

Neurodiversity and Autism Update November 2024

Welcome to our sixth edition. Thank you for the feedback we have received from our previous updates, and we will continue to keep listening and keeping you informed. In this issue we are covering:

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Neurodevelopmental Service

Work continues on the [Neurodevelopmental Service :: Navigo \(navigocare.co.uk\)](#) section which can be found on the [Navigo website](#). Please continue to keep checking the page for further updates and information.

Collaboration with stakeholders

The members of the Neurodevelopmental Service engaged with **367** stakeholders during the launch of the new service and referral form and they continue to collaborate with a range of stakeholders. The team regularly meet with members of NELPCF to share information and gain feedback from NEL's parent carers. At least one member of the Neurodevelopmental Service now attends the SPACE Forum and is available to answer questions and offer information and advice to parent carers and setting staff.

Members of the Neurodevelopmental team are also involved in the Partnerships for the Inclusion of Neurodiversity in Schools (PINS) Project. They will be delivering training to ALL staff in the project schools and have supported us in educating and sharing knowledge about neurodiversity with all stakeholders involved in school. For more details and information, please see the section below on the PINS Project.

"I'm really proud of what has been created through the joint effort of all those involved, and the input of the NELPCF, SPACE forum and SENDCO focus groups." Highly Specialist Clinical Psychologist

"Parent carers, educators, SENDCos, etc. all coming together for the greater good" – Parent Carer

New Referral Form

Since the new referral form has been in place the number of referrals that have been accepted has increased significantly:

- 2023 - 2024 (April - October) 44% of referrals were accepted
- 2024 - 2025 (April - October) 62% of referrals were accepted
- Therefore, **acceptance rate has increased by 79%** in comparison to 2023-2024.

Should you have a question about the referral form the Neurodevelopmental Service has a dedicated page where you can find guidance on what to consider before submitting a referral, as well as specific advice around completing the referral form and each of its sections. The link below will take you to this page:

<https://navigocare.co.uk/CAMHS/professionals/neurodevelopmental-service/neurodevelopmental-assessment-referral-form-guidance>

In addition to this, if you have any further questions, you can contact the team by calling (01472) 252570 and selecting option two (Monday to Friday, 9am - 4.30pm).

Feedback on the new referral form:

“The new format is so much better! Whilst it is longer, it explains so much more that information they are looking for and therefore takes less time to complete. The different sections when discussing them with the families really opened up conversations about the young person’s experiences and led to some hopefully validating conversations and normalising of feelings. Thank you to you and the team that put so much work

“I just wanted to give you and everyone else who was involved in redesigning the neurodevelopmental referral form a big whoop whoop. 😊 The new forms are so straight forward with appropriate headings and details of what information needs to be included where; they are much easier to understand and complete. Also having the separate observations forms to fill in for school, family and the young person makes it a lot easier to do when it isn’t school who are completing the referral. Great job guys 😊.”

Opt in to regular updates from Neurodevelopmental Service

Following input from parents/carers to ask how NAViGO can improve communication for those with children on the waiting list the team have amended the Consent section of the form to ask for their consent to text/email and from this will be setting up a system to send regular updates to those on the waiting list:

*For those who already have children on our waiting lists we are working through to check text/email consent or parents can confirm themselves by emailing navigo.yymmneuro@nhs.net with the information below if they **don't** think they have already given consent.*

Does the young person/their parent/carer consent to receiving SMS (text) messages and/emails? This may include waiting list updates and appointment reminders.

SMS: Yes No

EMAILS: Yes No

If yes, please provide a mobile number/email address to receive these on: Tel: Email:

Waiting Times - Specialist Assessments: ASD & AD/HD

The Neurodevelopmental Service team are working hard to address the waiting times but there has been a 79% increase in acceptance rate from 2023-2024 to 2024-2025.

