

Neurodiversity and Autism Update March 2024

Welcome to our fourth edition. Thank you for the feedback we have received so far, we will continue to keep listening and keeping you informed.

In this issue we are covering:

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Neurodevelopmental Service

We continue to work on our webpage for the [Neurodevelopmental Service](#) which can be found on the Navigo website please do keep checking the page for further updates.

In our previous update we included a 'Meet the Team' section for you to get to know the staff and their roles within the Neurodevelopmental Service. Let us introduce three more members of the team:

Maaria Malik (she/her)

Specialist Speech and Language Therapist

"Hi, I'm Maaria, a Specialist Speech and Language Therapist in the Neurodevelopmental Team within Young Minds Matter. I am passionate about supporting children and young people who communicate in lots of different ways and advocate that all communication is functional, special, and meaningful. I am thankful that I get to have lots of fun in sessions with the children I meet-whether that's blowing bubbles, completing puzzles, or chatting about Disney! I'm excited to be the first Speech and Language Therapist in the team, allowing us to be truly multidisciplinary in our thinking and approach to reach the best possible outcomes for children, young people and their families. In my free time, I love Yoga and find that the calmness of mind I experience during my practice on the mat transfers off the mat."

Dr Bethany Dewires (she/her)

Specialist Clinical Psychologist

"Hi, my name is Beth. I've been working here since 2018 and absolutely love my job. I work in the neurodevelopmental service as well as the core Young Minds Matter team and I enjoy every aspect of the work. The biggest driver for my work is supporting young people to understand themselves as much as possible and discover what works for them as I believe this enables us to get the most out of daily life. I enjoy spending time getting to know the families that I work with and hope that I at least make a small difference to everyone I support. I am also passionate about supporting the wellbeing of our staff team here to enable us to provide the best service we can for everyone. For my wellbeing, I enjoy music, singing, baking, cooking, gaming, sports (mainly watching!) and spending time with my family and friends."

Dr Bettina Mathew (she/her)

Specialty Doctor (CAMHS)

"Hi, I am Bettina. I work as a Speciality Doctor in Psychiatry (CAMHS) and deal with a wide range of mental health problems, including emotional and psychiatric problems in children and adolescents. My work includes helping young persons with neurodiverse conditions needing assessments (ADHD), providing medical support and making

appropriate referrals and prescribing of medications. Prior to CAMHS (Young Minds Matter), I was working as a Psychiatrist in India.”

What is currently happening with old referrals and new referrals?

As of the 28th March 2024 all Access Pathway referrals have now been clinically screened and authors of referrals and families will be contacted by the Neurodevelopmental Service (NDS) with the outcome of these discussion.

The NDS are also screening the new referrals that are being made.

All children/young people who are accepted for an assessment will be placed on the waiting list for allocation in the position they were referred either to the Access Pathway or the Neurodevelopmental Service; if a child was referred following the current process and accepted for an assessment, they would not be seen for their assessment before those referred, screened, and accepted following the old process. Likewise, those on the old process, awaiting screening, will not be disadvantaged in terms of assessment wait time if they are accepted for an assessment.

If you would like to speak to our team, please call us on (01472) 252570 – selecting option two, alternatively email navigo.yymmneuro@nhs.net

NDS Referral - collaboration with stakeholders

During the development of the new referral form members of the Neurodevelopmental Service met with a wide range of stakeholders to walk them through the new form. Changes were made to the referral form from the feedback given from parent carers, NELPCF and educational professionals. Here are a few examples of the changes made:

