

Neurodiversity and Autism Update August 2024

Welcome to our fifth edition. Thank you for the feedback we have received from our previous updates, and 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 a new section on the [Neurodevelopmental Service :: Navigo \(navigocare.co.uk\)](#) which can be found on the [Navigo website](#). Do keep checking the page for further updates.

Collaboration with stakeholders

The members of the Neurodevelopmental Service continue to collaborate with a range of stakeholders. The team regularly meet with members of NELPCF to share information and gain feedback from NEL's parent carers. A member of the Neurodevelopmental Service now attends the SPACE Forum and is available to answer questions and offer information and advice to parent carers and setting staff. In addition to this they have attended the GP Forum, met with the School Nursing Team, attended the Paediatric Forum and attended individual GP Practices, attended the SENCo Network to walk them through the changes, the new referral form and or provide updates on the current situation.

Feedback from stakeholders:

"Once again thank you very much for attending today. You provided so much useful information and we now feel much better equipped to support parents with Queries regarding the new process. Thank you" – Roxton Practice

"I would just like to say how impressed I am with new neurodevelopmental service, I have recently heard from you regarding children at my school in such a quick manner, thank you so much!" - SENCO

"Thank you very much for your time this morning. We are extremely grateful for the time given to prepare and give updates to schools. It is greatly appreciated and schools have been asking lots of questions/asking for contact details. Thank you!" - Project Lead, Education & Inclusion, North East Lincolnshire Council

Completing the 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 stakeholders through the referral form and answered any questions that were raised. These sessions were attended by **167** stakeholders.

However, if you would like more information about the referral process or referral form please check our website and the new page for the referral form guidance or contact the team if you would like to discuss a specific child/young person. You can watch a recording of one of the sessions here:

<https://navigocare.co.uk/CAMHS/professionals/neurodevelopmental-service/neurodevelopmental-assessment-referral-form-guidance>

The Neurodevelopmental Service and it's team - feedback from a range of stakeholders:

"I have noticed that we are hearing from you and things are happening much more quickly since the relaunch of the service" - SENCO

"Thank you for coming to speak with us and helping us celebrate neurodiversity"- Youth Participation Group

"Thank you so much for your excellent and supportive guidance over the phone, as well as the useful information that you have sent to my sister and I" – parent/carer

"Thank you so much for taking the time to listen and helping me to go forward with these difficulties." - parent

"thank you sooo much for the time you spent with us as a service. We really appreciate your efforts to highlight the complexities and 'lived reality' of neurodiversity and look at how we can positively embrace difference and support our children and families to have the best start in life for life. The staff have responded very positively to your thought provoking session. Everybody I've spoken too since has mentioned how thought provoking your session was and impactful! – Public Health Team Manager

Your voice and feedback on the referral form

As the Neurodevelopmental Assessment Referral Form is newly developed the team are wanting to seek feedback from parent carers who has recently had their child referred and from practitioners who have recently completed the referral. The team are currently creating a survey to collate feedback from all stakeholders so please check out their website for further details and information. [Neurodevelopmental Service :: Navigo \(navigocare.co.uk\)](https://navigocare.co.uk)
Your feedback is invaluable and will assist the team in considering if any changes or improvements are needed to the referral form.

Private assessments and diagnosis

At the last SPACE Forum we had someone who came ask shared her experience of living with ADHD. A question was asked about private assessments and whether these diagnoses are recognised in NEL:

The Neurodevelopmental Service aim to meet the identified needs of children and young people, irrespective of their diagnosis.

Private assessments will be considered on a case-by-case basis and will be reviewed to ensure the assessment processes and diagnostics have followed National Institute of Clinical Excellence (NICE) guidelines. NICE provides guidance to professionals and patients around what is expected from an evidence-based assessment and/or intervention. The guidance is readily available online. For example, the [guidance for ADHD is NG87](#) and for [for autism in Under 19s is CG128](#).

It is important to note that not all assessments carried out privately will meet the above criteria. Please check before proceeding with any private assessment that it will meet the necessary standards and click on the link below for more guidance:

[Neurodevelopmental Service: Private assessments and diagnosis :: Navigo \(navigocare.co.uk\)](https://navigocare.co.uk)

Support while you wait

Navigo's Neurodevelopmental Team have been working hard to reduce waiting times across their pre-assessment and assessment pathways. We appreciate whilst waiting for an assessment it can be difficult to source help with managing a child's needs so Navigo's Child and Adolescent Mental Health Service (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 started 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 first referred to the service.

In the meantime, if you would like more information click on the link: [Neurodevelopmental Service: Workshop for Integrated Neurodiversity Group Support \(WINGS\) :: Navigo \(navigocare.co.uk\)](#)

Early Years (0-5 years) Specialist Support

Just a reminder: **we are open to requests for support from any setting with 0-5 age range.**

We now have an expanded team with two Area SENDCos who can offer specific strategies for EY children with emerging and identified additional needs. We can support with Information Advice & Guidance (IAG) on writing assessment requests to the Neurodevelopmental Team, EHCARs and Inclusion Funding.

