



September/October 2025 issue: Parents/Carers Flyer

Social communication and autism parent/carers support groups and courses

Family Hubs - Derby

NEW! ASC friendly stay and play | 2-4's (term time), and 2-8's (school holidays) | Booking required

Come and join our neurodiverse friendly stay and play sessions in a safe space designed to support emotional regulation. Explore and have fun in a calm, quiet environment and enjoy the sensory room and outdoor space with our ASC champions who are available to offer support and advice.

Mondays 10am - 11am Osmaston Allenton FH - Starts 8 September

Tuesdays 1pm - 2pm Rosehill FH - Starts 9 September

Fridays 10am - 11am Mackworth Morley - FH Starts 12 September

Family Hubs - Derby

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, there is no provision for children.

What is Autism? - Support sessions - (Booking required)

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

Wednesday 1 October 6pm - 8pm Online (please contact Osmaston Allenton FH for the link)

Tuesday 4 November 9:30am - 11:30am Rosehill FH

Tuesday 9 December 1pm - 3pm Derwent FH

What is ADHD? (Booking required)

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

Friday 14 November 1pm - 3pm Sinfin FH

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.

Wednesday 15 October 9:30am - 11:30am Osmaston Allenton FH

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.

Monday 20 October 1pm - 3pm Mackworth Morley FH

Understanding Social Communication - (Booking required)

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

Monday 22 September 1pm - 3pm Becket FH (FREE limited creche places available)

Transition workshop - Booking required

For families, carers or supportive adults of children and young people from 2-19, moving into a new education setting, who are autistic/have social communication needs or are awaiting a referral to the paediatrician. To gain information and practical ideas on how you can support your child with their transition into a new class, nursery, school or college. Book a place for yourself and a supportive family member or friend. **Please note this session is for adults only – we have no provision for children.**

Wednesday 12 November 6pm - 8pm Mackworth Morley FH

Early Support Group | Referral only

2-4 year olds programme

Support for families with children who have or might have social communication difficulties or autism. Our practitioners will provide strategies to support your child's communication and behaviour and information to support your everyday challenges. Three sessions in the hub and three supportive telephone contacts.

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.**

NEW! Sleep workshops - (Booking required)

For parents and carers of 0-19 year olds who are or may be neurodiverse.

Teenagers and Sleep

Teenagers often undergo huge changes in their sleep patterns, naturally wanting to settle and wake later if they can. Teenagers are not being deliberately awkward however; the influences of hormones, peer pressure, school stresses and screens all make sleep much more challenging. Add additional needs into the mix and it can be hard to know how to help; sleep often becomes a battleground. Join Nickie Sutton, Specialist Sleep Practitioner, for a workshop on how being a teenager with additional needs affects sleep and practical advice on what you can do to help (no taking away of screens!)

Tuesday 30 September 6pm - 8pm Online (please contact Mackworth Morley FH for the link)

Pathological Demand Avoidance and Sleep

Is your child demand avoidant? Are you having a battle to help them settle and stay asleep? Sleep can be a huge trigger for children and young people with PDA. Everything about it - the routines, expectations, even how their body feels - they can experience as unwanted pressure that they have to resist (even if they are tired). Join Nickie Sutton, Specialist Sleep Practitioner, as we look at some strategies to help reduce the bedtime battles. These strategies are completely different to normal sleep advice! But have been devised in consultation with parents who have found simple solutions which help.

Wednesday 15 October 12:30pm - 3pm Sinfon FH

Sensory Processing and Sleep

In order to sleep well we need to feel comfortable and safe. Children and young people with sensory processing differences find it very hard to settle and sleep well because they are often overwhelmed with sensory discomfort. Join Nickie Sutton, Specialist Sleep Practitioner, as we look at the reasons why children and young people with sensory processing differences have difficulties sleeping and why commonly suggested sleep strategies often don't work. We will look at how the different senses impact on sleep, behaviours that you may see, and simple effective strategies to help.

