

ND : 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 Oxfords 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 21st of Feb, 21st of March, 25th of April, 23rd of May, 20th of June.
- Craigmillar Library EH16 4DS, 10.30am-12pm on 28th of March, 18th of April, 16th of May, 13th of June.

To book a time slot email 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 25th of February at Oxfords Road North EH14 1ED 11am -12.30pm.

Email 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 to be added to the list for the next available group.



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

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

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

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

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

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.



Understanding autism group

Wellbeing group

Parent information sessions (online)

Our ND:well project is for autistic individuals aged 5-16 and their parents/carers. We remain closed to referrals for 1:1 or home-based support currently but have opportunities available for autistic C&YP to join our Understanding autism group and our Wellbeing Group. We also have parent information sessions on a range of topics available.

About the groups for children and young people

The group is delivered by two neurodivergent members of staff and will have a maximum of 8 people attending.

They are information based (meaning we share what we know with you, guide some small activities and give you handouts so you can read at your own pace too) and any of your input is more than welcome if you feel like sharing too.

We will spend between 45 and 60 minutes each session going through a topic (normally with some slides in the background too) and you are welcome to ask any questions or make comments as we go. We will also stay for about 30 minutes in the room once the group has finished if you'd prefer to come over to one of us and ask something.

They run in person at 4pm on Fridays at 22 Hill Street, EH2 3JZ.

Understanding autism group

As the name of the group suggests, it is all about exploring and better understanding what this diagnosis really means to you. The aim is to develop a better understanding of yourself, as well as acquire a tool or two to better manage life as an autistic young person. We cover what autism is in the broadest of senses, how can life experiences be different for autistic individuals, sensory differences, energy and into relationships amongst other topics.

Wellbeing group

This group explores factors that are crucial to wellbeing, from an autistic perspective. We explore our drives and the value in our special interests as well as thinking about how to meet our physical, sensory and emotional needs. We also think about why it can be so difficult to get these needs met and share some tools that can help us build some healthy habits.

For a more detailed description of the topics covered in the groups and/or to request a place contact NDwell@tailoredfoundation.co.uk and we will provide a referral form.

Parent information sessions (online)

These are 1 hour online sessions exploring the following topics alongside other parents and carers.

- Emotion Regulation; understanding needs and developing tools (4 sessions)
- Sharing an autism diagnosis with your child (2 sessions)
- About energy management; helping young autistic people avoid and manage burnout (2 sessions)
- Sleep (2 sessions)

Dates: Sessions run on Wednesdays at 1pm and are repeated on Thursdays at 8pm. To request a place contact NDwell@tailoredfoundation.co.uk letting us know which topics are of interest.

ND:well Resource Centre

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

Whether you're looking for information on something specific or just building your understanding and awareness of autism, we hope you'll find the information collected and shared in our Resource Centre useful.

On this webpage you'll find links to websites, books, videos and social media content that the ND:well Team and our colleagues have found to be helpful. There's a diverse range of content and mediums that represent the wide-ranging presentation of autism for all ages. The content isn't our own and in an ever-changing online world we can't be responsible for exactly what you find when you click through the links, but we're sharing these in good faith, and hope that some may be of use and of interest to you. If any links stop working or you've suggestions of other helpful resources, please let us know.

Autism Resource Centre

The screenshot shows a web browser displaying the Tailor Ed Foundation's Autism Resource Centre. The URL in the address bar is <https://tailoredfoundation.co.uk/autism-resource-centre/>. The page features a navigation menu with links for 'Our Services', 'About Us', 'About Autism', 'Helping Families', 'Contact Us', and 'Support Us'. The main content is divided into two columns: 'About Autism' (orange background) and 'Autism and...' (dark grey background). The 'About Autism' column lists 'Exploring autism', 'A Female Perspective', and 'Resource Collections', each with a plus icon. The 'Autism and...' column lists 'Identity', 'Sleep', 'Eating', and 'Energy management', each with a plus icon. A 'Privacy Terms' icon is visible in the bottom right corner of the page.