



Newsletter—Week 13

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6TH DECEMBER 2024

It's official, Christmas season is well and truly upon us; the naughty elves are running rampant in the classrooms and the Christmas tree is up in the hall. We have a busy week next week in school so I have highlighted the dates on the next page in green for you to make sure they are on your calendars at home!

Please remember that, unless you ordered a Christmas dinner for your child using the online form, you will need to send your child with a packed lunch on Wednesday 11th December. Please note that, for those ordering a dinner, the School Money system has not allowed the office to send out payment requests specifically for individual meals but a meal has been added to your account, in advance, for payment.

Family Hub Derby have asked us to share their January to March programme with you and we have attached it to this newsletter for your information.

We still have a number of parents who have had text messages inviting them to sign up to our school app who have not joined. **Please do this as soon as you can** as sending text messages instead of messages on the app costs money which has to come out of the school budget—app messages are free of charge to the school! Thank you for your help with this. Being on the app also means you have easy access to weekly dinner menus and newsletters and can notify us if your child is absent with ease.

Please remember that I am still *unable* to authorise any term-time leave of absence requests this year and, in the majority of cases, these will incur fines. These requests should be made in advance and not retrospectively please.

Kind regards,

Mrs J Hill

Parents' Library

We now have a small library of books which compliment our PSHE scheme of work for parents to borrow to read at home with their children to support them with specific areas of mental health.

Our PSHE scheme has books at its heart: children can learn a lot by reading about people going through things that they are going through—loss, fear, anger or a lack of self-esteem—and these books have been chosen to be read together with your child at home to support them with issues like these.

The books will be kept in the reception area outside the main office: please pop in and have a look or ask Mrs Hill or Mrs Clarke if you need a recommendation for a book about something specific. The ladies in the office will help you sign a book out to borrow for a week.



2024/25 DATES

Tuesday 10th December	AM	Class 6 Viking Workshop
Wednesday 11th December	12:15pm	Christmas Dinner
Wednesday 11th December	All Day	Christmas Jumper Day—£2 donation please
Thursday 12th December	AM	Class 5 Viking Workshop
Friday 13th December	AM	Class 4 Viking Workshop
Friday 13th December	Throughout the day	Year 3 local visit to Newmount Church
Wednesday 18th December	2pm & 6pm	Year 3 Production to Parents
Thursday 19th December	All Day	Year 6 WWII Day—information to follow
Thursday 19th December	Lower School 5:00-6:15pm Upper School 6:30-7:45pm	Christmas Discos—Ticket news below
Thursday 19th December	TBC	Lower School Gold Reward—Bowling
Friday 20th December	TBC	Upper School Gold Reward—Bowling
Friday 20th December	3:30pm	Break up for Christmas Holiday
Monday 6th & Tuesday 7th January 2025	All Day	INSETS 3 & 4
Wednesday 8th January	8:55am	Spring 1 Term starts
Friday 14th February	3:30pm	Break up for February Half Term
Monday 24th February	8:55am	Spring 2 Term starts
Friday 4th April	3:30pm	Break up for Easter Holiday
Monday 21st April	All Day	Easter Monday
Tuesday 22nd April	8:55am	Summer 1 Term starts
Monday 5th May	All Day	May Bank Holiday
Friday 23rd May	3:30pm	Break up for May Half Term
Monday 2nd June	All Day	INSET 5
Tuesday 3rd June	8:55am	Summer 2 Term starts
Thursday 24th July	3:30pm	Break up for Summer Holiday

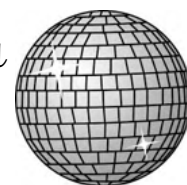
School Dinners

Next week, we will be on our Week 2 menu. Please remember that school dinners cost £2.60 and **MUST** be paid for, **ONLINE, IN ADVANCE**. [Week 2 Menu](#)



