



## January/February 2024 issue: Parents/Carers Flyer

### Social communication and autism parent/carers support groups and courses

Does your child have a new diagnosis of autism? Do you need someone to talk to?

Make an appointment with a children's centre autism champion. These sessions will give you an opportunity to talk to someone about your child's diagnosis, your thoughts and feelings and where you might go for further support and help.

Contact your nearest participating Family Hub for an appointment:

- **Becket Family Hub**  
35 Stockbrook Street  
Derby, DE22 3WR  
01332 640250  
[BecketFamilyHub@derby.gov.uk](mailto:BecketFamilyHub@derby.gov.uk)
- **Derwent Family Hub**  
Monmouth Street  
Derby, DE21 6BD  
01332 641010  
[DerwentFamilyHub@derby.gov.uk](mailto:DerwentFamilyHub@derby.gov.uk)
- **Mackworth Morley Family Hub**  
Reigate Drive, Mackworth,  
Derby, DE22 4EQ  
01332 208175  
[MackworthMorleyFamilyHub@derby.gov.uk](mailto:MackworthMorleyFamilyHub@derby.gov.uk)
- **Osmaston/Allenton**  
60 Cockayne Street North  
Allenton, Derby, DE24 8XB  
01332 956850  
[OsmastonAllentonFamilyHub@derby.gov.uk](mailto:OsmastonAllentonFamilyHub@derby.gov.uk)

## **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](mailto: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:

- Advocates for ADHD and ASD Derby, non-profit organisation
- Autism Derby Julie Fearn
- Derby city local offer, public service
- Derby SEND information advice and support service, public service
- Derbyshire autism support group, non-profit organisation
- 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
  
- Sunshine support, non-profit organisation
- Tegan's butterflies in paradise, community
- Umbrella Derby and Derbyshire
- Intensive interaction for parents.

### **Information and help online**

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

## 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](#) taster courses- 12 January, 9 February 2024
- [Intensive interaction](#) full day workshop 26 January 2024
- [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](mailto:stepsadmin@derby.gov.uk)