You Said...	We did...
Parents and professionals requested whether there could be a section for parents to include whether there are any siblings in the family who are either thinking about/currently going down the access pathway or have a diagnosis of ASD or ADHD. Parents and professionals expressed that this would be important information for the team to know when considering the referral.	‘(diagnosed or queried)’ added to both parent and sibling section.
It was requested that “community” was changed to “wider community” and to provide examples such as (Shop, Park, Doctors etc)	This was added and agreed during the forum.
It was suggested that the word symptoms and key features of ASD and ADHD was changed to traits because this is more recognisable.	‘features’ and ‘symptoms’ changed to ‘traits’ throughout the form.
In the Young Person’s Perspective section, it was suggested that “Social Situations” may need some examples next to it.	Examples of school play time, parties, and family gatherings has been added.
In the Young Person’s Perspective section, it was suggested the question that states “odd or without purpose” should be changed to “Unique or without purpose”.	‘odd’ has been changed to ‘unique’.
Child looked after – might be worthwhile to put in ‘previously looked after’	‘Previously looked after’ has been added to appropriate section
‘Round Robin’ version (a template that can be sent round to numerous people.) Includes comments from different teachers and includes a bit of a checklist. To be able to acknowledge the differences in classes. A template would be very ideal for secondary school especially – a standard model that is consistent.	A ‘round robin’ document for secondary schools is currently in development.

Online Training Sessions - Completing the new referral form

The team offered some online training sessions on **completing the new referral form** for stakeholders - parent carers were also welcome to attend sessions. The team walked **167 stakeholders** through the referral form and answered any questions that were raised.

The team have also attended the GP Forum, Paediatric Forum and met with the School Nursing Team to walk them through the changes and the new referral form.

If you would like more information about the referral process or referral form please do not hesitate to contact the NDS on the contact details on the previous page or visit the [website](#) for more information and guidance details.

Feedback from the training sessions:

“This process just makes so much sense to reduce unnecessary waiting times for CYPFs to get an initial review of all the information”

“Thank you. I really like the new form and working together to complete”

“Very clear, thank you!”

“These prompts will be useful as we often are unable to pick this up through masking.”

The new referral form in practice

Our new referral form has been in place since the 31st January 2024. Please see some of the feedback that we have received from a range of stakeholders:

“The new format is so much better! Whilst it is longer, it explains so much more that information they are looking for and therefore takes less time to complete. The different sections when discussing them with the families really opened up conversations about the young person’s experiences and led to some hopefully validating conversations and normalising of feelings. Thank you to you and the team that put so much work into it.”

“Very straight forward, very easy to fill in”

“I just wanted to give you and everyone else who was involved in redesigning the neurodevelopmental referral form a big whoop whoop. 😊 The new forms are so straight forward with appropriate headings and details of what information needs to be included where; they are much easier to understand and complete Also having the separate observations forms to fill in for school, family and the young person makes it a lot easier to do when it isn’t school who are completing the referral. Great job guys 😊.”

Access Pathway Waiting List (Over 5s)

What are the waiting times looking like?

In the last newsletter we shared with you that at the end of December 2023 the waiting list had decreased to 27 weeks and continued to decrease, achieving an average wait time of 14 weeks by the end of February 2024. As of the 28th March 2024 all access pathway referrals have been clinically discussed and the Access Pathway is now officially closed.

We appreciate the hard work of the Neurodevelopmental Service over the last 6 months and the support from professionals', parents and carers to enable us move us to a single pathway for Neurodevelopmental Services.

We hope to be able to share with you in the next issue more information about the Neurodevelopmental Service. Please use the Microsoft forms feedback form at the end of the newsletter (page 10) to tell us about what information you would like to know.

Support while you wait

We appreciate that whilst waiting for an assessment it can be difficult to source help with managing a child's needs, so Navigo's Neurodevelopmental Service (Navigo - Young Minds Matter) are launching a new waiting list initiative, [Workshop for Integrated Neurodiversity Group Support](#), fondly called WINGS, to give parents the skills and knowledge to support their child at home and school.

WINGS will run for six, two-hour face-to-face sessions where up to 20 parents can learn these skills, better understand neurodivergent needs and build a support network of like-minded parents who understand how it feels.

The aim is to allow parents to start adapting to their children's unique abilities and difficulties, and to allow them to understand why some of the behaviours are being presented.

