

# Neurodevelopmental Support Team Newsletter October 2024

Welcome to October's newsletter from NST.

Within our newsletter you will find up-to-date information of wait times, details of our programmes and parent support sessions and how to contact the team.

## **Neurodevelopmental Assessments**

- Our wait time for assessment is currently up to 26 months. This wait time is from the date of referral receipt and this is subject to change depending on demand.
- When your child is near the top of the waiting list, we will contact you and your child's education setting by email or letter to request further information as part of the assessment process. It is important that we receive the required information to progress with the assessment.
- Once we have received the required family and school information, your child will then be allocated to one of our NST practitioners to undertake the assessment.
- Our NST Practitioner will then contact you by either phone or email to discuss the assessment in more detail. They may require further information from you to support the assessment.
- Any appointments that may be required as part of the assessment process will also be arranged by either phone or email with our NST practitioner. (Please note we do not send appointment letters).

***If you no longer require an assessment for your child, please let us know by emailing [FamilyServiceNST@nottscc.gov.uk](mailto:FamilyServiceNST@nottscc.gov.uk)***

Please see further information below regarding the Neurodevelopmental Referral Pathway for Children and Young People.



NST pathways Aug  
24 v3 FINAL.pdf



**Nottinghamshire  
County Council**

## **Interventions**

All our support programmes are now opt in so no referral for this is needed to attend.

### **Cygnnet:**

The Cygnnet Parenting Support Programme is for parents and carers of children and young people aged 5-18 with an autistic spectrum condition, and those with autistic behaviours without diagnosis.

Attending Cygnnet gives you an opportunity to develop your understanding of autism and look at practical solutions to support your child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

<http://bit.ly/NST-opt-in>

### **Sleep:**

The Sleep Tight programme aims to support parents and carers to help their children and young people to achieve a better night's sleep.

The Sleep tight programme is an evidence-based programme and is regarded as the best and most affective approach to sleep management by professionals, including paediatricians.

The Sleep Tight Programme is the recommended if your child falls into one of the following categories:

- *Is under the care of community paediatrics at NUH or SFH,*
- *Has a diagnosis of Autism and/or ADHD/ Autistic or ADHD behaviours without a diagnosis.*
- *Was referred by community paediatrics to NST for Sleep Tight*
- *Was expecting to be referred onto Community Paediatrics following an assessment by NST.*

What can I get out of the Sleep Tight Programme? Once you have completed the programme you will be able to:

- *Recognise the role of sleep hygiene to improve sleep*
- *Introduce a sleep diary to identify potential sleep issues*
- *Identify the causes of sleep issues and appropriate practical strategies*

<http://bit.ly/NST-opt-in>

### **Transition:**

The Education Transition Support Workshop is for parents and carers to learn strategies to assist their children and young people with transitions in education.

Transitions can include:

- *Home to nursery or childminder*
- *Starting primary school*
- *Year to year transition*
- *Moving schools, in year transition*
- *Primary to secondary school*
- *Leaving secondary school*
- *Starting College, University, or employment*
- *Returning to school or setting after period of home schooling*

<http://bit.ly/NST-opt-in>



## Interventions

### **ADHD:**

NST offer two ADHD courses for parents of a child with an ADHD diagnosis and those with ADHD type behaviours without diagnosis.

### **Option 1 - The New Forest Parenting Programme.**

This is for parents and carers of children aged 3 to 11 years and it cannot be delivered virtually due to the therapeutic approach in the parenting support.

You can learn about:

- *The symptoms and signs of ADHD,*
- *The ways in which they may affect your child's behaviour and your relationship with them.*
- *Strategies for managing your child's behaviour and attention difficulties.*

### **Option 2 - The ADHD Workshop**

This workshop is suited for the parents and carers of children aged 3 to 18 years.

This ADHD Workshop is a home-grown intervention, and it has been devised by our experienced practitioners from health and education services.

It provides you with practical support and reassurance to and will increase your understanding of local support services.