- The current waiting time for an ASD assessment is **approximately just under 1 year**
- ASD pathway wait was reduced by 20 weeks with support from private provider (targeting 109 CYP, repeating arrangements with a further 50 CYP shortly)
- The current waiting time for an AD/HD assessment is **approximately 1 year & 32 weeks**
- AD/HD pathway wait has reduced by 20 weeks in the last 3 months
- The Service continues to respond to increased demand and has plans in place to reduce the length of wait

Handy Hints & Tips:

Please ring the Neurodevelopmental Service advice line **01472) 252570 (option two)** before putting in a referral for a helpful and friendly conversation about your concerns.

If you are due to attend an appointment with the Neurodevelopmental Service, please let them know ASAP if you are unable to attend **21 appointments were missed or cancelled** (April - June 24).

If you access assessment outside of local pathways let the Neurodevelopmental Service know so you can be removed from the waiting list, but please remember to check their guidance on [private providers](#).

Support while you wait

Navigo's Neurodevelopmental Team have been working hard to reduce waiting times across their pre-assessment and assessment pathways. We appreciate whilst waiting for an assessment it can be difficult to source help with managing a child's needs so Navigo's Child and Adolescent Mental Health Service (Young Minds Matter) have launched a new waiting list initiative, Workshop for Integrated Neurodiversity Group Support, fondly called WINGS, to give parents the skills and knowledge to support their child at home and school.

WINGS will run for six, two-hour face-to-face sessions where up to 20 parents can learn these skills, better understand neurodivergent needs and build a support network of like-minded parents who understand how it feels.

The aim is to allow parents to start adapting to their children's unique abilities and difficulties, and to allow them to understand why some of the behaviours are being presented.

An overview of WINGS:

Session 1: Understanding and Supporting your Child's Needs

Session 2: Emotional Regulation

Session 3: Managing and Supporting Behaviour

Session 4: Support for you and the Family

Session 5: Sleep

Session 6: The Assessment Process

How can I access the sessions?

The first set of sessions started in April 2024 and will continue as a rolling programme throughout the year. The team will be inviting families currently waiting for an assessment based on when they first referred to the service. In the meantime, if you would like more information click on the link: [Neurodevelopmental Service: Workshop for Integrated Neurodiversity Group Support \(WINGS\) :: Navigo \(\[navigocare.co.uk\]\(http://navigocare.co.uk\)\)](#)

Early Years (0-5 years) Specialist Support

We are open to requests for support from any setting with 0-5 age range.

We can support with Information Advice & Guidance (IAG) on writing assessment requests to the Neurodevelopmental Team, EHCARs and Inclusion Funding. The team meet weekly to triage the referrals: [Referral form on this page](#) and return to earlyyearsnelc@nelincs.gov.uk

Alongside support from the team, we offer a developing bank of training & support:

All About Attention: delivered free in setting, supporting the emerging communication needs of EY children who are preverbal/have little spoken language and attention skills:

Contact allaboutattention@nelincs.gov.uk to register your interest.

SEND/EY surgeries available for those who would like to attend and chat about any issues/concerns you have:

Contact cleo.grey@nelincs.gov.uk to book a slot.

SMART Targets: developing and writing SMART outcomes on your My Plans/Support Plans/Assessment requests etc.

Contact andrea.clark@nelincs.gov.uk for further information.

Portage are running a **weekly** Neurodiverse friendly social communication group from [Queensway Family Hub | NELC](#) and **fortnightly** groups from [Immingham Family Hub | NELC](#) and [Reynolds Family Hub | NELC](#) Please note that these sessions are for children known to the Portage service.



Our SEND Early Years Practitioners are beginning to pilot the Curiosity Programme with some of the children to be able to build an evidence-based training piece around supporting neurodiverse children pre-All About Attention. It's following the training from [Gina Davies' Attention Autism Curiosity Programme](#).



