

ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh



Service offer from Barnardo's

Barnardo's ND:well service is part of a network of community mental health services in the city of Edinburgh, it runs as part of a partnership with Tailor Ed and Number 6. It's the first port of call for neurodivergent children and young people or their parents, looking for support with their mental health and wellbeing.

Who is it for?

Our ND:well service is for children and young people aged between 5 to 24 years old and/or their parents, who live in the City of Edinburgh and are neurodivergent. This includes children and young people with a diagnosis of autism, ADHD and intellectual disability.

How does it work?

Simply get in touch by emailing NDwell@barnardos.org.uk or book a slot at our Community Drop In sessions using the above email address and adding 'DROP IN' in the subject line and come along and chat to member of our team.

Barnardos office 111 Oxgangs Road 1pm- 3pm on Mondays 11 th , 25 th of April, 2 nd , 9 th , 16 th , 23 rd , 30 th of May, 6 th , 13 th , 20 th , 27 th of June.	Kirkliston Community Centre 16 Queensferry Road, EH29 9AQ 10am-1pm on Tuesdays 12 th , 19 th , 26 th of April 3 rd , 10 th , 17 th . 24 th , 31 st of May 7 th , 14 th , 21 st , 28 th of June.	Silverknowes golf club 118 Silverknowes Road, EH4 5ET 9am- 12 on Wednesdays 13 th , 20 th , 27 th of April, 11 th , 18 th , 25 th of May, 1 st , 8 th , 15 th , 22 nd , 29 th of June.
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We'll also be running a sibling's drop-in on Saturday the 7th of May 3.30pm- 5pm at Barnardo's office, 111 Oxgangs Road. This allows siblings of neurodivergent children who are aged 8 and over, to meet each other and learn about their siblings differences. Spaces are limited. To book a space, email NDwell@barnardos.org.uk and add 'SIBLINGS' in the subject line.

What can we help with?

We can provide a sounding board and listening ear from a skilled and experienced support worker. We can provide access to information, resources and guidance as needed.

We can also refer you to our own services where suitable as well as our partners or signpost you to other services across the city that will best fit your needs.

For information on services from our partners get in touch
NDwell@aiscotland.org.uk



NDwell@tailoredfoundation.co.uk



About our training for parents

We also provide Cygnet ASD training for parents. Information about the programme below:

[Cygnet Programme \(barnardos-parenting.org.uk\)](http://barnardos-parenting.org.uk).

If you would like more information regarding Cygnet, use the NDwell@barnardos.org.uk email address and add 'Cygnet' in the subject line

We are also able to refer limited numbers to our ADHD training course. If you would like to discuss this further, then again use the NDwell@barnardos.org.uk email address and add 'ADHD' in the subject line.