


# Neurodivergent Wellbeing Group

## What's needed?

### A co-facilitator who...


- 
- is neuro-affirming, compassionate, understanding and open-minded
  - is comfortable in their own understanding of neurodiversity and well-being
  - can attend the group each week
  - wants to work collaboratively and reflectively with the Tailor Ed Project Worker
  - can ensure the space is accessible, available and prepared each week
  - can support students on a 1:1 basis alongside the group (e.g. check-ins)
  - can advocate for the wellbeing group (with parents, other staff members and senior management)
  - has a desire to continue the aims of the group after the 12 weeks are over



### Students who...

- have a formal diagnosis of neurodivergence (e.g. autism, ADHD, dyspraxia, etc.) OR
- are on a pathway to ND diagnosis OR
- self-identify as neurodivergent
- have some awareness of their neurodivergence

### A space that...

- has a variety of different seating options (soft seating, different chairs)
  - has a variety of areas for students to take part in activities (e.g. tables, floorspace)
  - has easily accessible materials to be used in group activities
  - has access to sensory and emotional regulation supports
  - has snacks for students
  - is available consistently each week
  - is free of sensory discomforts
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### A culture which...

- encourages and supports wellbeing, self-exploration and acceptance
- is respectful, inclusive and safe
- fosters openness and support
- is neuro-affirming and trauma-informed

This 8-12 week group is delivered in a community setting in collaboration with a Tailor Ed Foundation wellbeing Project Worker and a selected co-facilitator. The group is designed to support the wellbeing of neurodivergent children and young people through sharing information and facilitating activities which aim to increase self-understanding, acceptance and the development of their own well-being toolkit. This group aims to help communities in developing and delivering their own wellbeing groups after the 8-12 weeks.

## What the wellbeing group is (and isn't)

An informal, safe space where neurodivergent children and young people can relax and be themselves



Neuro-affirming, trauma-informed, inclusive and person-centred

A reflective place for children and young people to learn about and develop an understanding and strategies for supporting their own wellbeing

A group where neurodivergent young people are valued as the experts in their own experience

A 'classroom' style lesson with strict structure



Extra lessons on neurodiversity or an intervention for children and young people who are struggling academically or socially

A group where children and young people are made to 'fit' neurotypical social or wellbeing norms

Compulsory for neurodivergent children and young people