

Neurodevelopmental Support Team.

Parent/Carer Support and Information sessions 2026.

A chance to feel less isolated. 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 the start of the session so that you are provided with an introduction to the session.

Experienced staff from the NST are on hand to offer guidance, support, useful strategies, information, and answer questions. Each session there will be a theme 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 our 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.
- Networking & Peer support. Time for parents/ carers/ NST to talk with each other.
- Time to review the handouts and resources

The group is centred around support & group discussion

If you have an enquiry this may be resolved via FamilyServiceNST@nottsc.gov.uk

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

Tuesdays 09.30-11.30 2026

- 6th Jan -Co-existing conditions
- 3rd Feb – Demand Avoidance
- 3rd March -Executive functioning
- 14th April -Communications and social interaction
- 5th May -Interoception & guest speaker from Co production Team
- 2nd June -Toileting/puberty & guest speaker Young Carers.
- 7th July -Managing school holidays

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

Tuesdays 12.30-2.30 2026

- 13th Jan -Co-existing conditions
- 10th Feb -Demand Avoidance
- 10th March -Executive functioning
- 21st April -Communications and social interaction

Bingham Family Hub, Eaton Place, Bingham, NG13 8BE

Wednesdays 13:00-15:00 2026

- 4th Feb -Demand Avoidance
- 6th May- Interoception
- 01st July- Managing school holidays & guest speaker Young Carers.

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

Wednesdays 13:00-15:00 2026

- 7th Jan -Co-existing conditions
- 4th March -Executive functioning
- 03rd June -Toileting/puberty guest speaker from Co production Team.

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

Wednesdays 09:30-11:30 2026

21st Jan -Co-existing conditions

18th March -Executive functioning & guest speaker Young Carers.

22nd July -Managing school holidays

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

Wednesdays 09:30-11.30 2026

Feb 11th -Demand Avoidance

May 13th -Interoception

June 24th Toileting/puberty

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

Thursdays 9.30-11.30 2026

05th Feb -Demand Avoidance

07th May -Interoception & guest speaker from Co production Team

02nd July -Managing school holidays

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

Wednesday 1-3pm 2026

14th Jan -Co-existing conditions

11th March -Executive functioning

10th June -Toileting/puberty

Mansfield Woodhouse Family Hub, Swan Lane, NG19 8BT

Fridays 09:30-11:30 2026

30th January -Co-existing conditions

27th February -Demand Avoidance

27th March -Executive functioning

24th April -Communications and social interactions & guest speaker from Co Production

22nd May -Interoception

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