We held our first ‘Understanding and Supporting Neurodiversity in the Early Years’ training session this term with excellent feedback. The training covers:

- Understanding neurodivergence
- Recognising emerging neurodivergent behaviours
- Recognising and understanding neurodivergent play
- Strategies and support for neurodivergence within the early years

Moving forward, we have two more planned dates, and it will be offered as a full day training piece rather than ½ a day as feedback suggested they would benefit from longer times for discussion. The next sessions are:

- 26/02/25 [Central Family Hub](#) 9:30am-3:30pm
- 02/07/25 [Central Family Hub](#) 9:30am-3:30pm

National Autistic Society’s EarlyBirds training in NEL

NELC have been busy ensuring that a wide range of practitioners/professionals from different settings and services are trained and qualified to deliver the National Autistic Society’s EarlyBird programme. Through the programme, parents and carers will learn more about autism, and discover new ways to support their child, following a diagnosis and meet other parent carers with similar lived experiences.

There are now 7 trainers across North East Lincolnshire and 4 more undertaking the training in the New Year. The first cohort of workshops is currently being planned for the New Year and families will be contacted.

SEND Newsletter



Sign up for the SEND Newsletter

NELC publishes a regular SEND Newsletter which includes a wealth of information about all things SEND; information, updates, services, support, training, events, etc. all within North East Lincolnshire.

You can sign up to receive the SEND Newsletter on the Local Offer via the link which can be found on the following page: [NELC SEND Local Offer | North East Lincolnshire Special Educational Needs & Disability](#)

FREE Training for NEL’s Educational Settings and Services

We would like to offer you and your setting/service an opportunity to come and learn about an intervention programme called Understanding Myself. The Understanding Myself programme has been developed by Daisy Chain as part of the Autism in Schools Project which aims to support schools to provide positive environments for children and young people (CYP) with neurodiverse needs, with or with a diagnosis and it could also be useful to support CYP with Social, Emotional & Mental Health (SEMH).

It has been piloted and adapted in co-production with neurodiverse (Autistic) young people and is underpinned by numerous psychological theories and practices. The aim of the intervention is to increase self-awareness; help others understand the needs of the young people and their unique experiences of the world; improve self-esteem and raise confidence.

The programme was commissioned by the North East & Cumbria Accelerator Programme and has been developed specifically for young people between the ages of 14 and 17 who either have a neurodevelopmental diagnosis or are experiencing traits associated with a neurodevelopmental diagnosis. However, the programme is beneficial for younger children and young people, including primary aged children/young people. The sessions have been designed to help the young people who attend them to understand and be able to communicate their needs and are based around the following six topics:

Session 1: Getting to know me	Session 4: The 5-point scale
Session 2: Sensory challenges	Session 5: Self-esteem & positivity
Session 3: Anger and anxiety	Session 6: Communication passports

We are offering four dates that you can access the training session; we will walk you through the programme (**you only need to attend one of these sessions**) and we will provide you with a FREE copy of the programme and all its resources after completing the training session. There are two sessions available:

- **Tuesday 28th January 1pm - 3.30pm - Grimsby Town Hall**
- **Tuesday 28th January 4pm - 6.30pm - Grimsby Town Hall**

If you would like to join us please let us know by emailing us at hnyicb-nel.fmhd@nhs.net and include: your name, your role, the setting you work in and which session you would like to attend .

Please contact us on this email for any queries, or if you would like any further information.

Partnerships for the Inclusion of Neurodiversity in Schools (PINS) Project in NEL



North East Lincolnshire Primary Academies involved in PINS:

- Coomb Briggs Primary Academy
- Edward Heneage Primary Academy
- Lisle Marsden Church of England Primary Academy
- St. Joseph’s Catholic Primary and Nursery Voluntary Academy

Meeting the needs of children with Special Educational Needs and Disabilities (SEND) in mainstream schools is the cornerstone to improving outcomes (across attainment, attendance and wellbeing), parental confidence and delivering the financially sustainable SEND system, as envisaged in the SEND and Alternative Provision (AP) Improvement Plan.