An overview of WINGS:

Session 1: Understanding and Supporting your Child's Needs

Session 2: Emotional Regulation

Session 3: Managing and Supporting Behaviour

Session 4: Support for you and the Family

Session 5: Sleep

Session 6: The Assessment Process

How can I access the sessions?

The first set of sessions will start in April 2024 and will continue as a rolling programme throughout the year. The team will be inviting families currently waiting for an assessment based on when they were first referred to the service. In the meantime, if you would like more information please visit our [website](#).

Early Years (0-5 years) Specialist Support for settings 0-5 years – NELC

We are excited to share with you an update regarding our Early Years Team. The team consists of the following professionals:

- Two Area SENDCos who can offer specific strategies for Early Years children with emerging and identified additional needs. Support with Information Advice & Guidance (IAG) and on writing assessment requests to the Neurodevelopmental Team, [Education Health Care Assessment Requests](#) (EHCAR) and Inclusion Funding.
- An Early Years Specialist teacher who can provide information, advice and guidance for children 0-5.
- Two Specialist Early Years SEND practitioners who can advise on Portage strategies, support transition into a setting with children who may be attending/previously received Portage.

To ensure we can support settings in an effective and efficient way, we have introduced a referral system. If you feel you need support from the EY team, please complete the referral form, [Referral form for Early Years support](#), and return it to earlyyearsnelc@nelincs.gov.uk.

Alongside support from the team, we are also developing a bank of training & support:

- **All About Attention:** delivered free in setting, supporting the emerging communication needs of Early Years children who are preverbal/have little spoken language and attention skills. Contact allaboutattention@nelincs.gov.uk to register your interest.
- **SEND/Early Years surgeries:** available for those who would like to attend and chat about any issues/concerns you have. Please contact cleo.grey@nelincs.gov.uk to book an appointment.
- **SMART Targets:** developing and writing SMART outcomes on your My Plans/Support Plans/Assessment requests etc. Please contact andrea.clark@nelincs.gov.uk for further information.

- **Early Years Network Forum:** next term's meeting will be held on **11th June 1pm - 4.30pm** and is suitable for any member of your Early Years team to attend, to then feedback to the rest of your colleagues. We will be joined by Michelle Baynham (Speech and language therapist) who will be delivering a session on 'using Lego to support talking and understanding words' and our local hearing and vision team who will be delivering a session on their service, strategies and support for those children who have hearing and vision difficulties. It's a great opportunity to meet & network with other EY professionals from across the borough. Secure your place by following this [link](#).

News about Neurodiversity in Early Years (Train the Trainer)

Colleagues working in early years settings and infant schools have been selected to train and become an accredited trainer in Neurodiversity support for children and young people.

Successful candidates will be completing two neurodiversity courses: An Introduction into Neurodiverse Behaviours in Early Years and Strategies to Support Neurodiverse Behaviours in Early Years and complete a "train the trainer" module allowing them to deliver the courses within their settings and across settings in North East Lincolnshire.

Watch this space for more information...

North East Lincolnshire SENCO Network

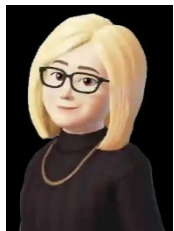
The return of the SENCO Network for 2024! Join the SENCO Network for key SEND updates, training sessions and a networking lunch. Please share the event information and booking form with your Trust SENCO's who are very welcome to attend. All delegates who attend on the day will receive a comprehensive resource pack to take away.

The theme of the next SENCO network is "Professional Development." There are two excellent training opportunities:

- A Teacher Toolkit for meeting Cognition & Learning Needs
- Having crucial conversations with confidence

To secure your place please follow this [link](#).

Support for Parent Carers and families of CYP with Neurodiverse Needs



Hi everyone, in this section I would like to continue to share with you my personal experience and reflect upon your experiences that you shared with me. Again, some of this might be useful to you and your families and some might not but that is okay. All children are unique, each child has different strengths and areas that may need additional support.

