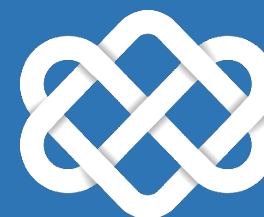


# Neurodiversity Newsletter

Winter 2024



**south ayrshire**  
health & social care  
partnership

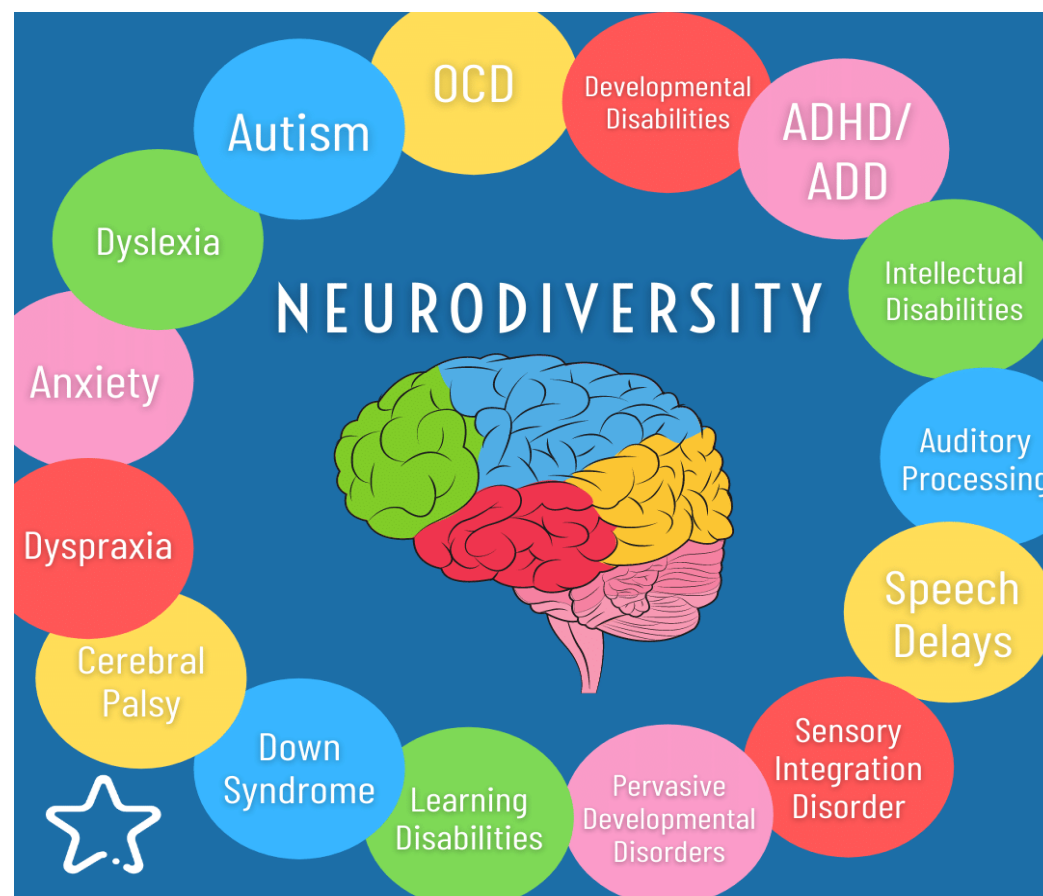
## Welcome

Welcome to the first edition and launch of the new South Ayrshire Neurodiversity Newsletter.

South Ayrshire Health and Social Care Partnership are delighted to be able to deliver this newsletter on a quarterly basis. Working in collaboration with local services and charities to provide and share updates and news on the services and supports that are currently available for children, young people and families throughout South Ayrshire. All of these supports and services are accessible to all and require no diagnosis.

We hope that you find this newsletter purposeful and informative. We would be delighted to receive and include any suggestions / feedback from various services.