Partnerships for Inclusion of Neurodiversity in Schools (PINS) will bring health and education specialists and expert parent carers into mainstream primary settings to:

- Help shape whole school SEND provision.
- Provide early interventions at a whole school level
- Upskill school staff
- Support strengthening of partnerships between schools and parent carers

The programme is funded by the Department for Education (DfE), supported by the Department for Health and Social Care (DHSC) and NHS England (NHSE).









- The delivery of PINS in North East Lincolnshire (NEL) will be implemented through a partnership with Humber & North Yorkshire ICB, SENDIASS, NEL Local Authority and North East Lincolnshire Parent Carer Forum (NELPCF).
- The PINS programme will run between January 2024 and March 2025, with the training delivered in schools between September 2024 and March 2025
- 5 days total (37½ hours) provided per school to support needs identified by self-assessment, parent carer and children/young person surveys



If you have a child/young person who attends any of the four schools, please contact your school to get involved in the project.

Support Services in NEL

In the following sections we have provided a summary of support services within NEL and what they do. Don’t forget to check out the Local Offer too [NELC SEND Local Offer | North East Lincolnshire Special Educational Needs & Disability \(nelincs.gov.uk\)](https://nelincs.gov.uk).

Service	What they do	How to contact
Family Hubs	Family hubs bring together services to offer help and support to children and young people aged 0 to 19 and their families.	Family hubs NELC (nelincs.gov.uk)

 <p>NORTH EAST LINCOLNSHIRE COUNCIL www.nelincs.gov.uk</p>	<p>You can speak to a range of professionals such as our advisers, health visitors, school nurses and other family support services to work through issues that may arise during a child or young person's life.</p>	
<p>FIS - Families First Information Service</p>  <p>NORTH EAST LINCOLNSHIRE COUNCIL www.nelincs.gov.uk</p>	<p>The Families First Information Service is a free, impartial information service for families with children aged 0-19 years.</p> <p>If you are looking for childcare, you can use the directory to search for childcare or contact the service directly.</p>	<p>fis@nelincs.gov.uk 01472 326292 option one Family Information Service Directory NELC (nelincs.gov.uk)</p>
<p>SEND Parent Engagement Champion</p>  <p>SENDIASS North East Lincolnshire</p>	<p>SEND Parent Engagement Champion role offers support, signposting to support/services, host regular engagement events (such as pop-ups with multiple professionals in attendance) and listen to parent carer views.</p>	<p>abi.fleming@nelsendiass.org.uk 07552743370 Abi will be joining the NELPCF representatives at a few of the NELPCF school drop-ins. For more information on when Abi will be with NELPCF, see our 'Would you like to get involved?' Section below.</p>
<p>Parent Carer Forum</p>  <p>NELPCF NORTH EAST LINCOLNSHIRE PARENT CARER FORUM</p>	<p>NELPCF is a collective voice for parent carers of children and young people with SEND in North East Lincolnshire. They make sure that parents' views and experiences influence local services to make things better.</p>	<p>Email: nelpcf@gmail.com Website: NELPCF NELPCF have announced 16 dates from November to January when they will be visiting 15 of our educational settings to host school drop-ins for parent carers. For more information, see our 'Would you like to get involved?' Section below or check out the NELPCF's Facebook page: https://www.facebook.com/NELPCF</p>
<p>SENDIASS</p>  <p>SENDIASS North East Lincolnshire</p>	<p>SENDIASS North East Lincolnshire is a free service for children and young people with special educational needs and disabilities and their parents and carers. It's impartial and we give confidential information, advice and support in relation to special educational needs and disabilities (SEND) and related health and social care matters.</p>	<p>ask@nelsendiass.org.uk 01472 326363 www.nelsendiass.org.uk</p>
<p>Support as a carer</p>  <p>Carers' Support Centre EST. 1989</p>	<p>The Carers' Support Service is the main port of call for Carers in Northern Lincolnshire.</p> <p>There is a range of free and confidential practical and emotional support on offer.</p>	<p>01472 242277 Carers Support Service</p>
<p>Autism Central</p>  <p>Autism Central</p> <p>Daisy Chain</p>  <p>Daisy Chain Autism & Neurodiversity</p>	<p>We are excited to share with you the Autism Central Programme in collaboration with Daisy Chain which offers families and carers of autistic people high-quality and easily accessible autism education, training, and support through peer educators, alongside a dedicated website.</p>	<p>You can access the training sessions if you have a young person with traits, undergoing, or diagnosed with autism, ADHD, FASD or sensory processing differences by visiting: https://www.daisychainproject.co.uk/event/learning-workshops/</p>