Do not forget how important it is to talk with other parent carers who have similar lived experiences. I cannot stress how much you can gain from meeting other parent carers who have similar experiences and our unique children bring us together, sharing ideas, experiences and things that we have learnt. For an opportunity to meet with other parent carers and practitioners please join us at our [SPACE Forum](#), for more details please click on the link.

I would love to hear what you and your family have accessed and if you have found these services or activities helpful you can complete the [Microsoft form](#) at the end of this section to do this or email me hnyicb-nel.fmhd@nhs.net.

This issue I am going to focus on **Parent carer and family support including siblings**.

I personally feel that living with children who have additional needs and children who do not have additional needs is a constant challenge. I know we always felt guilty and worried that my son without additional needs did not receive the time and attention from us that our other son required. Therefore, we contacted the Young Carers Project, who provided an impartial listening ear and support for our other son. He had the opportunity to take part in 1:1 sessions, group sessions, fabulous group activities and even an overnight camping trip! What a fabulous resource! 😊

Here are a few of the local services that I have personally received help/support/guidance from:

Children's Disability Service - Parents Supporting Parents is a friendly, relaxed group, providing emotional support, guidance, friendships and practical solutions Thursday mornings 9:30am until 11:30am (Parents / Carers & children) At Central Family Hub Edward Street, Grimsby, DN32 9HL

Carers Support Service The Carers' Support Service is the main port of call for Carers in Northern Lincolnshire. There is a range of free and confidential practical and emotional support on offer. Click on the link and take a look through their website to see what support is available for you and your family. I have personally received the following help and support from the Carers Support Service:

- Help with completing a Disability Living Allowance application.
- I have attended some coffee mornings with other parent carers.
- I have received regular check-in phone calls from a member of the team.
- Once you've signed up to the service you receive a regular newsletter containing lots of useful and local information.
- I also had a free massage... which was fabulous!

Young Carers The Young Carers Project is based at the Carers' Support Service and works with both Young Carers and their families. The service seeks to reduce the caring role by involving other relevant services and enabling the family to find better solutions. Where caring continues, the service aims to reduce the impact of caring on young people by providing:

- The opportunity to have a Young Carer's Assessment
- Information and advice
- Informal advocacy
- One to one and family support
- Group support
- Time out from the caring role, including a range of activities and event

Home - Sibs This website is 'for brothers and sisters of disabled children and adults'. Sibs is the only UK charity representing the needs of siblings of disabled people. There are over half a million young siblings and at least 1.7 million adults siblings in the UK, who have grown up with a disabled brother or sister.

It provides:

- Resources for primary and secondary schools, to help support sibling pupils
- Online workshops for siblings
- Sibling group leader training
- Supporting young siblings:
 - Top tips for parents
 - Talking about disability
 - Listening to feelings
 - Concern about siblings
 - Siblings in schools
 - Setting up a sibling group
- Support for adult siblings:
 - Am I a carer?
 - Adult siblings and loneliness
 - Coping with feelings
 - Adult sibling Facebook group
 - How to find a counsellor
 - Shared experiences

Short Breaks The vision in North East Lincolnshire is to provide disabled children and young people, with opportunities and experiences that help achieve positive outcomes for them. By providing disabled children and young people with such opportunities, Short Break's aim is to support parents in their role as primary carers and give

them breaks to assist them to look after themselves and their wider family. The aim is that short breaks will contribute to keeping disabled children safe and healthy, enabling them to enjoy new activities, make friends, and have new learning opportunities, as well as preparing teenagers for adulthood.

For more information on how to get help, learn about what the service does and who they are click on the link.

Please share your positive experiences with us, via the following link or QR Code, so that together we can help and support other families across NEL.



