

ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

Service Update

January 2024



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 are accepting referrals for our group work programme: **Understanding Autism Group and Wellbeing Group**.

We also have online parent information sessions on a range of topics restarting in the Spring.

We remain closed to referrals for 1:1 support.

About the groups for children and young people

The groups are delivered by two members of staff, at least one of whom will be neurodivergent. The groups will have a maximum of 8 people attending.

Group content is information based - we share what we know about autism, guide some short (optional) activities and give handouts to read and digest later, too. The input of attendees is very welcome but not essential.

We spend between 45 and 60 minutes each session going through a topic. Children and young people are welcome to ask questions or make comments throughout. Staff will be in the room for 30 minutes before and after each session to share a snack or for attendees to ask questions or hang out with other autistic young people.

Groups run in person, usually during school hours, and usually at 22 Hill Street, EH2 3JZ. Times change each term – please let us know if any times are better/worse than others so we can plan attendance accordingly.

Understanding Autism Group

This group is about better understanding what this diagnosis really means to each young person attending. The aim is to develop self acceptance through a better understanding of autism in general, their own needs, as well as acquire a tool or two to better manage life as an autistic young person. We cover what autism is and how life experiences can be different for autistic individuals, including sensory differences, energy management and personal and social relationships.

Wellbeing Group

This group explores emotional and mental wellbeing, from an autistic perspective. We explore our motivations, values and the importance of special interests, as well as thinking about how to meet physical, sensory and emotional needs. We think about why it can be so difficult to get these needs met and share some tools that can help us build healthy wellbeing habits.

For a more detailed description of the topics covered in the groups and/or to request a place, please see our website (Accessing Our Services) or contact NDwell@tailoredfoundation.co.uk to request a referral form.

Parent Information Sessions (online)

These are 1 hour sessions covering the following topics:

- Emotion Regulation - understanding needs and developing tools
- Sharing an autism diagnosis with your child
- Energy Management - helping young autistic people avoid and manage burnout
- Sleep
- Sensory Regulation

Sessions are online, alongside other parents and carers, sometimes with their supporting professionals. Participation is not essential.

Dates: Sessions run twice a week with a new topic each week. Dates are times TBC in Spring 2024.

To register interest, please complete the form on our website: [ND:WELL - PARENT SESSIONS REFERRAL INFORMATION AND PERSONAL DATA COLLECTING SHEET \(office.com\)](#)

Resource Centre

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.)