

# ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

## Service offer update Feb 2023



Late Diagnosis Group

Wellbeing Group

Young Women's Peer Group

Young Men's Peer Group

Marvel Group

1-1 sessions

Our ND:well project is for autistic individuals aged 16-24 (who do not have a learning disability). The project consists of groupwork and 1-1 sessions. Individuals are able to choose which aspects of the project they would like to get involved with.

### Late Diagnosis Group (Ashley & Stew)

- A 5-week course which aims to improve individuals' understanding of their autism diagnosis.
- Topics include: So what is autism; Sensory differences; Energy, anxiety, burnout, recovery; Information processing and focused interests; Relationships, social functions, employment.
- Sessions run:
  - o Thursdays 1-2pm (22 Hill Street EH2 3JZ) o Thursdays 5-6pm (Zoom)
  - o Fridays 4-5pm (22 Hill Street EH2 3JZ)
- Please contact Ashley for more information: [ashley.mclennan@aiscotland.org.uk](mailto:ashley.mclennan@aiscotland.org.uk)

### Wellbeing Group (Ashley)

- A 6-week course, exploring factors that are crucial to wellbeing, from an autistic perspective.
  - Topics include: Motivation; Emotional regulation; Sleep; Energy resources.
  - Fridays 5.30-6.30pm (22 Hill Street). For more information contact [ashley.mclennan@aiscotland.org.uk](mailto:ashley.mclennan@aiscotland.org.uk)
- ### Young Women's Peer (Karina)
- A discussion-based peer support group for anyone who identifies as female or non-binary/trans (AFAB).
  - We meet at 24 Hill Street on the 1st and 3rd Tuesday of the month, from 5.30-7pm.

- We take it in turns checking in with each individual and then choose topics to discuss as a group.
- Please contact Karina for more information: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

### **Young Men's Peer (Scott)**

- A peer support group for anyone who identifies as male.
- We meet at 24 Hill Street on the 1st and 3rd Friday of the month, 3-5pm.
- Sometimes we stay at Number 6 and hold a group discussion on a particular topic (e.g. managing anxiety) and sometimes we do an activity together (e.g. bowling).
- Please contact Scott for more information: [scott.wright@aiscotland.org.uk](mailto:scott.wright@aiscotland.org.uk)

### **Marvel Group (Matthew)**

- A group for Marvel fans.
- We meet once a month (the date is different each month, so please check with Matthew) at 24 Hill Street. Sometimes we stay at Hill Street and watch a Marvel film or bring in comics to show and discuss. Other times we go out, e.g. to watch the latest Marvel Film or visit Forbidden Planet.
- Please email Matthew for more information: [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk)

### **1-1 sessions**

We can provide up to 4 sessions to discuss and work on a range of topics, including: Understanding Autism; Managing anxiety; Building connection with others; Developing life skills; Building self-care skills.