<https://forms.office.com/e/dVDe0C9DKL>

Support Services in NEL

In the following sections we have provided a summary of support services within NEL and what they do. Don't forget to check out the [Local Offer](#) too

Service	What they do	How to contact
NAVIGO - Young Minds Matter	The drop-in sessions aim to support parents without the need for an appointment. They will be open to anyone with a child or young person who has or is suspected to have a neurodiverse condition (with a formal diagnosis or not) even if just wanting more information.	Child and Adolescent Mental Health Services (Young Minds Matter) :: Navigo (navigocare.co.uk)
Family Hubs	Family hubs bring together services to offer help and support to children and young people aged 0 to 19 and their families. You can speak to a range of professionals such as our advisers, health visitors, school nurses and other family support services to work through issues that may arise during a child or young person's life.	Family hubs NELC (nelincs.gov.uk)
FIS - Families First Information Service	The Families First Information Service is a free, impartial information service for families with children aged 0-19 years. If you are looking for childcare, you can use the directory to search for childcare or contact the service directly.	fis@nelincs.gov.uk 01472 326292 option one Family Information Service Directory NELC (nelincs.gov.uk)
SEND Parent Engagement Champion	SEND Parent Engagement Champion role offers support, signposting to support/services, host regular engagement events (such as pop-ups with multiple professionals in attendance) and listen to parent carer views.	abi.fleming@nelsendiass.org.uk 07552743370
Parent Carer Forum	NELPCF is a collective voice for parent carers of children and young people with SEND in North East Lincolnshire. They make	nelpcf@gmail.com NELPCF

	sure that parents' views and experiences influence local services to make things better.	
SENDIASS	SENDIASS North East Lincolnshire is a free service for children and young people with special educational needs and disabilities and their parents and carers. It's impartial and we give confidential information, advice and support in relation to special educational needs and disabilities (SEND) and related health and social care matters.	ask@nelsendiass.org.uk 01472 326363 www.nelsendiass.org.uk
Support as a carer	The Carers' Support Service is the main port of call for Carers in Northern Lincolnshire. There is a range of free and confidential practical and emotional support on offer.	01472 242277 Carers Support Service
Autism Central	We are excited to share with you the Autism Central Programme in collaboration with Daisy Chain which offers families and carers of autistic people high-quality and easily accessible autism education, training, and support through peer educators, alongside a dedicated website .	You can access the training sessions if you have a young person with traits, undergoing, or diagnosed with autism, ADHD, FASD or sensory processing differences by visiting https://www.daisychainproject.co.uk/event/learning-workshops/ . Virtual support sessions are also available which provide an opportunity for parents/carers to connect with each other and get advice from the Autism Central team. For more information visit https://www.daisychainproject.co.uk/event/autism-central-virtual-support-sessions/

If you are concerned that a child is being abused, or they may be at risk of harm, you should contact NELC [Integrated Front Door Service](#) to make a referral

For concerns around mental health use the 24/7 mental health Single Point of Access on 01472 256256 (option 3) or freephone 08081 968442

If life is at imminent risk, call the emergency services on 999.

Support for Children and Young People (CYP)

Find out more about	Who/Where?	What will you find?
Generation Z	We'd love you to come along to our first meeting on Friday 26th January to tell us what you'd like the group to look like! Meeting on the last Friday of every month, 2pm-4pm. Contact details: Tel: 01472 242277	Are you aged 18 to 25? We want to hear from you! We are launching our new Peer Support Group specially for young adult carers
Young Carers	Young Carers - Carers Support Service (carerssupportcentre.com) For more information about the services and activities available for Young Carers in North East Lincolnshire. Contact details: Tel: 01472 326294 (option 3 then option 2) Email: admin.yps@nelincs.gov.uk .	They are children and young people of any age who have a family member with an illness, medical condition or disability. They may look after or help look after their parent, brother, sister or Grandparent or other family member. Find out more information about activities and groups for young carers, other services for support, Children's Rights and how to have your voice heard.

