

Parent Support Programmes and Workshops

NST offer a variety of evidence-based interventions for families of children and young people exhibiting indicative behaviours of Autism/ADHD, both before and after diagnosis.

- Cygnet
- Sleep Tight
- ADHD/NFPP
- Parent Workshop
- Educational Transition Support

How to book: You can book a place on one of our programmes providing you are registered with a Nottinghamshire GP (excluding Bassetlaw and Nottingham City).

You will need to click the link below OR copy/type this link into your browser then complete and submit the online form.

We will then send you a list of available workshops with further information about each programme.

<http://bit.ly/NST-opt-in>

Parent support and information sessions

A chance to feel less isolated with an opportunity to meet other parents/carers with similar experiences.

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

Tuesdays 09.30-11.30 2025

9th September 7th October
11th November
2nd December

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

Tuesdays 12.30-2.30 2025

16th September
14th October
18th November
9th December

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

Wednesdays 13:00-15:00 2025

1st October,
3rd December

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

Wednesdays 13:00-15:00 2025

10th September,
5th November.

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

Wednesdays 09:30-11:30 2025

19th November

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

Thursdays 09:30-11.30 2025

16th October

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

Thursdays 9.30-11.30

2nd October,
4th December

Mansfield Woodhouse Family
Hub, Swan Lane, NG19 8BT

Fridays 09:30-11:30

19th Sept 17th Oct 28th Nov 12th
Dec

2026 - 30th Jan 27th Feb & 27th
March

Ollerton and Boughton Family
Hub, Dukeries Academy, Whinney
Lane NG22 9TD

Thursdays 9:30-11:30

11th September,
6th November



Nottinghamshire
County Council