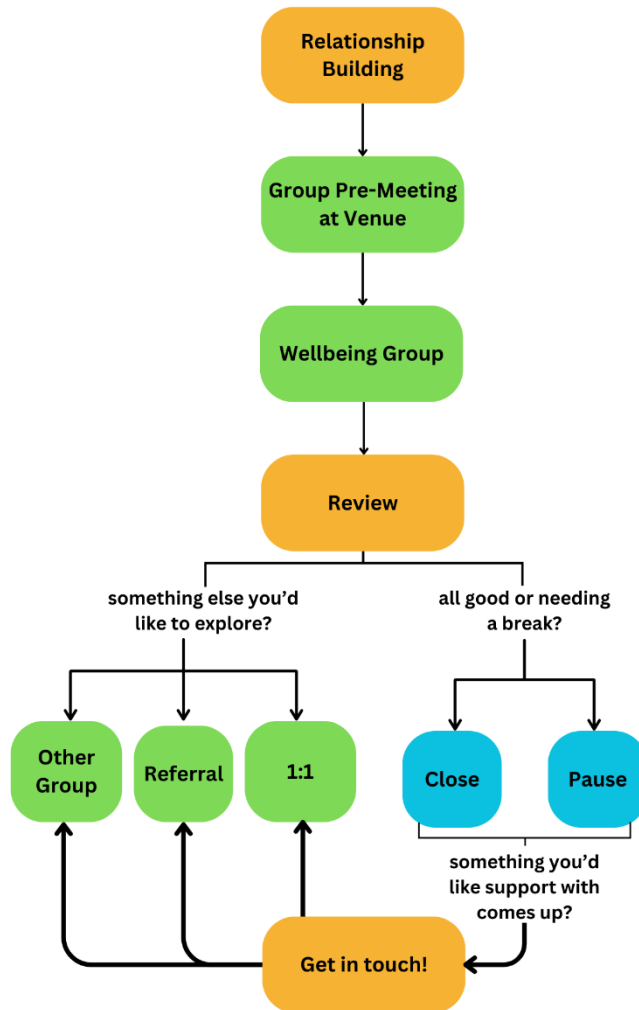


About the EDAN Hub Wellbeing service



Welcome to our Wellbeing Service. Here you will find what you need to know about the service, feel free to ask your Project Worker if you have any questions.

Who is it for?

Tailor Ed's Wellbeing service through the EDAN Hub is for neurodivergent children and young people aged between 5 to 18, with a confirmed diagnosis or on the diagnostic pathway, and living in the City of Edinburgh.

What is it?

The EDAN Hub is a collaborative network of partners dedicated to supporting families with children and young people with disabilities or who are neurodivergent, living in Edinburgh (EH postcodes).

We are funded through the Whole Family Wellbeing Fund (WFWF), a government initiative designed to support families across Scotland. Edinburgh City Council oversees the distribution of these funds to ensure families in our region have access to the help they need.



What is involved?

You are being invited to attend one of our workgroups. Before you join us in the group, we will spend time with you 1:1 to get to know you and for you to get to know us! This will help us better understand your situation, what's most important to you, what you'd like to personally get out of groups and how we could best support you in the time you spend with us.

Our groups are kept small, with a maximum 6 people. We match what we do to everyone's needs, goals, ways of learning and communication styles. The input of attendees is very welcome but not essential.

On each session we will spend 45 to 60 minutes going through a topic. Staff will be in the room 30 minutes before group starts and another 30 minutes once the session has finished, to give you space to talk to other people attending the group, talk and ask questions to one of us, relax in the space, look through books, etc.

Once group is done, we will have another 1:1 meeting with you so we can reflect together on what you got out of the experience and what you'd like the next steps to be.

Our group explores wellbeing.

Wellbeing Group

- This group focuses on self-understanding, self-acceptance, and support.
- Topics include neurodiversity, senses, emotions, energy, sleep, community and connection.
- The goal of this group is for you to begin or expand your wellbeing toolkit.