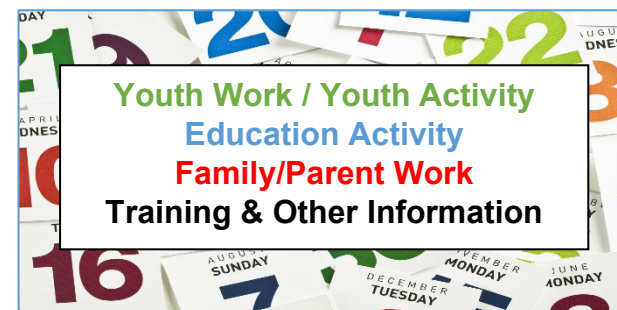
If you would like to share any service/neuro news and see this featured in upcoming newsletters, please contact Laura Harrop:  
[laura.harrop2@aapct.scot.nhs.uk](mailto:laura.harrop2@aapct.scot.nhs.uk)



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## What's on in Winter 2024



## OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1<sup>st</sup></b>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>2<sup>nd</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	<b>3<sup>rd</sup></b>  <b>Empower Autism</b> 4pm – 5pm Ayr Ark  <b>Introduction to Neurodivergence</b> 10am – 12:30pm Z1 - Youth Bar Girvan  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>  <b>ASN Fun &amp; Floats</b> 4 – 5pm Troon Leisure Club	<b>6<sup>th</sup></b>
<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>9<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	<b>10<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 <sup>th</sup>	15 <sup>th</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	16 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	17 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	18 <sup>th</sup>	19 <sup>th</sup>  <b>ASN Fun &amp; Floats</b> 12:30 – 1:30pm Maybole Leisure Club	20 <sup>th</sup>
21 <sup>st</sup>	22 <sup>nd</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	23 <sup>rd</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	24 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>28<sup>th</sup></b>  <b>Selective Restrictive &amp; Limited Eating</b> Venue TBC Book through Community Paediatrics	<b>29<sup>th</sup></b>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>30<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	<b>31<sup>st</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Introduction to Autism</b> 10am – 12:30pm St Oswald's Church, Maybole  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374			

## NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>  <b>ASN Fun &amp; Floats</b> 4 – 5pm Troon Leisure Club	<b>3<sup>rd</sup></b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 <sup>th</sup>	5 <sup>th</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	6 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	7 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
11 <sup>th</sup>	12 <sup>th</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	13 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark	14 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	15 <sup>th</sup>  <b>Introduction to adhd</b>  10:00am – 12:30pm  Prestwick north parish church - Contact NEST to book	16 <sup>th</sup>  <b>ASN Fun &amp; Floats</b> 12:30 – 1:30pm Maybole Leisure Club	17 <sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 <sup>th</sup>	19 <sup>th</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	20 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Inspire Sensory Circuits</b> 6 – 7pm Doonfoot Primary School	21 <sup>st</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374  <b>Introduction to Neurodivergence</b> 6pm – 8pm Via Microsoft teams Contact NEST to book	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
25 <sup>th</sup>	26 <sup>th</sup>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374  <b>Coping with Christmas: Supporting children with additional support needs</b> 6pm – 8pm Via Microsoft teams Contact NEST to book	27 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Inspire Sensory Circuits</b> 6 – 7pm Doonfoot Primary School	28 <sup>th</sup>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	29 <sup>th</sup>	30 <sup>th</sup>	1 <sup>st</sup>

## DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2<sup>nd</sup></b>  <b>Girls &amp; Autism (Online)</b> <b>6pm – 8pm</b> <b>Via Microsoft teams</b> <b>Contact NEST to book</b>	<b>3<sup>rd</sup></b>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>4<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Inspire Sensory Circuits</b> 6 – 7pm Doonfoot Primary School	<b>5<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>  <b>ASN Fun &amp; Floats</b> 4 – 5pm Troon Leisure Club	<b>8<sup>th</sup></b>
<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>  <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>11<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Inspire Sensory Circuits</b> 6 – 7pm Doonfoot Primary School	<b>12<sup>th</sup></b>  <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374  <b>Introduction to Autism</b> <b>10:00 – 12:30</b> <b>Tesco Extra Ayr</b> <b>Contact NEST to book</b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>



