

## Service offer from Tailor Ed



### Who is it for?

Tailor Ed's ND:well service is for children and young people aged between 5 to 16 years old with a diagnosis of autism, living in the City of Edinburgh. We accept referrals at any point through the year, you don't need to already be known to the service.

### What is it?

Our 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 Barnardo's and Number 6. It is designed to support autistic children and young people build resources to improve their mental health and wellbeing, as well as address daily stressors that may be creating challenges.

We offer 1:1 appointments with both parents/carers and the young people themselves, as well as two core workgroups (available to both young people and parents/carers). The majority of the appointments happen in the community, although home visits can be arranged as needed.

All intervention plans are supervised by our Project Manager, Roo. Additionally, this partnership runs in collaboration with CAMHS, meaning there's oversight from a Clinical Psychologist on the service.

### How does it work?

On our first meeting we will complete an assessment to better understand your current situation, what's most important to you, and how we could best support you. Depending on this initial assessment we may recommend you try one of our workgroups, or we may address your current situation on a 1:1 basis. If you're offered 1:1 initially it may be that we suggest trying a group later on, likewise, being offered a group doesn't mean 1:1 won't be on the table once you finish it.

We have two workgroups, both of which have a version for parents/carers which will run parallel. Each of these groups runs for 6 weeks.

Group 1 is all about autism, and it's designed for children and young people who have been diagnosed with Autism. It focuses on what it means to be autistic with support from other young people who are facing similar difficulties.

Group 2 focuses on emotional health and wellbeing from a neurodivergent perspective. It explores topics such as values, identity, motivation, special interests, sensory needs and aims to help young people feel connected to their community, develop a better understanding of self, and offer a reflective space about aspects in their lives they may need more support with.

### How do I access it?

If you're already known to us, you can contact your Project Worker to refer yourself or your child.

Alternatively you can email **NDwell@tailoredfoundation.co.uk** and we will be in touch with you as soon as possible.

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### What areas does it support?

Below are some suggestions or the sorts of things we can help with.

#### Sensory

We can support you in better understanding your own sensory needs and how to meet them. This can look like exploring sensory tools and supports, helping you create safe sensory spaces for yourself, understanding some of the reasons why sensory differences are such a common part of the autistic experience, as well as navigating sensory sensitivities and phobias when they get in the way of you accessing what you love.

#### Meeting health and physical needs

Ranging from eating regularly in a way that provides you with energy for the day, addressing sleep habits and routines to ensure you access enough sleep, through ways to access movement in a way that suits you, all the way to navigating the difficult task of taking medication regularly or attending medical appointments.

#### Emotional regulation

Being able to tune in with the sensations in your body that may hint at different emotional states, self-regulation and self-soothing tools and strategies, recognising signs of escalation in yourself, understanding, and managing shutdowns and meltdowns, and supporting you in creating recovery plans are all things we can support with.

#### Self-awareness and self-advocacy

Exploring your identity and all it may encompass, from neurodivergence through gender and sexuality. Knowing yourself and your needs, being able to ask for accommodations in different environments.

#### Social isolation

We can offer support if you find yourself socially isolated. From addressing anxieties surrounding socialisation and creating plans for coping with them, through finding social spaces that align with your interests, to building on the skill to identify potential friendships and what makes a good friend.

### For information on services from our partners get in touch