<p>Autism Central</p>  <p>Autism Central</p> <p>Daisy Chain</p>  <p>DAISY CHAIN Autism & Neurodiversity</p>	<p>Daisy Chain's upcoming sessions:</p> <ul style="list-style-type: none"> • Friday 6th December 10am - 11am / Family Celebrations & Events • Monday 9th December 5.30pm - 6.30pm / Getting Extra Help in Education Settings • Friday 13th December 10am - 11am / Autism & Mental Wellbeing • Friday 20th December 10am - 11am / Understanding Autism
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If you are concerned that a child is being abused, or they may be at risk of harm, you should contact NELC [Integrated Front Door Service](#) to make a referral

For concerns around mental health use the 24/7 mental health Single Point of Access on 01472 256256 (option 3) or freephone 08081 968442

If life is at imminent risk, call the emergency services on 999.

Support for Children and Young People (CYP)

Find out more about	Who/Where?	What will you find?
<p>Generation Z</p>  <p>EST. 1989</p>	<p>We'd love you to come along to our meetings on the last Friday of every month, 2pm-4pm.</p> <p>Contact details: Tel: 01472 242277</p>	<p>Are you aged 18 to 25? We want to hear from you! We are launching our new Peer Support Group specially for young adult carers</p>
<p>Young Carers</p> 	<p>Young Carers - Carers Support Service (carerssupportcentre.com)</p> <p>For more information about the services and activities available for Young Carers in North East Lincolnshire.</p> <p>Contact details: Tel: 01472 326294 (option 3 then option 2) Email: admin.yps@nelincs.gov.uk.</p>	<p>They are children and young people of any age who have a family member with an illness, medical condition or disability. They may look after or help look after their parent, brother, sister or Grandparent or other family member.</p> <p>Find out more information about activities and groups for young carers, other services for support, Children's Rights and how to have your voice heard.</p>
<p>Compass Go</p>  <p>NEL Mental Health Support Teams</p>	<p>Compass GO... Mental Health Support Team works with children, young people, families and educational settings in NEL.</p> <p>Contact details: Tel: 01472 494 250 Email: nelincsmhst@compass-uk.org Email: compass.go.mhst@nhs.net</p>	<p>We provide support, help and advice for pupils, students and schools for issues related to emotional and mental health wellbeing. Our work with educational settings across NEL includes providing advice, information and support to staff in promoting emotional and mental health wellbeing. We also work with children and young people on a 1:1 basis offering Cognitive Behavioural Therapy intervention.</p>
<p>Faraway</p>  <p>FARAWAY CIC UNIQUE MINDS</p>	<p>Faraway is a not-for-profit social enterprise community interest company that actively works to create inclusive communities through enabling autistic people to raise awareness of autism within their local community and support the community to deliver services that are accessible for all people.</p>	<p>The company's activities will provide benefit to people with unique minds, in particular, autistic adults. They provide:</p> <ul style="list-style-type: none"> • A place to plan and realise bright futures by supporting people to develop their own activities, employment opportunities and peer support services. • Give people a chance to reduce social isolation and improve self-confidence and social skills by

	<p>Contact details: Tel: 07835 034014 Email: info@thefarawaycic.org Address: Neurospace Queen Street Grimsby DN31 1QG</p>	<p>providing person centred services and activities.</p> <ul style="list-style-type: none"> • Opportunities to create inclusive communities through enabling autistic people to raise awareness of autism within their local community and support the community to deliver services that are accessible for all people. • Provide employment opportunities for autistic adults that will enable them to support their peers in accessing employment, local health and other social care services and through mentoring.
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Would you like to get involved? Please feel free to come along - We look forward to seeing you!

