

# Neurodevelopmental Support Team Newsletter

## February 2025

Welcome to February'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 **29** months. This wait time is from the date of referral receipt to the time of allocation to a practitioner, 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. **Please note we will only request information from home and school once. If the information is not received from both settings following the first request your child's referral will be closed.**
- 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).

***Due to the high demand for the service please contact the team at [FamilyServiceNST@nottscc.gov.uk](mailto:FamilyServiceNST@nottscc.gov.uk) at your earliest convenience if you no longer require an assessment for your child.***

***If your child is already under the care of Community Paediatricians for an assessment of Autism or ADHD, please let us know as we would no longer need to continue with our assessment.***

***Informing us that an assessment is no longer required helps the service in reducing wait times for other families on our waiting list.***

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

- [Neurodevelopmental Referral Pathway for children and young people - County \(Pdf\)](#)



## 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

11<sup>th</sup> Mar

01<sup>st</sup> April.

### **Chilwell Family Hub, Great Hoggett Drive, Chilwell, NG9 4HQ**

Tuesdays 12.30-2.30

18<sup>th</sup> Ma,

29 April.

### **Bingham Family Hub, Eaton Place, Bingham, NG13 8BE**

Wednesdays 13:00-15:00

5th March.

### **Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**

Wednesdays 13:00-15:00

2<sup>nd</sup> April

### **Kirkby East Family Hub, The Summit Centre, NG17 7LL**

Wednesdays 09:30-11:30

26<sup>th</sup> Feb

30<sup>th</sup> April.

### **Butler's Hill & Broomhill Family Hub, Broomhill Rd, Hucknall NG156AJ**

Wednesdays 09.30-11.30

12<sup>th</sup> March.

### **Hawtonville Family Hub, Bowbridge Rd, Newark, NG24 4EG**

Thursdays 9.30-11.30

06<sup>th</sup> March

03<sup>rd</sup> April.

### **Mansfield Woodhouse Family Hub, Swan Lane, NG19 8BT**

Fridays 09:30-11:30

28<sup>th</sup> Mar

25th April.

23<sup>rd</sup> May

27<sup>th</sup> June

25<sup>th</sup> July



### **Melatonin:**

Melatonin is a **prescription only medication** in the UK. It should not be purchased without a prescription.

NHS information about medication safety is here:

[Medicines information - NHS](#)

Melatonin is only used as part of a package of care around sleep interventions, and only in certain conditions, and where all other attempts to support sleep have failed.

### **Useful Contact details:**

**NST Referrals:** [referralsnst.familyservice@nottsc.gov.uk](mailto:referralsnst.familyservice@nottsc.gov.uk)

(This email is for submitting referrals into the NST team only. You will not receive a response for a general enquiry)

**NST Assessment Team:** [SPTeamNSTFamilyService@nottsc.gov.uk](mailto:SPTeamNSTFamilyService@nottsc.gov.uk)

(This email is for submitting assessment forms only. You will not receive a response for a general enquiry)

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

(For all general enquiries regarding NST)

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

**If you would like to receive this newsletter in an accessible format, then please contact the NST team at [family servicenst@nottsc.gov.uk](mailto:family servicenst@nottsc.gov.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@nottsc.gov.uk](mailto:family servicenst@nottsc.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@nottsc.gov.uk](mailto:family servicenst@nottsc.gov.uk). This will help us in reducing our wait times for families.





**Nottinghamshire  
County Council**