<p>Compass Go</p>	<p>Compass GO... Mental Health Support Team works with children, young people, families and educational settings in NEL.</p> <p>Contact details: Tel: 01472 494 250 Email: nelincsmhst@compass-uk.org Email: compass.go.mhst@nhs.net</p>	<p>We provide support, help and advice for pupils, students and schools for issues related to emotional and mental health wellbeing. Our work with educational settings across NEL includes providing advice, information and support to staff in promoting emotional and mental health wellbeing. We also work with children and young people on a 1:1 basis offering Cognitive Behavioural Therapy intervention.</p>
<p>Faraway</p>	<p>Faraway is a not-for-profit social enterprise community interest company that actively works to create inclusive communities through enabling autistic people to raise awareness of autism within their local community and support the community to deliver services that are accessible for all people.</p> <p>Contact details: Tel: 07835 034014 Email: info@thefarawaycic.org Address: Neurospace Queen Street Grimsby DN31 1QG</p>	<p>The company's activities will provide benefit to people with unique minds, in particular, autistic adults. They provide:</p> <ul style="list-style-type: none"> • A place to plan and realise bright futures by supporting people to develop their own activities, employment opportunities and peer support services. • Give people a chance to reduce social isolation and improve self-confidence and social skills by providing person centred services and activities. • Opportunities to create inclusive communities through enabling autistic people to raise awareness of autism within their local community and support the community to deliver services that are accessible for all people. • Provide employment opportunities for autistic adults that will enable them to support their peers in accessing employment, local health and other social care services and through mentoring.

Would you like to get involved? Please feel free to come along - We look forward to seeing you!

Event	Who is it for?	When is it?	How do I get involved?
<p>NAVIGO Carers drop-in</p>	<p>Anyone who is supporting a Navigo service user</p>	<p>Every Thursday 10am - 3pm Tukes Hub 3-7A Brighowgate Grimsby</p>	<p>Access information and advice without needing an appointment every Thursday. For more information, call (01472) 806800.</p>
<p>SPACE Forum</p>	<p>All parent carers and staff from all educational settings (Nursery to College)</p>	<p>Tuesday 23rd April 2024 9.30am - 11.30am Grimsby Town Hall</p>	<p>The SPACE Forum is the <u>only</u> forum within North East Lincolnshire that includes parent carers and setting staff working in partnership. Please follow this link for more information and notes of the last meeting: Settings, parents and carers for education- SPACE Forum - NELC SEND Local Offer (nelincs.gov.uk).</p>
<p>Parents' Evening - Wybers Wood Primary Academy</p>	<p>Parent carers of children and young people who attend this school only</p>	<p>Tuesday 22nd April 3.30pm - 5.30pm Wybers Wood Primary Academy</p>	<p>Come along to Parents' Evening and meet Abi Fleming, SENDIASS Parent Engagement Champion. For further information please contact the school directly.</p>

<p>Parents' Evening - Linkage College</p>	<p>Parent carers of children and young people who attend this setting only</p>	<p>Wednesday 24th April 3.30pm - 7pm Linkage College</p>	<p>Come along to Parents' Evening and meet Abi Fleming, SENDIASS Parent Engagement Champion. For further information please contact the setting directly.</p>
<p>Parent Drop-in Orchard Education</p>	<p>Parent carers of children and young people who attend this school only</p>	<p>Tuesday 30th April 11am-12pm Orchard Education</p>	<p>Come along to this event if your CYP attends this setting and meet Abi Fleming, SENDIASS Parent Engagement Champion. For further information please contact the school directly.</p>
<p>Parent Drop-in Stallingborough Primary Academy</p>	<p>Parent carers of children and young people who attend this school only</p>	<p>Wednesday 22nd May 1.30pm - 3.20pm Stallingborough Primary Academy</p>	<p>Come along to this event if your CYP attends this setting and meet Abi Fleming, SENDIASS Parent Engagement Champion. For further information please contact the school directly.</p>

Questions and Your Voice

If you have any questions or if you would like to share your thoughts and views on anything mentioned in this newsletter. Please use the QR Code or the link below to send us your question and/or share your thoughts and ideas:



<https://forms.office.com/e/6K3PpxfbNa>

END OF UPDATE