

# N D : well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

## Service offer update Feb 2023



Community Drop Ins

Siblings Group

Parent Training

### Community Drop Ins

This 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.

We have weekly drop-ins:

- Monday 1pm-3pm at Oxgangs Road North EH14 1ED
- Wednesday 9.30am-12pm at Silverknowes Golf Club EH4 5ET.

And monthly drop-ins:

- Dean Park Primary EH14 7ET, 9am-11am on 21<sup>st</sup> of Feb, 21<sup>st</sup> of March, 25<sup>th</sup> of April, 23<sup>rd</sup> of May, 20<sup>th</sup> of June. - Craigmillar Library EH16 4DS, 10.30am-12pm on 28<sup>th</sup> of March, 18<sup>th</sup> of April, 16<sup>th</sup> of May, 13<sup>th</sup> of June.

To book a time slot email [ndwell@barnardos.org.uk](mailto:ndwell@barnardos.org.uk) and we will get back to you to confirm you are booked in.

### Siblings group

We have a Siblings group running on the 25<sup>th</sup> of February at Oxgangs Road North EH14 1ED 11am - 12.30pm.

Email [ndwell@barnardos.org.uk](mailto:ndwell@barnardos.org.uk) if interested.

## **Parent training**

Online Cygnet training for parents and carers looking to better understand autism is running in February but this is full. The next one will be after the easter holidays. If interested, email [cygnetcaern@barnardos.org.uk](mailto:cygnetcaern@barnardos.org.uk) to be added to the list for the next available group.