Disco Tickets

Tickets for the Christmas Discos will go on sale on **Monday 9th December** in the hall when doors open at 8:45am. Children should come into school using their normal doors. Christmas Discos are on Thursday 19th December: Lower School Disco is 5:00-6:15pm and the Upper School Disco is 6:30-7:45pm. Tickets are £2 and there will be enough tickets for everyone. **ALL CHILDREN MUST BE COLLECTED BY AN ADULT.**





FamilyHubDerby

Stronger families through support & friendship

Your guide to what's on for families in Derby

January – April 2025



Please scan for further information



Funded by
UK Government



Derby City Council

Community Action



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Locations:

FH - Family Hubs
CC - Children's Centres

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

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



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



StartforLife

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

**Scan here to watch our
Start for Life video**



What's on for: Parents to be



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. Scan the QR Code for more information.**



Mondays	5:30-6:30pm	Osmaston Allenton FH
Wednesdays	2-3pm	Becket FH (online)
Thursdays	1:30-2:30pm	Derwent FH

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.**

Tuesdays	9:30am-12:30pm	Osmaston Allenton FH
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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.**

Tuesdays	7, 14 & 21 Jan	10am-12noon	Becket FH
	4, 11 & 18 Mar	10am-12noon	Becket FH
Wednesdays	22, 29 Jan & 5 Feb	10am-12noon	Sinfin FH
	19, 26 Mar & 2 Apr	10am-12noon	Sinfin FH
	26 Feb, 5 & 12 Mar	12:30pm-2:30pm	Alvaston CC
Thursdays	16, 23 & 30 Jan	12:30-2:30pm	Audrey Drive CC
Fridays	24, 31 Jan & 7 Feb	12:30-2:30pm	Mackworth Morley FH
	14, 21 & 28 Mar	12:30-2:30pm	Mackworth Morley FH

Bump to Babies | Connected Perinatal Support

Come and meet parents with babies and people who are pregnant for a 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! Suitable for expectant parents and anyone caring for a baby under 2. **No need to book.**

Mondays 10-11:30am Becket FH

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 FH



What's on for: New parents



Baby Massage | Booking required | 5 week programme

Connect with your baby and learn new techniques to help with sleep, digestion and much more. Baby Massage is for babies from 8 weeks old who are not yet crawling. **Please ring to book.**

Mondays	10-11:30am	Mackworth Morley FH
Tuesdays	9:30-11am or 11:30am-1pm	Rosehill FH
	1-2:30pm	Austin CC
	1:30-3pm	Audrey Drive CC
Wednesdays	9:30-11am	Boulton CC
	1:30-3pm	Derwent FH
Fridays	12:30-2pm or 2:30-4pm	Becket FH
	1:30-3pm	Osmaston Allenton FH
	1:30-3pm	Sinfin FH

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 FH
Tuesdays	1-2pm	Sinfin FH
Wednesdays	10:30-11:30am	Mackworth Morley FH
	1-2pm	Audrey Drive CC
Thursdays	11:15am-12:15noon	Boulton CC
Fridays	11am-12noon	Becket FH

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 12:30pm for tea and toast first. **For further details please call Emma Winchester on 07796 557213.**

Fridays	1-2pm	Becket FH
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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.**

Mondays	10am-12noon	Becket FH
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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.**

Mondays	9:30-10:30am	Derwent FH
	10-11:30am	Alvaston CC
Tuesdays	10-11:30am	Osmaston Allenton FH
Wednesdays	10-11:30am	Becket FH
	1:30-3pm	Mackworth Morley FH
	1:30-3pm	Austin CC
Thursdays	9:30-10:30am	Boulton CC
	10-11:30am	Audrey Drive CC
	1:30-3pm	Sinfin FH
Fridays	1:30-3pm	Rosehill FH

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	Rosehill FH
Tuesdays	9:30am-12noon	Audrey Drive CC
	1-3pm	Sinfin FH
Wednesdays	9:30am-3pm	Mackworth Morley FH
Thursdays	9:30am-12noon	Osmaston Allenton FH
	1-3pm	Becket FH