Wednesday 12 November 6pm - 8pm Online (please contact Mackworth Morley FH for the link)

Autism and Sleep

Sleep is much harder for autistic children and young people for reasons that they cannot control; there are biological differences which get in the way. You may have had advice before, but normal sleep strategies often don't work and are based on out of date information. Join Nickie for a workshop on how being autistic affects sleep and what you can do to help (no taking away of screens!)

Friday 5 December 12:30pm - 3pm Mackworth Morley FH

Family Hub Contact information

- **Becket Family Hub**
35 Stockbrook Street,
Derby, DE22 3WR
01332 640250
BecketFamilyHub@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
- **Mackworth Morley Family Hub**
Reigate Drive, Mackworth,
Derby, DE22 4EQ
01332 208175
MackworthMorleyFamilyHub@derby.gov.uk
- **Derwent Family Hub**
Monmouth Street
Derby, DE21 6BD
01332 641010
DerwentFamilyHub@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

Family hubs provide Online Solihull Parenting

- Online courses cover from conception up to 19+ years which include:
- Understanding your child
- Understanding your child with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your teenager's brain
- Moving up to secondary school for children with additional needs

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. <https://inourplace.co.uk/derby/>

Neuro Developmental Community Hub serving Derby City parents and carers working from the St James Centre (Malcolm Street, Derby, DE23 8LU).

The Derby City Hub is run by [Citizens Advice Mid Mercia](#) who provide advice and guidance to parents and carers. Experienced staff who have both personal and professional expertise can support families to develop strategies to help manage their situation prior to referral for assessment, following referral or post diagnosis.

Parents and carers can simply contact the hub themselves to make an appointment or drop-in. ND covers a wide range of hidden neurological conditions including Autism, ADHD and Foetal alcohol syndrome.

Hub Opening Hours (Calls, booked appointments and drop-ins):

Monday – Thursday 10am – 1:30pm

Friday 10am – 1pm

Call on either 07561 856320 or 01332 604080 (try mobile first) or email neurohub@stjamescentre.org

Online forums and social media groups

These Facebook groups share information about events, news, groups and upcoming courses in the Derby area:

- Autism Derby Julie Fearn
- Derby city local offer, public service
- Derby SEND information advice and support service, public service
- Fun-abil8y service, non-profit organisation
- National autistic society Derby and district branch, non- profit organisation
- Parent carers together, community organisation
- Special needs circle east midlands, non-profit organisation
- Umbrella Derby and Derbyshire
- Intensive interaction for parents.
- Derby SEND Voice

Information and help online

- [NAS New Diagnosis Hub](#)
- [NAS Advice and Guidance](#)
- [NAS education advice line](#)
- [Autism Education Trust - Exclusions](#)
- [Contact helpline](#)
- [Thinking autism](#)
- [Autism Central](#)

Courses online

- [Autism introduction](#) - **FREE**
A series of short videos created by the department of clinical psychology at the Royal Derby hospital including, understanding autism, living with a child with ASD, understanding and supporting emotional regulation and sensory processing integration.
- [Understanding Autism](#) National Autistic Society.
- [Understanding behaviour through the autistic lens](#) available on demand.
- [Autism and behaviour](#)
- [The ability bridge](#) - a range of on demand training
- [Using visuals to support autistic children](#)
- [Social stories workshop](#)
- [Supporting autistic learners in the secondary school classroom](#)
- [Autism and anxiety](#) includes strategies and resources.
- [The girl with the curly hair](#) - podcasts, animations and online courses covering various topics
- [Intensive interaction](#)
- [Exploring gender diversity in autistic young people](#)

Sensory processing training

- [Autism and sensory experience](#)
- [Understanding sensory input](#) Level 1 - **FREE**, Level 2 and 3 modulation, arousal, autism and sensory strategies with resources £50.
- [What is Sensory Integration](#)

If any of the information is incorrect or you would like to include information about a course or support group for parents of children with social communication needs or autism please contact stepsadmin@derby.gov.uk