



September and October 2026 issue: Parents/Carers Flyer

Social communication and autism parent/carers support groups and courses

Best Start 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.

An introduction to Autism - (Booking required)

Find out more about the Autism spectrum and how you can support your child.

Wednesday 23 September 1pm-3pm Best Start Family Hub - Becket

An Introduction to ADHD (Booking required)

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

Wednesday 23 September 1pm-3pm Best Start Family Hub - Osmaston

Allenton

Monday 12 October 10am-12pm Best Start Family Hub - Rosehill

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.

Wednesday 21 October 10am-12pm Best Start Family Hub - Osmaston Allenton

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.

Tuesday 20 October and Monday 23 November 9:30am-11:30am Best Start Family Hub - Mackworth Morley

NEW! Sleep workshops | Booking required | Delivered by Nickie Sutton, Specialist Sleep Practitioner For parents and carers of 0–19-year olds who are or may be neurodivergent. If you're unable to attend a virtual session, please contact Best Start Family Hub - Sinfin to access the link to the recorded workshop.

ADHD and Sleep

Sleep is much harder for children and young people with ADHD for reasons that they cannot control due to biological differences. They are often wired and busy at bedtime and cannot switch off. We will look at how having ADHD affects sleep and what you can do to help (no taking away of screens!)

Monday 12 October 12:30pm-2:30pm Online - contact Best Start Family Hub - Sinfin for link

Autism and Sleep

Sleep is much harder for autistic children and young people for reasons that they cannot control; due to biological differences. This workshop looks at how being autistic affects sleep and what you can do to help (no taking away of screens!).

Tuesday 20 October 9:30am-12pm Best Start Family Hub - Osmaston Allenton

Early Support Group | Referral only 2-4 year olds, 5-week 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 1:30pm-2:30pm Best Start Family Hub Mackworth Morley

Tuesdays 10am-11am Audrey Drive Children's Centre

Tuesdays 1:30pm-2:30pm Austin Sunnyhill Children's Centre

Wednesdays 10am-11am Best Start Family Hub Rosehill

Wednesdays 10am-11am Best Start Family Hub Osmaston Allenton

Thursdays 10am-11am Audrey Drive Children's Centre

Fridays 10am-11am Best Start Family Hub Sinfin

Fridays 1:30pm-2:30pm Best Start Family Hub Becket

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 work in partnership with Umbrella, Children First, Community One and Autism East Midlands 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](#)
- [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.
- [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