

ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

Referral Criteria for Groups

(Understanding Autism and ND Wellbeing Group)

ND:well delivers group support to autistic children and young people, aged 5-16, living in Edinburgh. We operate a **child centred, neuro-affirmative, strength and rights based** approach, using strategies, resources and tools matched to the needs of each child or young person attending. We offer individual sessions as follow up to group content to allow space for personal reflection and support.

(Please note: ND:well is a separate service from Tailor Ed's traditional skills based services.)

Areas we can support:

• <i>Interests, motivations and values</i>	• <i>Understanding medical and physical health needs</i>
• <i>Understanding and meeting sensory needs</i>	• <i>Self-awareness and self-advocacy</i>
• <i>Emotional awareness and regulation skills</i>	• <i>Anxiety</i>
• <i>Energy management, movement and nutrition</i>	• <i>Identity – Autism and me, gender, sexuality, disability</i>
• <i>Sleep</i>	• <i>Community and support networks</i>

Our groups are delivered in the community, usually at No. 6 (Autism Initiatives building, 24 Hill Street).

Criteria:

- Edinburgh resident
- Age 5-16
- Confirmed Autism Diagnosis (and CYP aware of this)
- Attending school or community supports (this can include part time timetables, flexi schooling and alternative education providers e.g. forest schools or home school tutor/activity groups)
- Wellbeing Need (e.g. emotional regulation, risk taking behaviours, friendships or a general interest in their own wellbeing)
- Child or Young Person is aware of and consented to referral/participation
- Independent language/communication use (e.g. communicate views/questions/ask for support within an inclusive, supportive environment using speech, AAC or other means)

NB: We are unable to accept referrals for those awaiting a diagnosis, who are unable to leave home, who require an adult to communicate on their behalf or who have an unmet and/or active complex mental health need (e.g. eating disorder, active physical self harm or active suicide attempts).