Event	Who is it for?	When is it?	How do I get involved?
<p>SEND parent carer drop-in with SEND Parental Engagement Champion (SENDIASS)</p>	<p>All parent carers of children/ young people with SEND</p>	<p>Monday mornings (term time only) 9.30am - 11.30am Central Family Hub, Edward Street</p>	<p>Come along and meet Abi Fleming, SENDIASS Parent Engagement Champion. These drop-ins provide an opportunity to meet other parent carers and learn about local support and services in NEL. For further information please check out SENDIASS's Facebook page Sendiass North East Lincolnshire Facebook or contact Abi directly Abi.Fleming@nelsendiass.org.uk</p>
<p>SPACE Forum</p>	<p>All parent carers and staff from all educational settings (Nursery to College)</p>	<p>Tuesday 26th November 2024 & Tuesday 14th January 2025 9.30am - 11.30am Grimsby Town Hall</p>	<p>The SPACE Forum is the <u>only</u> forum within North East Lincolnshire that includes parent carers and setting staff working in partnership. Please follow this link for more information and notes of the last meeting: Settings, parents and carers for education- SPACE Forum - NELC SEND Local Offer (nelincs.gov.uk).</p>
<p>NELPCF Parent carer school drop-in events with <u>*SENDIASS Parent Engagement Champion</u></p>	<p>Parent carers of children and young people who attend this setting only</p>	<p>*Pilgrim Academy: 27th November 9-10:30am Great Coates Primary School: 27th November 9-10:30am *Reynolds Academy: 2nd December 9-10am William Barcroft Junior School: 13th January 9-10am *Seven Hills Academy: 13th December 11-1pm Macauley Academy: 15th January 2-3pm Queen Mary Infant: 20th January 9-10.30am Signhills Infants: 22nd January 9.15-11am</p>	<p>Come along to any of these events if your CYP attends the school/setting and meet representatives of NELPCF, other parent carers and when available, <u>*Abi Fleming, SENDIASS Parent Engagement Champion</u>. For further information please contact the NELPCF directly.</p>

		<p>*Springfield Academy: 24th January 9-10.30am</p> <p>Scartho Junior School: 29th January 9-10.30am</p> <p>Fairfield Academy: 30th January 10.30-11.30am</p> <p>*Woodlands Academy: 30th January 10.30-11.30am</p> <p>*Yarborough Academy: 31st January 9-10.30am</p>	
<p>Cambridge Park Academy Parent Drop-in (Parents' Evening)</p>	<p>Parent carers of children and young people who attend this school only</p>	<p>Monday 9th December 3pm- 6pm Cambridge Park Academy Parents' Evening</p>	<p>Abi Fleming, SENDIASS Parent Engagement Champion and representatives from NELPCF will be at Cambridge Park Academy during Parents' Evening so come along and meet her. For further information please contact the school directly.</p>

Tips for Christmas for autistic people and their families

Christmas is a time of joy and celebration, but it can be difficult for some autistic children/young people and adults. The National Autistic Society, with help a range of people with lived experience have compiled a list of autism-friendly tips for the festive period. With good planning and clear communication, hopefully these tips will help you all to have an enjoyable Christmas.

I know that Christmas can be quite overwhelming and stressful for our son, so we have regularly visited this site before the festive period for many years! We found and still use some of the useful and helpful tips.

You'll find advice, support and tips on:

- Preparing
- Schedules
- Decorations
- Presents



Please click on the link for more details: [Tips for Christmas](#)

Questions and Your Voice

If you have any questions, if you would like to share your thoughts and views on anything mentioned in this newsletter or share your positive experiences with us so that together we can help and support other families across NEL. Please use the QR Code or the link below to send us your question and/or share your thoughts and ideas:

<https://forms.office.com/e/6K3PpxfbNa>



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