



Neurodevelopmental Support Team. 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 6HPTuesdays 09.30-11.30 20266th Jan -Co-existing conditions3rd Feb – Demand Avoidance3rd March -Executive functioning14th April -Communications and social interaction5th May -Interoception2nd June -Toileting/puberty7th July -Managing school holidays**Chilwell Family Hub, Great Hoggett Drive, Chilwell, NG9 4HQ**Tuesdays 12.30-2.30 202613th Jan -Co-existing conditions10th Feb -Demand Avoidance10th March -Executive functioning21st April -Communications and social interaction**Bingham Family Hub, Eaton Place, Bingham, NG13 8BE**Wednesdays 13:00-15:00 20264th Feb -Demand Avoidance6th May- Interoception01st July- Managing school holidays**Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**Wednesdays 13:00-15:00 20267th Jan -Co-existing conditions4th March -Executive functioning03rd June -Toileting/puberty**Kirkby East Family Hub, The Summit Centre, NG17 7LL**Wednesdays 09:30-11:30 202621st Jan -Co-existing conditions18th March -Executive functioning22nd July -Managing school holidays

Butler's Hill & Broomhill Family Hub, Broomhill Rd, Hucknall NG156AJThursdays 09:30-11.30 2026Feb 11th -Demand AvoidanceMay 13th -InteroceptionJune 24th Toileting/puberty**Newark and Sherwood Family Hub, Bowbridge Rd, Newark, NG24 4EG**Thursdays 9.30-11.30 202605th Feb -Demand Avoidance07th May -Interoception02nd July -Managing school holidays**New Venue! Forest View Academy. Walesby Lane, New Ollerton. NG22 9RF.**Wednesday 1-3pm 202614th Jan -Co-existing conditions11th March -Executive functioning10th June -Toileting/puberty**Mansfield Woodhouse Family Hub, Swan Lane, NG19 8BT**Fridays 09:30-11:30 2025

30th January -Co-existing conditions

27th February -Demand Avoidance

27th March -Executive functioning

24th April -Communications and social interactions22nd May -Interoception26th June -Toileting/puberty