The team meet weekly to triage the referrals: [Referral form on this page](#) and return to earlyyearsnelc@nelincs.gov.uk

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

All About Attention: delivered free in setting, supporting the emerging communication needs of EY children who are preverbal/have little spoken language and attention skills:

Contact allaboutattention@nelincs.gov.uk to register your interest.

SEND/EY surgeries available for those who would like to attend and chat about any issues/concerns you have:

Contact cleo.grey@nelincs.gov.uk to book a slot.

SMART Targets: developing and writing SMART outcomes on your My Plans/Support Plans/Assessment requests etc.

Contact andrea.clark@nelincs.gov.uk for further information.

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...

Also, four members of the Early Years team are now qualified to deliver the Early Birds programme from the National Autistic Society! See below for more details...

National Autistic Society's EarlyBirds training in NEL

NELC have been busy ensuring that a wide range of practitioners/professionals from different settings and services are trained and qualified to deliver the National Autistic Society's EarlyBird programme. Through the programme, parents and carers will learn more about autism, and discover new ways to support their child, following a diagnosis and meet other parent carers with similar lived experiences.

They now have 7 trainers across Early Years team, Family Hubs and NAVIGo who have all completed the Early Birds training which will be launched for our first cohort of families in September. NELC are also working on a plan to advertise the course to families who have a child under 7 who has had a diagnosis in the last two years. Please look out for further information in September.

SENCo Newsletter

Are you a SENCo in North East Lincolnshire?

Click on the link below to find out more about what's happening with the Delivering Better Value in SEND project and there is also a wealth of training opportunities for the Autumn term:

[NELC SEND Local Offer | NE Lincs SENCo Newsletter- Thursday, 13 June 2024 - NELC SEND Local Offer](#)

FREE Training for NEL's Educational Settings and Services

We would like to offer you and your setting/service an opportunity to come and learn about an intervention programme called Understanding Myself. The Understanding Myself programme has been developed by Daisy Chain as part of the Autism in Schools Project which aims to support schools to provide positive environments for children and young people (CYP) with neurodiverse needs, with or with a diagnosis and it could also be useful to support CYP with Social, Emotional & Mental Health (SEMH).

It has been piloted and adapted in co-production with neurodiverse (Autistic) young people and is underpinned by numerous psychological theories and practices. The aims of the intervention is to increase self-awareness; help others understand the needs of the young people and their unique experiences of the world; improve self-esteem and raise confidence.

The programme was commissioned by the North East & Cumbria Accelerator Programme and has been developed specifically for young people between the ages of 14 and 17 who either have a neurodevelopmental diagnosis or are experiencing traits associated with a neurodevelopmental diagnosis. However, the programme is beneficial for younger children and young people, including primary aged children/young people. The sessions have been designed to help the young people who attend them to understand and be able to communicate their needs and are based around the following six topics:

Session 1: Getting to know me	Session 4: The 5-point scale
Session 2: Sensory challenges	Session 5: Self-esteem & positivity
Session 3: Anger and anxiety	Session 6: Communication passports

We are offering four dates that you can access the training session; we will walk you through the programme (**you only need to attend one of these sessions**) and we will provide you with a FREE copy of the programme and all its resources after completing the training session.

There are four sessions available:

Tuesday 8th October 1pm - 3.30pm At Grimsby Town Hall	Tuesday 28th January 1pm - 3.30pm At Grimsby Town Hall
Tuesday 8th October 4pm - 6.30pm At Grimsby Town Hall	Tuesday 28th January 4pm - 6.30pm At Grimsby Town Hall

If you would like to join us please let us know by emailing us at hnyicb-nel.fmhd@nhs.net and include:

- Your name
- Your role
- The setting you work in
- Which session you would like to attend

Please contact us on this email for any queries, or if you would like any further information.

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 your experiences that you have told me about. 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 **Education / Training, advice and guidance**.

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

- **NAViGO Child and Adolescent Mental Health Services (Young Minds Matter)** offer free virtual training to help parents and carers increase their understanding of mental health issues. The workshops help build confidence in supporting children and young people in the family home and cover a range of topics. These are totally free of charge, online and able to be taken at a time that suits you. [Workshops for Parents and Carers](#)
 - NAViGo also provide a range of free virtual [Workshops for Professionals](#)
- **School Staff** - Our son's school provided us with copies of visual resources that they used in school with Oliver. They also provided us with a wealth of visual resources that were home related too. This really helped Oliver as he liked the continuity between home and school. In fact we still use them for Oliver's daily visual timetable.
- **Check out [NELC SEND Local Offer | Events](#)** page for details on events for parent carers - I found Makaton training advertised on the Local Offer and my husband and I are now Makaton Level 3 trained. The training sessions were fun and very interactive; we now have another method to use to communicate with our non-verbal son! NELC do offer Makaton courses locally so keep an eye on the Events page via the link at the beginning of this bullet point. Also, Makaton have some free, downloadable resources that you can find using this link: [Free resources \(makaton.org\)](#)
- [National Autistic Society](#) has lots of useful training, advice and guidance, videos, etc. [What is autism](#)
- I have completed the National Autistic Society's EarlyBirds, EarlyBird Plus and Teen Life programmes and would recommend them to any parent carers who are able to attend them. For more details on the availability of the EarlyBirds programme in NEL please click on this [link](#). All the programmes contain lots of useful information, facts, books, websites, videos and lots more. In addition to all of that you will gain countless pieces of advice, strategies, resources from the trainers and the other parent carers/ members of the group. The most inventive idea I received about toilet training a 7 year old came from another parent on the programme. 😊
- [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 gives confidential information, advice and support in relation to special educational needs and disabilities (SEND) and related health and social care matters. We've used this service a couple of times now and they have been a great help, providing information and supporting us during some very challenging and emotional times!
- [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 coffee mornings held at the Carers Centre 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!