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	Becket FH
	11:30am-12:30pm	Derwent FH
	1:30-2:30pm	Sinfin FH

Parenting programmes



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.** Refreshments will be provided. **Scan the QR Code for more information.**

Tuesdays	12:30-2:30pm	Derwent FH
Wednesdays	1-3pm	Rosehill FH
Fridays	10am-12noon	Osmaston Allenton FH

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

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. Scan the QR Code for more information.**

Mondays	9:30am-10:30am	Rosehill FH (online)	2-6 years
	1-2pm	Rosehill FH (online)	6+ years
Wednesdays	1:30-3pm	Alvaston CC	2-6 years



Aquarius | Building a healthier future workshops | Booking required

Increase your knowledge around substance misuse and understand the potential impact on children. We will support you to develop coping strategies and find out where to seek specialist support and treatment. **Referrals to be made directly to Aquarius on derby@aquarius.org.uk or call 01332 362744.**

Bridge the Gap | Free drop-in sessions

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 FH

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 FH

Hub Club | Drop-in sessions

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

Mondays 10-11:30am Rosehill FH

Tuesdays 11:30am-12:30pm Sinfin FH

Thursdays 1:30-3pm Derwent FH (supported by Bridge the Gap)

Fridays 9:30-11am Becket FH

9:30-11am Mackworth Morley - various venues.

Ring 01332 208175 for details.

9:30-11am Osmaston Allenton FH

Young parents connect | Under 25s | Drop-in sessions

Why not come for a cuppa and join our relaxed group full of activities where you can meet other young families. **For more information text Katy on 07812 300918.**

Wednesdays 1:30-3pm Osmaston Allenton FH

For Dad's and male carers



Dads Space with Connected Perinatal Support

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 will make sure you feel welcome from the moment you walk in. **No need to book.**

