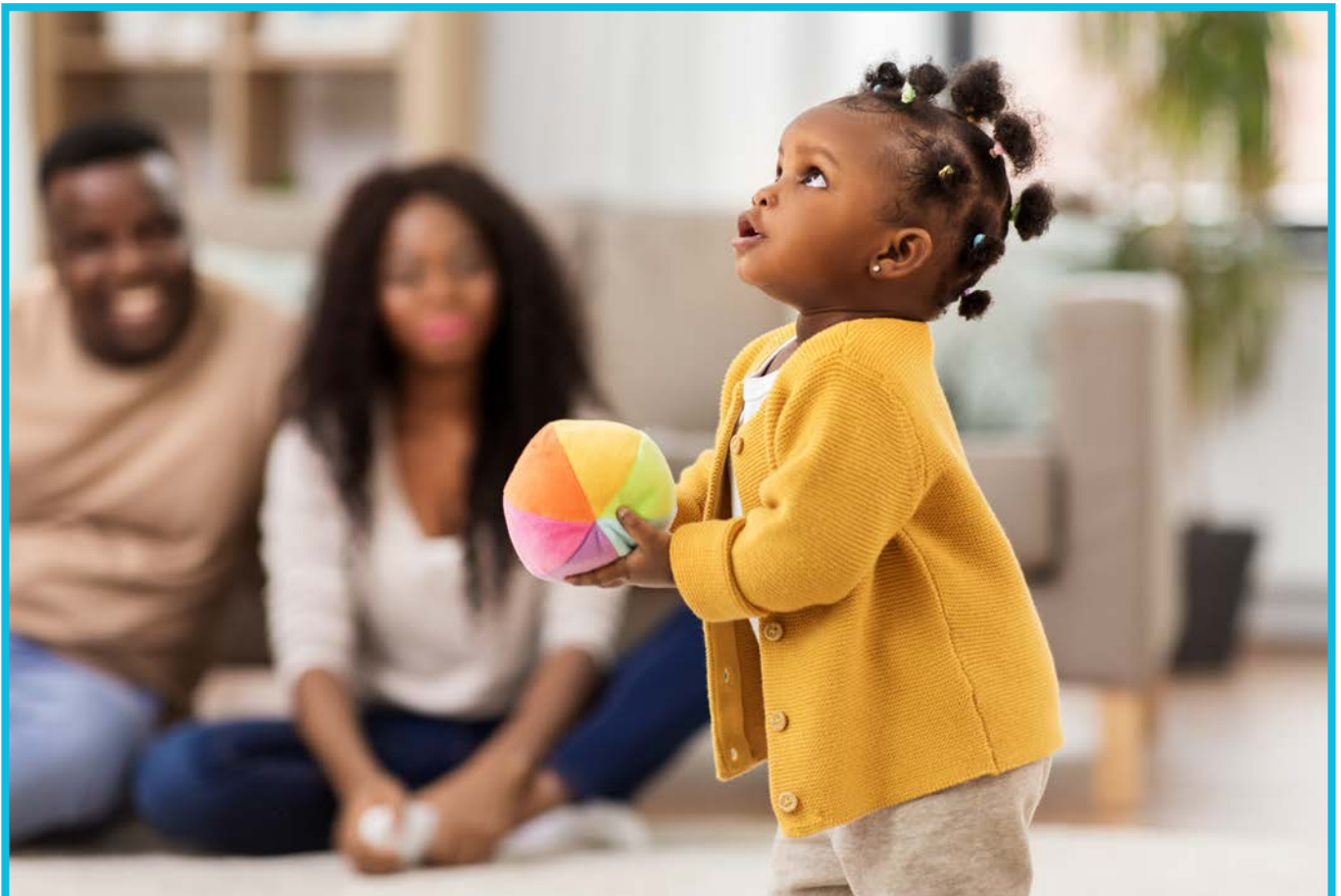
Stay and Play | Booking required

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 Sinfin
1:30- 3pm Osmaston Allenton

Thursdays 1:30-3pm Mackworth Morley



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

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!

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

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!



Have your Say Survey

How are we doing?



FamilyHubDerby



Scan the QR code to access the survey



Derby City Council

SUMMER HOLIDAY ACTIVITIES

Community Action



Department
for Education

Scan here
for more!



PARKS

LIBRARIES

SPORT & LEISURE

THEATRE & EVENTS

SOME FREE HOLIDAY
ACTIVITIES AND FOOD

inderby.org.uk/holidays  



SUMMER SESSIONS



FamilyHubDerby
Stronger families through support & friendship

Free
snacks

For 0-11s and their families

No need to book- just turn up!

