

# ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

## Service offer update Feb 2023



**Tailor Ed**  
Foundation  
Empowering Families Of Autistic Children

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](mailto: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](mailto:NDwell@tailoredfoundation.co.uk) letting us know which topics are of interest.