Thursdays 10am-12noon Derwent FH

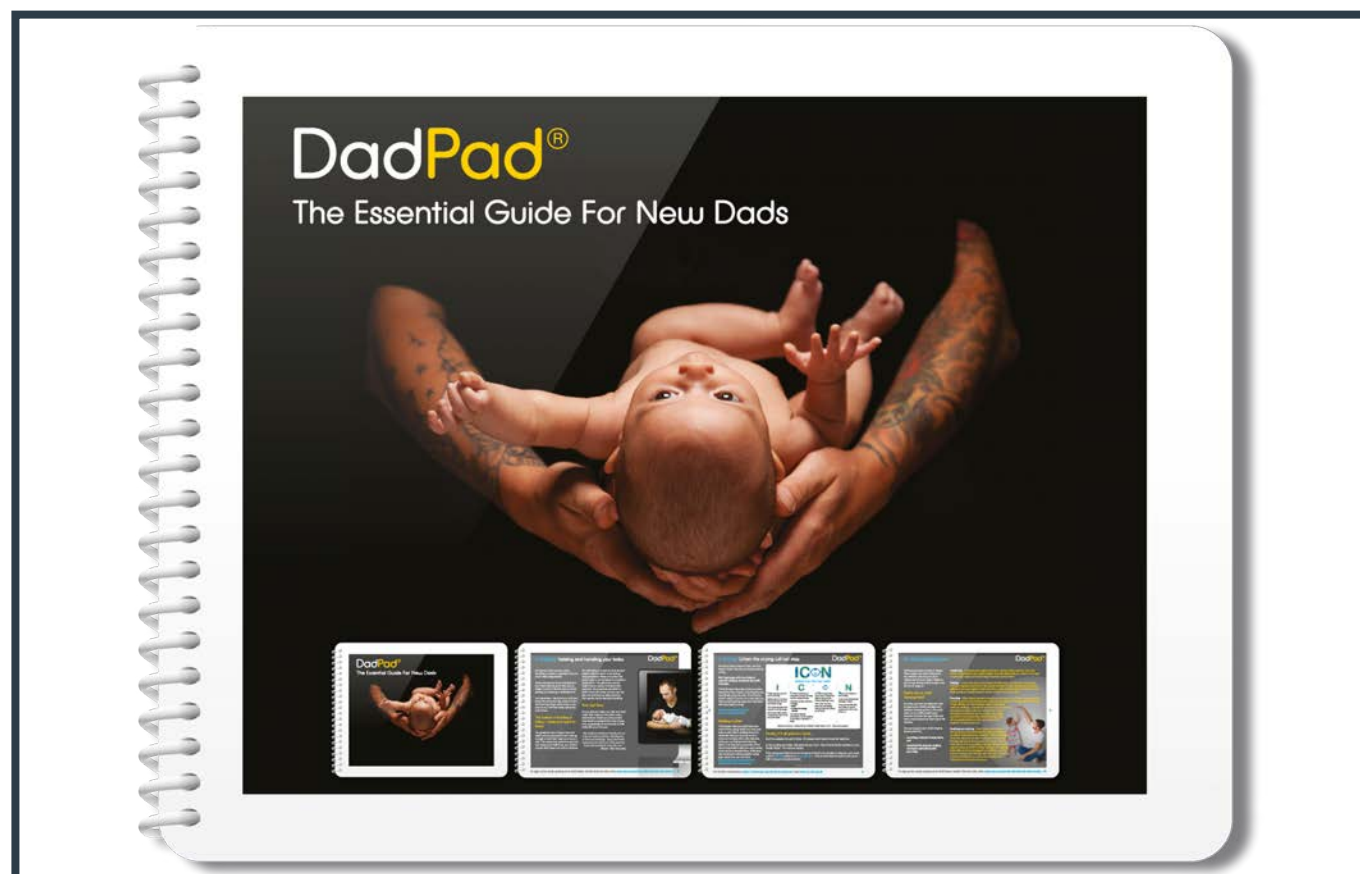
Connect to Nature Sessions | 5 weeks | Booking required

Put on your wellies and get into nature with us! Meet us at the Family Hub for free drinks and biscuits, before we walk to Derwent Racecourse or Sinfin Nature Reserve. For dads or male carers with children aged 2-5 years.

Wednesdays 10am-12noon Derwent FH Starts 15 Jan
10am-12noon Sinfin FH Starts 26 Feb

Dad Pad

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



What's on for: Under 5s

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

MOVE ME! is an engaging creative programme designed to inspire play, connection, and language through movement, music, and arts activities. **Limited places are available, booking is advised.**

Tuesdays	1:30-3pm	Becket FH
Wednesdays	9:30-11am	Derwent FH
Thursdays	1:30 – 3pm	Osmaston Allenton FH

HENRY Healthy Families

Scan the QR Code for more information.



2-5 year olds | Referral only

This eight week programme helps the whole family adopt a healthier lifestyle, creates more opportunities to play with your children, and support their health and social development. **Limited free creche facilities available.**

Fridays	1-3pm	Becket FH
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HENRY workshops | Booking required

For parents and carers only (no creche facilities available).

Fussy eating

Thu 9 Jan	1-3pm	Audrey Drive CC
Tue 4 Feb	9:30-11:30am	Sinfin FH

Healthy Teeth

Fri 14 Feb	9:30-11:30am	Mackworth Morley FH
Mon 17 Mar	1-3pm	Alvaston CC

Eat well for less

Wed 15 Jan	10am-12noon	Osmaston Allenton FH
Tue 1 Apr	1-3pm	Derwent FH

What's on for: Under 5s

Messy Play | 5 weeks | Booking required

We will provide fun activities to support your child's creativity and exploration. For children aged 12 months to 4 years (termtime) and 12 months to 8 years (holidays).