Wed 31 Jul

10am-12noon
10am-12noon
1pm-3pm

Osmaston Allenton Family Hub
Rosehill Family Hub
Derwent Family Hub

Tue 6 Aug

10am-12noon

Mackworth Morley Family Hub
(BSL Interpreter)

Wed 7 Aug

10am-12noon

Sinfin Family Hub

Tue 13 Aug

10am-12noon

Becket Family Hub

Wed 14 Aug

10am-12noon
1pm-3pm

Osmaston Allenton Family Hub
Derwent Family Hub

Tue 20 Aug

10am-12noon

Mackworth Morley Family Hub
(BSL Interpreter)

Wed 21 Aug

10am-12noon
10am-12noon

Sinfin Family Hub
Rosehill Family Hub

Tue 27 Aug

10am-12noon

Becket Family Hub

Wed 28 Aug

10am-12noon
1pm-3pm

Osmaston Allenton Family Hub
Derwent Family Hub

Range of activities including:
Music | Art and Craft | Outdoor activities |
Sports | Animal handling | Willow Craft



Scan for more information & a full schedule of activities



Funded by
UK Government



Derby City Council



SUMMER SESSIONS



FamilyHubDerby
Stronger families through support & friendship

Free
snacks

For 11-19s

No need to book- just turn up!

Mon 29 Jul

3pm-5pm Rosehill Family Hub

Tue 30 Jul

1pm-3pm Mackworth Morley Family Hub

Wed 31 Jul

1pm-3pm Osmaston Allenton Family Hub

Mon 5 Aug

1pm-3pm Derwent Family Hub
3pm-5pm Rosehill Family Hub

Wed 7 Aug

1pm-3pm Sinfin Family Hub

Tue 13 Aug

1pm-3pm Mackworth Morley Family Hub

Wed 14 Aug

1pm-3pm Osmaston Allenton Family Hub
3pm-5pm Becket Family Hub

Mon 19 Aug

1pm-3pm Derwent Family Hub
3pm-5pm Rosehill Family Hub

Wed 21 Aug

1pm-3pm Sinfin Family Hub

Wed 28 Aug

1pm-3pm Osmaston Allenton Family Hub
3pm-5pm Becket Family Hub

Fri 30 Aug

1pm-3pm Derwent Family Hub

**Range of activities including:
Art and Craft | Gaming bus | Boxing | Graffiti |
Breakdancing | Climbing wall | Willow Craft**



Scan for more information & a full schedule of activities



Funded by
UK Government



Derby City Council



BOOK EARLY & SAVE!

sinfonia VIVA

80s MIX TAPE

UNDER 5s FREE FOR FRI & SAT

ULTIMATE 90s

THE DARLEY PARK CONCERT



JASON DONOVAN



SCOTT MILLS

80s REUNION

CASSETTE ROULETTE

FRI 30 AUG



CHESNEY HAWKES

CHRIS MOYLES 90s HANGOVER

HONEYZ

THE ULTIMATE BOY BAND PARTY SHOW

SPECIAL GUESTS

CASSETTE ROULETTE

BLUE

SAT 31 AUG

SUN 1 SEP

derbylive.co.uk/darley24



Supported by

CIRCULAYO



FORTITUDE MSP

HUUB



SÁMI TIPI

tomatoenergy

UNIVERSITY OF DERBY

MARKEATON PARK

ENJOY MORE OUTDOORS



MINI GOLF

PITCH & PUTT

FOOTGOLF

MUNDY PLAY CENTRE

CRAFT VILLAGE

ORANGERY CAFÉ

SPORTS COURTS

inderby.org.uk/markeaton



SEN Support

Derby Signing Families Group | Booking required

This group is available to families with a deaf child and/or deaf parent in the Derby City area. Come along and enjoy a wide range of activities including malleable and creative activities, outdoor play and games. The health team visit on the first Tuesday of every month. For 0-5 year olds (term time) and 0-8 (school holidays).

Please email mackworthmorleyfamilyhub@derby.gov.uk to book or text 07812 301430.

Tuesdays 9:30-11:30am Mackworth Morley (no session on 6 or 20 Aug)

Sensory Stay and Play sessions

For families with children up to 8 years old who have a diagnosis of autism or are on the neurodiversity pathway. Booking required as places will be limited.