Subjects covered include:

- *Understanding of the ADHD characteristics and brain development*
- *Managing behaviour, routines, "meltdowns" and reinforcing positive behaviours*
  - *Supporting young people*
  - *Girls and ADHD*
- *Access to services and support*
- *Sensory*
  - *Sleep*
  - *Managing emotions*

<http://bit.ly/NST-opt-in>

### **Workshop:**

Workshops are suitable for the parents and carers of children and young people, up to the age of 18 years, with indicative behaviours of Autism and/or ADHD, and those with a confirmed diagnosis.

This Workshop is a local model of support and information for parents and carers. It has been devised by our experienced practitioners from the local authority, health, and education services.

Topics covered included in both face-to-face and online workshops:

- *An introduction to ADHD and Autism*
- *Routines*
- *Education*
- *Parental mental wellbeing*
- *Sleep • Toileting*
- *Communication • Self-esteem • Emotional health • Brain development • Pathological Demand Avoidance, PDA*

<http://bit.ly/NST-opt-in>



## **Parent Support groups**

We offer a monthly support group in various areas across Nottinghamshire. This is a safe space to discuss your child or family's needs regarding behaviours that are indicative of Autism and/or ADHD. A chance to feel less isolated with an opportunity to meet other parents/cares with similar experiences. **No booking is required to attend our parent support group.**

### **Daybrook Medical Practice, Salop St, Daybrook, NG5 6HP**

Tuesdays 09.30-11.30

12<sup>th</sup> Nov

10<sup>th</sup> Dec

7<sup>th</sup> Jan

4<sup>th</sup> Feb

11<sup>th</sup> Mar

01<sup>st</sup> April.

### **Beeston North Children's Centre, Alderman Close, Beeston, NG9 2RH**

**New Time! Tuesdays 12.30-2.30**

19<sup>th</sup> Nov,

03<sup>rd</sup> Dec.

19<sup>th</sup> Nov

3<sup>rd</sup> Dec.

### **Bingham Children's Centre, Eaton Place, Bingham, NG13 8BE**

Wednesdays 13:00-15:00

6<sup>th</sup> Nov.

8<sup>th</sup> Jan

5<sup>th</sup> March.

### **Kirkby East Children's Centre, The Summit Centre, NG17 7LL**

Wednesdays 09:30-11:30

20<sup>th</sup> Nov

11<sup>th</sup> Dec.

26<sup>th</sup> Feb

30<sup>th</sup> April.

### **Butler's Hill & Broomhill Children's Centre, Broomhill Rd, Hucknall NG156AJ**

Wednesdays 09.30-11.30

22<sup>nd</sup> Jan

12<sup>th</sup> March.

### **Hawtonville Children's Centre, Bowbridge Rd, Newark, NG24 4EG**

Thursdays 9.30-11.30

7<sup>th</sup> Nov

5<sup>th</sup> Dec

7<sup>th</sup> Nov,

5<sup>th</sup> Dec.

30<sup>th</sup> Jan

06<sup>th</sup> March

03<sup>rd</sup> April.

### **Mansfield Woodhouse Children's Centre, Swan Lane, NG19 8BT**

Thursdays 09:30-11:30

14<sup>th</sup> Nov

12<sup>th</sup> Dec.

23<sup>rd</sup> Jan

13<sup>th</sup> Feb

28<sup>th</sup> Mar

25<sup>th</sup> April.



**Useful Contact details:**

**NST Enquiries:** [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk)

**NST Referrals:** [referralsnst.family service@nottscc.gov.uk](mailto:referralsnst.family service@nottscc.gov.uk)

**Notts Help yourself:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**Contact details.**

If your contact details change at any time once you are referred into the NST team, please contact the team at: [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk)

**Important Notice:** The NST team are currently experiencing significant demand for assessment services. We are endeavouring to work through assessments as quickly and safely as possible to support your child's needs.

If your child has been referred to us and no longer needs an assessment, please contact the team at [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk). This will help us in reducing our wait times for families.

