

# ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

## About us




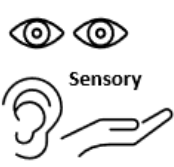



We are a partnership from **Tailor Ed**, **Barnardo's** and **Autism Initiatives**, working together with oversight from our NHS CAMHS colleagues to provide services to support the mental health and wellbeing of children and young people in Edinburgh who are neurodivergent. We're part of a larger group of newly developed services across the city designed to support mental health in the community.

## Who is it for

We have services available for children and young people aged from 5-24 who have a neurodevelopmental condition such as autism, ADHD and intellectual disability. Some specific services have their own criteria so please check the more detailed info available from each organisation. Services are also available to parents to access support on behalf of their child.

## What we can help with

We've the skills and expertise to support a range of issues which can impact on the wellbeing of neurodivergent C&YP. This includes supporting the development of self-awareness and self-advocacy as well as tools and resources that help wellbeing. This covers emotional regulation skills, meeting and managing sensory needs, taking care of physical health and addressing social isolation.

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|--|--|--|---|--|---|--|
|  <p>Awareness, insight &amp; identity</p> |  <p>Self advocacy</p> |  <p>Emotion regulation</p> |  <p>Sensory</p> |  <p>Physical health</p> |  <p>Interests &amp; passions</p> |  <p>Connectedness</p> |
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## Referral process

**Barnardo's** are operating a triage service, providing emotional support, practical strategies and signposting to help get C&YP to the right service for them. Young people and/or their parents can simply get in touch by email [NDwell@barnardos.org.uk](mailto:NDwell@barnardos.org.uk) or come along to one of their community drop ins. Professionals are also welcome to enquire via the email address and submit referrals using our form.

## Our Services

### Developing awareness, insight and identity

We provide a range of services to help young people and their parents develop their understanding of themselves and their diagnosis and what it means for them. Delivery can be 1:1 or group based and take place in person or online.

**Barnardo's**: Cygnet Group for parents of autistic children; ADHD parent group

**Tailor Ed**: For autistic C&YP aged 5-16

**Autism Initiatives**: For autistic young people without an intellectual disability aged 16-24

In addition to these specific services, appointments to discuss other neurodivergent diagnoses including intellectual disability are available at **Barnardo's** community drop in sessions.

### Developing wellbeing

Appointments at **Barnardo's** community drop ins will be available to discuss ways to support wellbeing.

**Tailor Ed** and **Autism Initiatives** then provide further 1:1 and group based support to C&YP. This focuses on building resources and resilience as well as supporting C&YP to access and develop social supports.



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