

citizens
advice

Mid Mercia

South Derbyshire Neurodevelopmental Community Hubs



Providing FREE pre-and-post diagnostic support for neurodivergent children and families in South Derbyshire

Who are we?

The South Derbyshire Neurodevelopmental Community Hubs are a free service commissioned by the NHS/Joined Up Care Derbyshire to provide information and guidance (IAG) to children, young people and families in the South Derbyshire area that may be neurodivergent. No diagnosis is needed to access the service, as the service is designed to support families that are currently awaiting assessment to ensure they can access holistic support and information whilst they wait.

How can we help?

One of our advisors can signpost you to resources and local/national services that can support you with a wide range of issues relating to neurodevelopmental conditions over the phone or face-to-face at one of our weekly hubs. Just drop-in to a hub or contact us to book in.

As we are a part of Citizens Advice Mid Mercia (Camm) we can also refer you to our internal services covering benefits, debt, housing and generalist advice.

Community Hub locations

Our hubs take place every Monday 10am-4pm alternating between Citizens Advice Mid Mercia in Church Gresley and Swadlincote Library. We also run satellite hubs in the local community which take place at venues such as schools, children's centres and early years settings. If you are interested in us attending one of your events please get in touch to discuss how we can help.



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ND conditions

Neurodivergence covers many conditions. Please reach out to us if we can support you and your family with any of the following (both pre-and-post diagnosis):

- Autism Spectrum Conditions (ASC)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Dyslexia
- Dyspraxia
- Social Anxiety
- And over 30 other conditions!

Areas of support

When neurodevelopmental conditions or characteristics are identified early, children, young people and their families can be better supported to understand their condition and the support they need at home and within wider society. Examples of some of the areas we can support with are listed below:

School, communication and interaction, sensory processing, behaviour, sleeping, eating, toileting, play and many more!

Get in touch

Telephone: 01332 228744 - 9am-5pm Monday to Friday

Email: ch@citizensadvicemidmercia.org.uk

www.autisminformationandadvice.org.uk

Neurodiversity (ND) and Neurodiverse (ND) Community Hubs

Neurodiversity covers many conditions: Autism Spectrum, Attention Deficit Hyperactivity Disorder, Foetal alcohol syndrome, dyslexia, dyspraxia, social anxiety and over 30 other conditions.

When identified early, children, young people and their families can get the right support and understand what is happening not only to them individually but how that fits into daily life and what next steps are available.

Some families want a diagnosis. Others say if they had more help and support early on, they would not seek an assessment for a formal diagnosis.

Families and carers have said that they need help and advice on:

- Being out and about
- Communication and interaction
- Education, work or play
- Sleeping
- Eating
- Toileting
- Crisis and behaviour
- Sensory processing

To provide that early support, four neurodiversity community hubs have opened across Derbyshire, you can find them in South Derbyshire, Derby City, Central Derbyshire and High Peak.

With no formal referral needed, the hubs will offer children, young people up to the age of 25, their families and carers:

- drop-ins for advice and information
- one to one sessions or groups via appointments
- a space to work out how to manage their situation
- support with the assessment process, before and after a diagnosis
- training for parents and individuals
- specialist sessions covering housing, benefits, finance and employment.

The hubs will also provide a safe and supportive environment where people can:

- ask questions
- be heard without having to repeat their story
- receive hope and encouragement to reduce isolation

Meet staff who are:

- compassionate and supportive
- provide a listening ear
- experienced with both personal and professional expertise
- acting as guides.

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Joined Up Care
Derbyshire

June 2025 dates:

Citizens Advice Mid Mercia

114 Church Street, Church Gresley,
Swadlincote, DE11, 9NR

Monday 9th June 10am-4pm

Monday 23rd June 10am-4pm



If you can't attend the hub, please get in touch to book a free appointment with one of our advisors at a more convenient time to receive the same support over the phone or via email:



Derby and Derbyshire
Integrated Care Board

Telephone: 01332 228744

Email: ch@citizensadvicemidmercia.org.uk



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Joined Up Care
Derbyshire

June 2025 dates:

Swadlincote Library
Civic Way, Swadlincote, DE11 0AD

Monday 2nd June 10am-4pm

Tuesday 16th June 10am-4pm

Monday 30th June 10-4pm

Swadlincote Library
Civic Way, Swadlincote DE11 0AD



If you can't attend the hub, please get in touch to book a free appointment with one of our advisors at a more convenient time to receive the same support over the phone or via email:

NHS
Derby and Derbyshire
Integrated Care Board

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Supporting Children to Regulate Workshop



This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions.

Ideas for practical strategies that can help children and young people to regulate will be shared.



The aim of this workshop is for parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.



When: Monday 21st July 2025 10am-11am

Where: Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

Who: Parents/guardians/carers of children and young people that live in South Derbyshire.

To book: call 01332 228744 or email ch@citizensadvicemidmercia.org.uk for more info

Training delivered by
Derbyshire Educational
Psychology Service
Making a Difference:
enabling positive change
through listening, optimism,
and insight.

Understanding and Supporting ADHD Children and Young People Workshop



This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions. Key themes will include:

- What is ADHD? ADHD myths and ADHD in mainstream media.
- Understanding common ADHD traits/difficulties (e.g. relating to executive functioning, self-regulation, dopamine seeking, demand anxiety, etc.)
- Strategies/approaches to support ADHD CYP's wellbeing & development.
- Neurodivergent Families - supporting self-awareness and self-care

Ideas for practical strategies that can help children and young people to regulate will be shared.

The aim of this workshop is For parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.



When: Monday 9th June 2025 10am-11am

Where: Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

Who: Parents/guardians/carers of children and young people that live in South Derbyshire.

To book: call 01332 228744 or email ch@citizensadvicemidmercia.org.uk for more info



Derby and Derbyshire
Integrated Care Board



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and insight.

Alternative: Derbyshire ISAS Webinar:

ADHD

Date: Wednesday 9 July 2025 - 3:45pm to 4:45pm

No need to book! Just join online via [Microsoft Teams](#)