Wed 7 Aug 1pm-2pm Becket

Tue 20 Aug 10am-11am Osmaston Allenton

Tue 27 Aug 1pm-2pm Mackworth Morley



Support groups

Aquarius Parenting Programme | Booking required

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 or call 01332 362744.**

Bridge the Gap | Free drop-in sessions



Start for Life

These sessions offer friendly and relaxed space to get creative and talk to the Bridge the Gap team. No need to book, just come along. **For more information on Bridge the Gap, please see www.jwbridgethegap.com or email staceymurray@jwbridgethegap.com.**

Tuesdays 30 Jul, 13 Aug and 3 Sep 10-11:30am Sinfin

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 breakfast or lunch 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 10-11:30am Sinfin
Fridays 9:30-11am Becket
 10-11:30am 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

Cost of living – help when you need it

Jubilee | Drop in sessions | Fortnightly

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

Thursdays

11:30am-1pm

Osmaston Allenton

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.

Thursdays

11:30am-1pm

Osmaston Allenton

**SUPPORTING
YOU WITH THE
COST OF LIVING**

Derby City Council has partnered with Community Action Derby and Derby Homes to create an online hub with advice and support about dealing with the cost of living, to help with rising costs including:



**HOUSING
+ RENTAL**



**INCREASE
YOUR INCOME**



**HEALTH +
WELLBEING**



**PAYING
THE BILLS**



**DEBT
SUPPORT**



**FOOD, CLOTHING,
TOILETRIES
+ FURNITURE**



**WARM
WELCOME
HUBS**



**FAMILY
SUPPORT**

If you can't find what you are looking for on the website, please telephone 01332 346266 between 9.30am and 4.30pm, Monday to Friday or email support@communityactionderby.org.uk. There's also a textphone for those who are hard of hearing: 07490 341 584.



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

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

**SUPPORTING
YOU WITH THE
COST OF LIVING**

SCHOOL UNIFORM SUPPORT



**IF YOU'RE STRUGGLING TO PAY
FOR A NEW SCHOOL UNIFORM,
THERE'S SUPPORT AVAILABLE.**

**IF YOU HAVE UNIFORM YOU NO LONGER NEED,
YOU CAN DONATE IT AT BECKET, DERWENT
AND OSMASTON ALLENTON FAMILY HUBS**

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

ROLLERWORLD

NEUROHUB
NEURODIVERGENCE THRIVES HERE

REDUCED
LIGHTING

LOW
MUSIC

NEURO HUB & ROLLERWORLD!

NEURODIVERGENT FRIENDLY
PRIVATE SKATING SESSION FOR
FAMILIES!



Admissions:
Skate: £5
Skate hire: £2
Spectating: £1

**August 1st, 8th, 15th & 22nd
2024**

09:30am-11:30am

**Mansfield Road, Derby,
DE21 4AW**

**NO OUTSIDE
FOOD OR DRINK
ALLOWED ON THE
PREMISES. THEY
CAN BE
PURCHASED AT
THE CAFE**

Please contact Maryam to book a place on:

07561856320

Please contact Rollerworld regarding
accessibility; 01332 345828



Derbyshire Perinatal Mental Health Service

Supporting women and birthing people from
12 weeks of pregnancy to two years of age

Summer Family Fun Day! Sunday 18th August 2024 10am to 2pm

Electric Daisy, Bold Lane, Derby, DE1 3NT

Everyone welcome! Free entry!

Free pizza for the first 200 families! • Refreshments • Face painting
Animal handling • Balloon twisting • Surprise guest appearance! • Stalls
Mud kitchen • Quiet spaces • Sensory experiences • Fun activities for under 2s
Raffle • Music performed by local artists • Nature activities • Scavenger hunt
Support and advice for women, birthing people, dad's and non-birthing partners
Quiet hour 1pm to 2pm • BSL interpreter available



Summer Reading Challenge 2024

Marvellous Makers

6 Jul - 31 Aug

For
children
aged 4-11

This year's Summer Reading Challenge is all about sparking children's curiosity and creativity through reading.

Join the fun for **free** at your local library!

There will also be free family events at **Alvaston, Mickleover, Normanton and Riverside** libraries during August.

Find out
more on our
website



 inderby.org.uk/libraries

What are Children's Centres?

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

Where to find us



Alvaston Children's Centre

875 London Road,
Alvaston,
Derby DE24 8UY
01332 757991

Alvaston.ChildrensCentre@derby.gov.uk



Audrey Drive Children's Centre

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

AudreyDriveChildrensCentre@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

Alvaston Children's Centre

Baby Stay and Play | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment.

Please ring to book.