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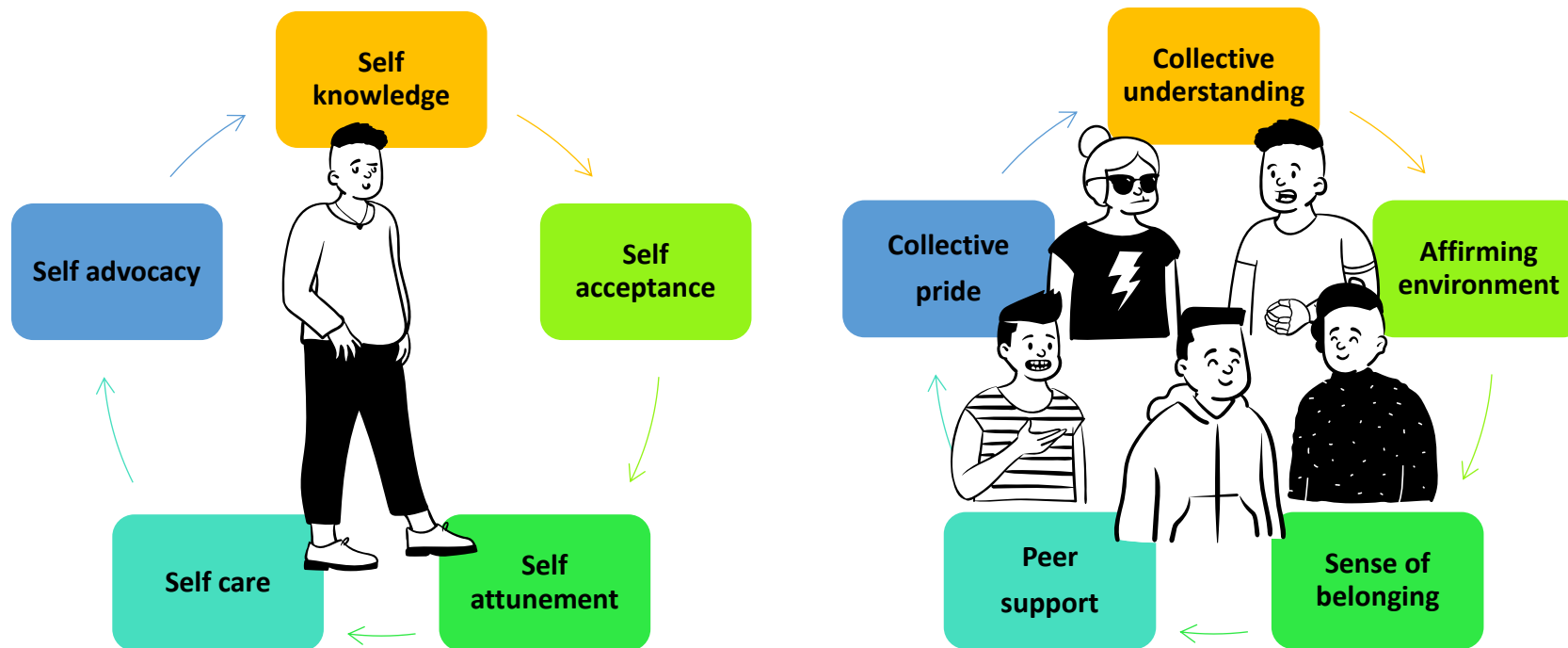
When you attend one of our groups:

1. Feel free to move around, leave the room for breaks, stim, or anything else you may need for comfort. Sit anywhere too, chairs are not mandatory. Just please don't leave the building without letting us know.
2. We may ask some questions but there is no pressure to answer.
3. Feel free to ask any questions whenever they pop in your head. We will also have time in the end if you'd rather do that.
4. Be respectful of everyone (and expect to be respected!), we ask you do your best to listen and let others speak. We are an affirming space, all your identities will be respected, and we ask you to do the same for others.
5. This is a confidential space. We ask you don't share with people outside the group what other participants have shared.

Why groups?

While wellbeing is something we each individually experience, it is built and supported by our communities. Even our understanding of what neurodivergence is and how it may be experienced wouldn't exist without the neurodivergent community. One person's experience is only their own, but when these experiences are shared things in common start showing.

About the EDAN Hub Wellbeing service



Going through the process of better understanding yourself and building skills to meet your needs together with other young people offers a lot of advantages. You can access the knowledge of your peers and learn from them, feel supported and understood by other people your age (not just adults) and experience that sense of belonging to the community which is yours. While we appreciate being in a new environment with new people can feel daunting, we're happy to do everything we can to support you while you access your community!

About the EDAN Hub Wellbeing service

Who will be there to work with you?



Camilia (she/her)

- **American & Norwegian** - Moved to Scotland from Norway in 2023
- **Neuro-spicy** (has a stutter and anxiety) and part of a **neurodivergent family**
- **Likes:** baking, crafting (learning how to knit!), reading, easy peel oranges, dogs (especially her corgi, Henry)
- **Dislikes:** mushy fruit, snakes, being cold



Ria (she/her)

- **Chinese-Filipino** - Grew up in Manila, lived in Paris, then moved to Edinburgh in 2023
- Part of a **neurodivergent family**
- **Likes:** going on walks, concerts, dancing
- **Dislikes:** spiders, coffee, and peppers

We hope you'll join us!