Mondays	1:30-2:30pm	Derwent FH	Starts 6 Jan
Tuesdays	1:30-2:30pm	Mackworth Morley FH	Starts 7 Jan
	1:30-2:30pm	Osmaston Allenton FH	Starts 25 Feb
	2-3pm	Rosehill FH	Starts 25 Feb

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. Themes include Communication and Language; Health and Physical Development; Personal, Social and Emotional Development; Early Literacy; and Early Maths.

Tuesdays	10-11:30am	Becket FH
	1:30-3pm	Mackworth Morley FH
	1:30-3pm	Sinfin FH
Wednesdays	10-11:30am	Osmaston Allenton FH
Thursdays	1-2:30pm	Austin Sunnyhill CC
	10-11:30am	Normanton Library, St Augustine's Community Centre, Almond St, Derby, DE23 6LX
Fridays	9:30-11am	Derwent FH

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



"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



FREE Rhymetimes For 0 – 3 year olds

Alvaston – Tuesdays, 11-11:30am

Mickleover – Tuesdays and Fridays, 11-11:30am

Normanton – Mondays, 2.30-3pm

Riverside – Mondays and Fridays, 11-11:30am

Booking is essential at Mickleover



Everything begins with reading

inderby.org.uk/libraries  



Perinatal Mental Health Support



Come and meet Ali, Emma and Iffy

Perinatal Mental Health Nursery Nurses

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.



FamilyHubDerby

Stronger families through support & friendship

Funded by UK Government

Derby City Council

Community Partners

NHS

Scan the QR code for more information on our website



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

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



Residents of DERBY

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



Residents of DERBY

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!

For more information or to access your families code, please contact claire.siddons@derby.gov.uk, call Mackworth Morley Family Hub on 01332 208175 or text 07812 301430.

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!

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





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
- 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
- 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

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

Signing service 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 or scan the QR code



JOIN US THIS EASTER

HOLIDAY ACTIVITY AND FOOD IN DERBY



Would You Like To Learn More About The Physical Activities Available In Normanton And Arboretum?



DE23 Active is a long-term project aimed to get the local community in Normanton & Arboretum more physically active!

Being more physically active can improve both your physical and mental health.

#ChangeStartsWithYou.

To learn more about the project & our sessions, please visit us on our website:
de23active.org.uk

or visit us on Instagram & Facebook:

@DE23ACTIVE



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 **07792 510170** or trinitywarriorsosa@gmail.com for further information.



Thursdays	5-6pm	Osmaston Allenton FH
Fridays	5-6pm	Sinfin FH
Fridays	5-6pm	Becket FH

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 or 07734 230650.**

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



Weekly sessions will include fun games and physical activity in combination with valuable, interactive wellbeing workshops delivered by our coaches. For more information, contact chelsea.moore@dcct.co.uk or go to www.derbycountycommunitytrust.com/empower-1

Tuesdays	4:30-5:45pm	Derwent FH
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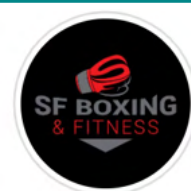
Baby People | Music sessions | For 13-19 year olds

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 needed, just turn up.**

Tuesdays	5-7pm	Sinfin FH
Thursdays	5-7pm	Derwent FH
Fridays	4:30-6:30pm	Osmaston Allenton FH

SF Boxing and Fitness | 14+ | 8 weeks

This boxing mentoring programme aims to increase physical and mental wellbeing. **Contact 07939 054867 for more information.**



Thursdays	4-5pm	Derwent FH
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What's on for: 5 – 19 year olds

Premier Education | Age 10+



Activities such as fencing, handball, lacrosse, tchoukball as well as character building skills. Booking required, **please contact James jjennison@premier-education.com or 07980 276488.**

Mondays 5-6pm CODA (City of Derby Academy)

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 or 01332 891444.**

Mondays 5-7pm Rosehill FH

Tuesdays 5-7pm Arboretum Park

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 or 07494 517324.** No booking required, just turn up!