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

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



Audrey Drive Children's Centre

Baby Stay and Play | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment. **Please ring to book.**

Thursdays 10-11:30am

Breastfeeding Club | Booking required

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

Wednesdays 1-2pm

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

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

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



Austin Sunnyhill Children's Centre

Child Health Clinic | Booking required

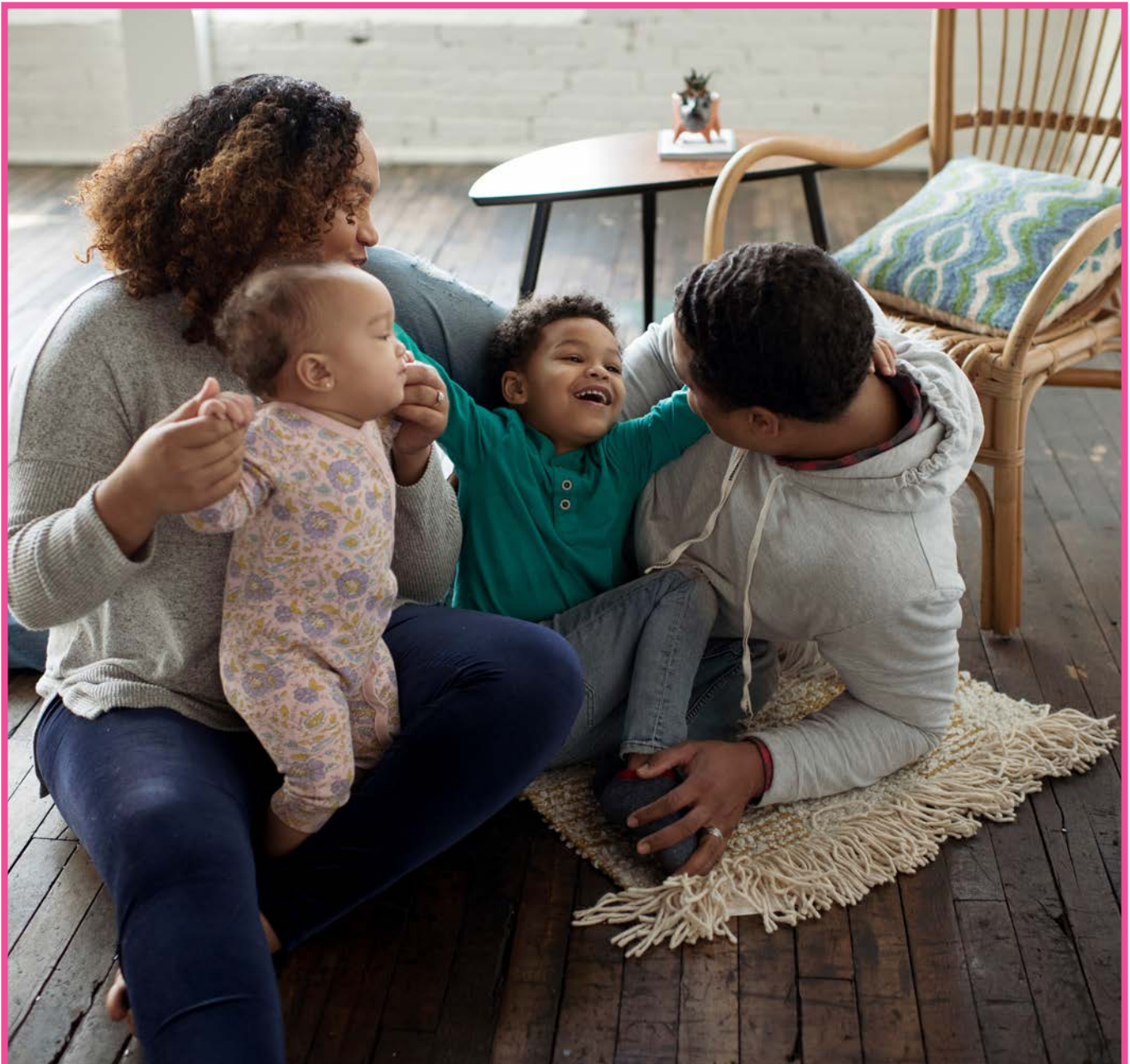
This is by appointment only. **Text the Parents and Carers ChatHealth Service on 07507 327754 to book an appointment.**

Mondays 1-3pm

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



Boulton Children's Centre

Baby Stay and Play | Booking required

Activities designed to stimulate the senses of children up to 12 months or walking unaided through play. A chance for new parents to get together in a friendly and safe environment.

Please ring to book.

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



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