<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b> <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374	<b>18<sup>th</sup></b> <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>Inspire Sensory Circuits</b> 6 – 7pm Doonfoot Primary School	<b>19<sup>th</sup></b> <b>Empower Autism</b> 4 – 5pm Ayr Ark  <b>(PM) Speech &amp; Language Virtual drop-in session</b> To book call: 07833095374	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b> <b>ASN Fun &amp; Floats</b> 12:30 – 1:30pm Maybole Leisure Club	<b>22<sup>nd</sup></b>
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<b>30<sup>th</sup></b>	<b>31<sup>st</sup></b> <b>Speech &amp; Language drop-in session</b> 2 - 4pm To book call: 07833095374					

## Service Information and Referral routes

- **Empower Autism** – FREE for ages 11-18, Ayr Ark, Citadel Quay, South Harbour Street, Ayr, KA7 1JB. Every Thursday 4pm – 5pm contact 01292 264020 or email [admin@ayrark.co.uk](mailto:admin@ayrark.co.uk)
- **ASN Fun & Floats** - Additional support needs quiet session for families with no music. £3.00 per session (per person), booking in advance up to 8 days ahead. Troon Leisure Club, Barassie Street, Troon, KA10 6LU. First Saturday of every month. Also available at Maybole Leisure Club, Maybole Community Campus, Kirkoswold Road, Maybole, KA19 8BP on the third Saturday of every month 12:30pm – 1:30pm. Tel 01292 269793 to pre book.
- **Introduction to Neurodivergence** – Learn more about Neurodevelopmental differences such as Autism and ADHD workshop. Thursday 3<sup>rd</sup> October 2024 10am – 12.30pm – Z1 Youth bar, 154 Dalrymple Street, Girvan KA26 9BQ, bookable via NEST Website.
- **Introduction to Autism** – Workshop to learn more about Autism and communication. Thursday 31<sup>st</sup> October – St Oswald's Church, Cargill Road, Maybole KA19 8AF, 10am – 12:30pm, bookable via NEST Website.
- **Selective Restrictive Eating** - Workshop delivered via Community Paediatrics. Venue TBC and contact details will be added shortly.
- **Inspire Sensory Circuits** – Class for children aged 1-7 years with additional support needs. Social session exploring movement through sensory activities. Contact: Cheryl Ann Cairns [cherylann.cairns@south-ayrshire.gov.uk](mailto:cherylann.cairns@south-ayrshire.gov.uk) / 01292 559 389
- **NEST** – offer a range of workshops bookable here [www.nest.scot/workshops](http://www.nest.scot/workshops)
- You can apply for [Child Disability Payment](#) or [Adult Disability Payment](#) without a confirmed diagnosis.

### South Ayrshire Speech and Language Therapy

**Helpline every Tuesday 2pm to 4pm**  
Telephone 07833095374 to speak with an experienced Speech and Language Therapist

**Virtual drop in every Thursday afternoon**  
Telephone or text 07833095374 to book a slot

Download the NHS Ayrshire & Arran using the right QR code for your phone



Scan me!

Apple



Scan me!

Android

 @ayrshireSLT
  @weepeoplechat
  South Ayrshire Children's Speech and Language Therapy



# Neurodevelopmental Empowerment & Strategy Team (NEST)

## Our Purpose

To empower individuals and their families living with neurodevelopmental differences such as autism, attention deficit hyperactivity disorder (ADHD) and foetal alcohol spectrum disorder (FASD).



## What we do

Provide information and advice about neurodevelopmental differences such as Autism, ADHD and FASD.

Provide workshops for people to learn more about living with neurodevelopmental differences such as Autism, ADHD and FASD.

## Who is this service for?

Our service is for children, young people and adults. It is open to anyone in Ayrshire who wants to contact us about neurodevelopmental differences such as Autism, ADHD or FASD. You do not need a diagnosis to access our service.

## How to get in contact?

You can read more about what we offer at [www.nest.scot](http://www.nest.scot)

Anyone who would like to find out more about our service, or reach out for support can contact us at [Contact | nest.scot](mailto:Contact@nest.scot)

If you would like to discuss establishing a referral pathway for your team, please do get in touch.