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 [NELC SEND Local Offer | North East Lincolnshire Special Educational Needs & Disability \(nelincs.gov.uk\)](#)

Service	What they do	How to contact
<p>Family Hubs</p> 	<p>Family hubs bring together services to offer help and support to children and young people aged 0 to 19 and their families.</p> <p>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.</p>	<p>Family hubs NELC (nelincs.gov.uk)</p>
<p>FIS - Families First Information Service</p> 	<p>The Families First Information Service is a free, impartial information service for families with children aged 0-19 years.</p> <p>If you are looking for childcare, you can use the directory to search for childcare or contact the service directly.</p>	<p>fis@nelincs.gov.uk 01472 326292 option one Family Information Service Directory NELC (nelincs.gov.uk)</p>
<p>SEND Parent Engagement Champion</p> 	<p>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.</p>	<p>abi.fleming@nelsendiass.org.uk 07552743370</p>
<p>Parent Carer Forum</p> 	<p>NELPCF is a collective voice for parent carers of children and young people with SEND in North East Lincolnshire. They make sure that parents' views and experiences influence local services to make things better.</p>	<p>Email: nelpcf@gmail.com Website: NELPCF NELPCF welcome you to join them at their annual event at Grimsby Town Hall on Wednesday 25th September 9.30am to 2pm. For more information, check out their Facebook page: https://www.facebook.com/NELPCF</p>

<p>SENDIASS</p> 	<p>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.</p>	<p>ask@nelsendiass.org.uk 01472 326363 www.nelsendiass.org.uk</p>
<p>Support as a carer</p> 	<p>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.</p>	<p>01472 242277 Carers Support Service</p>
<p>Autism Central</p>  <p>Daisy Chain</p> 	<p>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.</p> <p>Daisy Chain are trialling some virtual informal support sessions for parent carers of children with SEND in NEL.</p>	<p>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/ Friday 23rd August - 10am-11am / Getting Extra help in School and Other Education Settings Friday 30th August - 10am-11am / Transitions to Adulthood</p> <p>The Grimsby VS sessions are now bookable online here: https://daisychainproject.co.uk/product/grimsby-virtual-support-sessions/</p>
<p>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</p> <p>For concerns around mental health use the 24/7 mental health Single Point of Access on 01472 256256 (option 3) or freephone 08081 968442</p> <p>If life is at imminent risk, call the emergency services on 999.</p>		
<p>Support for Children and Young People (CYP)</p>		
<p>Find out more about</p>	<p>Who/Where?</p>	<p>What will you find?</p>
<p>Generation Z</p> 	<p>We'd love you to come along to our meetings on the last Friday of every month, 2pm-4pm. Contact details: Tel: 01472 242277</p>	<p>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</p>
<p>Young Carers</p> 	<p>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:</p>	<p>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.</p>

	<p>Tel: 01472 326294 (option 3 then option 2) Email: admin.yps@nelincs.gov.uk.</p>	<p>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>
<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>SEND parent drop-in with NELPCF</p>	<p>All parent carers of children/young people with SEND</p>	<p>Friday 6th September 10am - 11.30am East Marsh Hub</p>	<p>NELPCF welcome you to come and join them and meet other parent carers and some services from NEL.</p>
<p>SPACE Forum</p>	<p>All parent carers and staff from all educational settings (Nursery to College)</p>	<p>Tuesday 24th September 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>North East Lincolnshire Parent Carer Forum’s annual conference ‘Better Together for SEND’</p>	<p>All parent carers and staff from all educational settings</p>	<p>Wednesday September 25th from 9.30am - 2pm at Grimsby Town Hall</p>	<p>NELPCF welcome you to join them at their annual event to meet with a variety of local services and support for children and young people with SEND aged 0 - 25, and their families.</p>

<p>Great Coates Parent Drop-in</p>	<p>Parent carers of children and young people who attend this setting only</p>	<p>Wednesday 25th September 9am - 10.30am Great Coates</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>Cambridge Park Parent Drop-in</p>	<p>Parent carers of children and young people who attend this school only</p>	<p>Friday 27th September 9am-11am Cambridge Park</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