



## Heanor Autism Family Support Hub

### Session dates for 2025

Mundy Street Day Centre, Heanor, DE75 7EB (corner of Godfrey Street and Mundy Street)

The aim of the hub is to offer support and a safe space for families who have children on the Autistic Spectrum, with or without a diagnosis. These are drop in sessions for the whole family to enjoy, aimed at children under 11 years of age. Children (including siblings) can participate at their own pace with support from parents and our staff team. Families can engage in activities or sit back and enjoy some refreshments, whilst talking to other families and sharing experiences or speaking with staff for advice and support.

No need to book a place – **just turn up whenever suits your family** – but feel free to contact me if you have any questions - [steve.mckinley@aem.org.uk](mailto:steve.mckinley@aem.org.uk)

Usually the last Saturday of the month, 10am-3pm

10am-12noon	12noon-1pm	1-3pm
<p><b>Children free to explore the spaces indoors / outdoors with Parents / Carers supervising:</b></p> <ul style="list-style-type: none"> <li>• Games Room – ( Lego / Connect 4 / Jenga etc )</li> <li>• Quiet Room – ( Dominoes / Puzzles / Jigsaws / Books etc)</li> <li>• Sensory Room / Ball Pit</li> <li>• Trampoline</li> <li>• Garden / Outdoor space</li> </ul>	<p><b>Prepare and eat lunch together</b></p> <p><b>Hot Dogs and a Pudding supplied each Session!</b></p>	<p><b>Indoor - sessions:</b></p> <ul style="list-style-type: none"> <li>• Watch a Movie</li> <li>• Sensory Room</li> <li>• Games room</li> <li>• Reading / Jigsaws</li> <li>• Drawing Quiet Room</li> </ul> <p><b>Outdoor sessions:</b></p> <ul style="list-style-type: none"> <li>• Horticulture – Polytunnel</li> <li>• Trampoline</li> <li>• Art in 'Gazebo'</li> </ul>

Jan 25<sup>th</sup>

Feb 22<sup>nd</sup>

Jul 26<sup>th</sup>

Aug 30<sup>th</sup>

Mar 29<sup>th</sup>

Apr 26<sup>th</sup>

Sep 27<sup>th</sup>

Oct 25<sup>th</sup>

May 31<sup>st</sup>

Jun 28<sup>th</sup>

Nov 29<sup>th</sup>

Dec TBC

For further information contact:- [Steve.McKinley@aem.org.uk](mailto:Steve.McKinley@aem.org.uk)