Mondays 6-7:30pm Osmaston Allenton FH

Sporting Communities | For girls age 8-12



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 **ed@sportingcommunitiescic.org or call 07734 230650.**

Tuesdays 6-7:30pm Derwent FH

Chess and Juggling | 5-11s | Booking required

Come and join Andre from Introverted Moves to practice your chess and juggling skills. This is open to parents and carers with children aged 5-11s.

Wednesdays 3:45-4:45pm Mackworth Morley FH

SEN Support

The following 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.**

What is Autism | Support session

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

Wednesday 29 Jan	1-3pm	Osmaston Allenton FH (limited free creche places available)
Monday 10 Feb	9:30-11:30am	Mackworth Morley FH
Monday 31 Mar	9:30-11:30am	Rosehill FH

What is ADHD | Support sessions

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

Thursday 3 Apr	6-8pm	Sinfin FH
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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. **Limited free creche places available.**

Monday 13 Jan	1-3pm	Becket FH
Tuesday 11 Feb	1-3pm	Osmaston Allenton FH

Communicative Behaviour

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

Wednesday 12 Feb	6-8pm	Mackworth Morley FH
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Understanding Social Communication

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

Monday 3 Feb	6-8pm	Becket FH
Wednesday 2 Apr	1-3pm	Derwent FH (limited free creche places available)

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 to book or text 07812 301430.**

Tuesdays 7 Jan, 4 Feb, 4 Mar & 1 Apr 9:30-11:30am Mackworth Morley FH

Early Support Group | Referral only | 6 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. **Three sessions in the hub and three supportive telephone contacts.**

5-11 year olds programme

Support for parents or carers with children of primary school age who have identified social communication difficulties, are awaiting assessment through SPOA, or have a diagnosis of ASC/ADHD. **Please contact a Family Hub for further details of sessions in Family Hubs or delivered virtually.**

Early Support Group | 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.**

Monday 27 Jan	1-3pm	Becket FH
Thursday 27 Feb	9:30-11:30am	Mackworth Morley FH
Wednesday 26 Mar	9:30-11:30am	Osmaston Allenton FH

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.

SEND Peep | Referral only | Booking required

For parents/carers and their children aged from birth to 5 years, who have diagnosed or suspected Special Educational Needs or Disabilities. Peep recognises you as your child's first educator and provides activities to help you make the most of everyday activities to support your child's level of development and interests.

Booking by referral only please contact lauren.bounds@derby.gov.uk

Speech and language support

Making it REAL! | Booking required | 2-3's | 6 weeks

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.

Mondays	1:30-2:30pm	Sinfin FH
Tuesdays	10-11am 1:30-2:30pm	Mackworth Morley FH Osmaston Allenton FH
Thursdays	1:30-2:30pm 1:30-2:30pm	Becket FH Audrey Drive CC
Fridays	10-11am	Rosehill FH

REAL | with 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 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

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 FH
Wednesdays	1:30-2:30pm	Becket FH
Thursdays	1:30-2:30pm	Rosehill FH
Fridays	1:30-2:30pm	Derwent FH

Support groups

Childminders Group | Drop-in sessions

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

Tuesdays	9:30-11:30am	Becket FH
	9:30-11am	Derwent FH

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.

ASC friendly stay and play | 0-4's | Booking required

Come and join us for our sensory stay and play sessions. Explore and have fun in an ASC friendly space.