## Workshops

Our workshops are free to attend and reach individuals, parents/carers and professionals. Sessions include an Introduction to Neurodivergence, Introduction to Autism and Introduction ADHD, along many others delivered by key partners in more focused topics such as sensory processing and autism and girls. You can check out our workshop calendar and book at [Workshops | nest.scot](http://Workshops@nest.scot)

## Aberlour, Scotland's Children's Charity



aberlour  
scotland's children's charity

**Aberlour, Scotland's Children's Charity have been commissioned to deliver the new Neuro Connections Service which will be broken down into 3 parts: Family Connections, School Connections and Community Connections.**

**Family Connections** - We intend to support parents and carers of neurodivergent children and young people by being part of the Test of Change Screening Group and developing Parent/Carer Support Groups in each locality. These groups will be developed over a 12-18 month period and supported by one member of Aberlour staff on a fortnightly to monthly basis depending on the need. Aberlour will provide a safe space for parents and carers to build positive relationships with each other, share experiences, develop coping strategies, share knowledge and signpost to different services.

**School Connections** - Through the Test Of Change Screening Group, engage with all Pupil Support Coordinators to identify any gaps with a view of enhancing Neuro awareness, to be more Neuro welcoming Neuro Aware and Neuro involving. This will be carried out by two members of staff, following the Test of Change around the localities. We will reach out to families who are identified to offer our Parent/Carer Support Groups and also to signpost children and young people to inclusive youth groups we are aware of by utilising current mapping outcomes.

**Community Connections** - We intend to develop a training programme that we will offer to deliver to youth groups within South Ayrshire to help them become more Neuro welcoming, Neuro awareness and Neuro involving. We will connect with these groups through Thriving Communities, South Ayrshire leisure, South Ayrshire Youth Work Network and by utilising current mapping outcomes that have been completed by NEST. We intend to involve Neuro Divergent children and young people in the development of this program. We intend to have the training program developed and ready for delivery by the end of October. The training will be delivered by two facilitators, and we intend to deliver 1-2 sessions per week.

Support will be delivered by workers trained in relation to understanding neurodivergent needs, trauma, and family wellbeing interventions.

# Thriving Communities

## Contact our Thriving Communities:

**Tel: 01292 612301**

**Email: [thrivingcommunitiesadmin@south-ayrshire.gov.uk](mailto:thrivingcommunitiesadmin@south-ayrshire.gov.uk)**

## **Supported Employment**

Thriving Communities provide enhanced support to clients with disabilities to support them to progress into paid, sustainable employment. Support is tailored to the individuals needs and may include personal development, confidence building, money advice and budgeting. Thriving Communities Supported employment programme is designed to help individuals with disabilities or other barriers to employment. Some key components typically involved in our supported employment programmes are:

1. **Assessment:** Individuals are assessed to determine their skills, interests, and barriers to employment. This helps in creating a personalized plan that fits their needs.
2. **Skill Development:** Our groups focus on building soft skills, such as communication, teamwork, and problem-solving, which are critical for success in any job.
3. **Employer Engagement:** Our Employer Engagement Team work closely with employers to help them understand the benefits of hiring individuals with disabilities and provide training on how to create an inclusive workplace.
4. **In work Support:** Job Analysis and Vocational Profile are used to ensure that the support the client receives when they enter the job is carefully planned and appropriate. Support is individually tailored and targeted and could include induction, training, regular reviews, and workplace mentoring. The client's individual goals and the support they will receive will be agreed and recorded on an Action Plan. In many cases, clients will be job coached on site at the employer's premises to learn specific tasks and work routines. This 1-to-1 support can be gradually faded as the client grows in confidence and learns the job. Over time, the Thriving Communities Officer will identify natural supports in the workplace to ensure there is on-going support for the client from colleagues and supervisors.

Supported employment has been shown to be an effective approach for helping individuals with disabilities achieve greater independence and quality of life through meaningful work.

## **Tailored job programme**

To enhance the Supported Employment programme, Thriving Communities we have created a range of tailored, part-time jobs. These jobs have been specifically created for people who are ready to progress into the world of work. Thriving Communities work with colleagues across the council to create job opportunities specifically designed to suit each individual person's circumstances. The jobs are designed around the skills, interests, and capabilities of the person, who is supported throughout by a dedicated Thriving Communities Officer.

