

## **Neurodevelopmental Support Team.**

### **Parent/Carer Support and Information sessions 2026.**

An opportunity to meet other parents/carers with similar experiences.

#### What to expect if you come to the group for the first time:

We recommend you attend at the start of the session when we welcome & introduce everyone to the session.

Experienced staff from the NST are on hand to offer guidance, support, useful strategies and answer questions. Each session there will be a themed subject for group discussion.

Occasionally there will be a guest speaker and the scheduled themed group discussion may be rearranged.

#### Due to the organisation of the group, please do not bring children.

This will enable you to participate in the discussions with parents and the practitioner. We cannot offer supervision, also we need to consider the confidentiality of other families and the health and safety for everyone in the meeting.

No booking or diagnosis required. **IMPORTANT-** Due to adverse weather conditions, over winter, the group may be cancelled at short notice. Occasionally group dates may be rescheduled so check the latest NST Newsletter for upcoming dates.

### **How the session will be delivered**

- Session plan – signing in.
- Welcome and introductions to the group.
- Themed information and group discussion.
- Time for parents/ carers/ NST to talk with each other.
- Time to review the handouts and resources.

**The group is centred around peer support & group discussion**

**If you have an enquiry this may be resolved via  
[FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk)**

## **Daybrook Medical Practice, Salop St, Daybrook, NG5 6HP**

### Tuesdays 09.30-11.30

- 5<sup>th</sup> May -Interoception & guest speaker from Co production Team.
- 2<sup>nd</sup> June -Toileting/puberty & guest speaker Young Carers.
- 7<sup>th</sup> July -Managing school holidays.
- 8<sup>th</sup> September -Settling back into school/ Emotionally Based School Avoidance.
- 6<sup>th</sup> October - Family relationships/friendships & guest speaker from Ask Us Notts.
- 3<sup>rd</sup> November- Self-esteem, sense of identity, gender identity.
- 1<sup>st</sup> December - Managing Christmas.

## **Chilwell Family Hub, Great Hoggett Drive, Chilwell, NG9 4HQ**

### Tuesdays 12.30-2.30

- 19<sup>th</sup> May – Interception.
- 9<sup>th</sup> June- Toileting/puberty.
- 13<sup>th</sup> October - Family relationships/friendships.
- 8<sup>th</sup> December -Managing Christmas.

## **Priory Catholic Voluntary Academy. Raglan Street, Eastwood, NG16 3GT.**

### Thursdays 1-3

- 24<sup>th</sup> September - Settling back into school/ Emotionally Based School Avoidance
- 26<sup>th</sup> November- Self-esteem, sense of identity, gender identity

## **Bingham Family Hub, Eaton Place, Bingham, NG13 8BE.**

### Wednesdays 1-3

- 6<sup>th</sup> May- Interception
- 01<sup>st</sup> July- Managing school holidays & guest speaker Young Carers.

## **Bingham Library Eaton Place, Bingham, NG13 8BE**

### Thursdays 1-3pm

- 15<sup>th</sup> October - Family relationships/friendships.
- 10<sup>th</sup> December- Managing Christmas.

**Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**

Wednesdays 13:00-15:00

03<sup>rd</sup> June -Toileting/puberty guest speaker from Co production Team.

9<sup>th</sup> Sept - Settling back into school/ Emotionally Based School Avoidance & guest speaker from Ask Us Notts.

4<sup>th</sup> Nov - Self-esteem, sense of identity, gender identity.

**Kirkby East Family Hub, The Summit Centre, NG17 7LL**

Wednesdays 09:30-11:30

22<sup>nd</sup> July Managing school holidays.

**Butler's Hill & Broomhill Family Hub, Broomhill Rd, Hucknall. NG156AJ**

Wednesdays 09:30-11.30

13<sup>th</sup> May -Interoception

24<sup>th</sup> June- Toileting/puberty

30<sup>th</sup> September-Settling back into school/ Emotionally Based School Avoidance

14<sup>th</sup> October - Family relationships/friendships

18<sup>th</sup> November- Self-esteem, sense of identity, gender identity

9<sup>th</sup> December - Managing Christmas.

**Newark and Sherwood Family Hub, Bowbridge Rd, Newark, NG24 4EG**

Thursdays 9.30-11.30

07<sup>th</sup> May -Interoception & guest speaker from Co production Team.

02<sup>nd</sup> July -Managing school holidays.

1st October - Family relationships/friendships.

3rd December- Managing Christmas & guest speaker from Ask us Notts.

**Forest View Academy. Walesby Lane, New Ollerton. NG22 9RF.**

Wednesday 1-3pm

10<sup>th</sup> June -Toileting/puberty.

**New! Ollerton Family Hub Dukeries Academy** Whinney Lane, New Ollerton, NG22 9TH

Thursday 9:30-11:30

10<sup>th</sup> Sept- Settling back into school/ Emotionally Based School Avoidance.

5<sup>th</sup> November, Self-esteem, sense of identity, gender identity.

**Mansfield Woodhouse Family Hub, Swan Lane, NG19 8BT**

Fridays 09:30-11:30

24<sup>th</sup> April -Communications and social interactions & guest speaker from Co Production.

22<sup>nd</sup> May -Interoception

26<sup>th</sup> June -Toileting/puberty & guest speaker Young Carers.

24<sup>th</sup> July-Managing school holidays.

25<sup>th</sup> September - Settling back into school/ Emotionally Based School Avoidance.

16<sup>th</sup> October - Family relationships/friendships.

27<sup>th</sup> November - Self-esteem, sense of identity, gender identity & guest speaker from Ask Us Notts.