Mondays	20 Jan & 24 Mar	2-3pm	Becket FH
Tuesdays	11 Feb & 8 Apr	2-3pm	Rosehill FH



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.**

Mondays	9:30-11:30am	Osmaston Allenton FH
Wednesdays	9:30-11:30am	Becket FH
Thursdays	9:30-11:30am	Sinfin FH
Fridays	9:30-11:30am 9:30-11:30am	Mackworth Morley FH Rosehill FH

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.**

Thu 30 & Fri 31 Jan	9:30am-3pm	Rosehill FH
Thu 13 & Fri 14 Feb	9:30am-3pm	Derwent FH
Thu 27 & Fri 28 Feb	9:30am-3pm	Sinfin FH
Thu 13 & Fri 14 Mar	9:30am-3pm	Mackworth Morley FH
Thu 3 & Fri 4 Apr	9:30am-3pm	Osmaston Allenton FH

Entry Level Certificate in Caring for Children



This NCFE CACHE qualification will start your journey to understanding the role of an early years practitioner working with children in the early years sector. Topics covered will include: providing safe environments for children; supporting children's learning and confidence through play; healthy eating; routines for young children; respecting and valuing young children. The course will be starting on 14 January and ending on 17 of June (20 weeks not including half terms).

For more information or queries please contact us on Alvaston.ChildrensCentre@derby.gov.uk or **01332 757991**.

Tuesdays	9:30am-12:30pm	Alvaston CC (Enrolment Tue 7 Jan)
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Cost of living – help when you need it

Family Budgeting | Cost of Living | 6 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.**

Tuesdays	10am-12noon	Rosehill FH	Starts 25 Feb
Wednesdays	12:45-2:45pm	Osmaston Allenton FH	Starts 8 Jan
Thursdays	10am-12noon	Mackworth Morley FH	Starts 9 Jan

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. Please call for more information.**

Mondays	11am-1pm	Sinfin FH
Thursdays	11:30am-1pm	Osmaston Allenton FH

Money Moments | Drop-in sessions

General advice relating to debt, benefits and money management. **Contact Tim Robinson (Direct Help & Advice) for more information on 07752 575247.**

Thursday 16 Jan	10am-1pm	Osmaston Allenton FH
Tuesday 21 Jan	10am-1pm	Sinfin FH
Tuesday 11 Feb	10am-1pm	Becket FH
Tuesday 11 Mar	10am-1pm	Mackworth Morley FH
Friday 21 Mar	10am-1pm	Rosehill FH
Thursday 10 Apr	10am-1pm	Derwent FH

Supporting Families Employment Advisor

Personalised support for adults in finding work, benefits advice, accessing training/voluntary work, addressing debt and future ambitions. **Contact Claire Williamson on 07350 401602 or Mujahid Shah on 07867 372803 to book an appointment at your local Family Hub.**

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 FH
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February half term

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

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

Monday 17 Feb	1-3pm	Sinfin FH
Tuesday 18 Feb	10am-12noon	Mackworth Morley FH
Wednesday 19 Feb	10am-12noon 1-3pm 1-3pm	Becket FH Derwent FH Osmaston Allenton FH
Friday 21 Feb	10am-12noon	Rosehill FH

Easter holidays

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

Come and join us for Easter arts and crafts, snacks, card making, music and games. Refreshments will be provided. **No need to book.**

Tuesday 8 Apr	1-3pm	Derwent FH
Wednesday 9 Apr	1-3pm	Sinfin FH
Tuesday 15 Apr	10am-12noon	Mackworth Morley FH
Wednesday 16 Apr	10am-12noon 1-3pm	Becket FH Osmaston Allenton FH
Friday 25 Apr	10am-12noon	Rosehill FH



SUPPORTING YOU WITH THE COST OF LIVING

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

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



FamilyHubDerby

Stronger families through support & friendship

Could you volunteer with us?

Derby City Family Hubs currently have opportunities for volunteers to gain experience alongside our citywide play team, delivering sessions to support child development through play.

If you are over 18, have a few hours free each week and would like to improve your skills, employability and knowledge of working with families, contact

Lisa Sandercock on lisa.sandercock@derby.gov.uk

All volunteers will need to undertake an enhanced DBS check.



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
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

Tuesdays 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.**

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



Derby City Council

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