# Information & Support

## Neurodevelopmental Difference

- <https://www.nest.scot/learn-zone>
- 

## Autism

- Online Community ([autism.org.uk](https://autism.org.uk))
  - The Spectrum magazine ([autism.org.uk](https://autism.org.uk))
  - National Autistic Society ([autism.org.uk](https://autism.org.uk))
  - <https://www.autismtoolbox.co.uk/>
  - <https://saasypenguin.com/>
  - <https://southayrshirelifeline.org/listing/autism-support-ayrshire-online-coffee-club/37/>
  - <https://www.mindroom.org/>
- 

## Additional Support Needs (ASN)

- <https://www.southayrshirelifeline.org/listing/spotty-zebras/692/>
- 

## Developmental Language Disorder (DLD)

- Aberlour Children's Charity - Stop children suffering | [aberlour](https://www.aberlour.org.uk/)
  - <https://www.youngminds.org.uk/>
  - <http://www.addiss.co.uk/>
-

## Neurodiversity News (South Ayrshire)

### **Active Living Adult volunteer opportunities**

We currently have 2 volunteers working with us in our Citadel Gym, supporting classes and gym sessions. This opportunity helps support individuals to develop skills in team working, communication and self-awareness while giving a taste of the working environment.

### **Introduction to the groups that are leading on the Neuro work in South Ayrshire**

#### **Working Group Introduction**

The Working Group was established to lead and support the development of Neurodiverse work in South Ayrshire after the changes were introduced by the Scottish Government in August 2023. These changes stated that responsibility for the assessment of children with neurodevelopmental concerns, but without a significant mental health condition, would no longer rest with specialist CAMHS Child and Adolescent Mental Health Services but within the partnerships in a local authority area.

The Steering group meets on a fortnightly basis and consists of members from SA HSCP, Social Work, SAC Education, NHS Ayrshire and Arran, Children's Health, Allied Health Professionals CAMHS and NEST etc.

#### **Screening Group Introduction**

Services within South Ayrshire have worked together to establish a screening group who will manage all referrals for support for young people who may have neurodevelopmental differences. This group is made up of one representative from each key children's service across health and social care, NEST and education. This group discuss any additional supports the young person and family may be able to access and make recommendations. This group focuses on ensuring young people and families have the support they need regardless of any diagnosis. The aim of the group is to move the focus to 'Support First'.

With meetings every fortnight, our Support First service started within the Prestwick and Marr clusters in March of this year. In June, the group opened the Support First service to schools within the Girvan and Carrick clusters. Our final phase of schools across Ayr will start in early November 2024.

## **Pan Ayrshire News**

### **Neurodevelopmental service developments**

Across Ayrshire, how we support children and young people with neurodevelopmental differences (NDD) and their families is changing.

We have been listening to the experiences of parents and carers in accessing NDD supports for their children and are working together across children's services to explore ways of working which best meet the needs of our children and young people.

Whilst we develop these new models, we are reviewing our process for referrals for neurodevelopmental assessments for conditions such as autism or Attention Deficit Hyperactivity Disorder (ADHD). There is a range of other supports for children and their families where there are specific concerns. This includes support from schools and the Neurodevelopmental Empowerment and Strategy Team (NEST) who have information and resources which may be of support. These can be found at [www.nest.scot](http://www.nest.scot)

We are working intensively to ensure we can appropriately support all children and young people with NDD across all our services and look forward to sharing our plans in due course.

## **Training News**

NHS Education for Scotland (NES) is an education and training body and a national health board within NHS Scotland. We are responsible for developing and delivering healthcare education and training for the NHS, health and social care sector and other public bodies. We have a Scotland-wide role in undergraduate, postgraduate and continuing professional development.

- [NHS Education for Scotland | NES](#)

### **Neurodiverse Child & Adolescent Mental Health Services (N-CAMHS)**

N-CAMHS provides specialist clinical support, assessment and diagnosis for children/young people experiencing mental health problems, alongside a neurodevelopmental condition such as Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder.



## Useful Local Contacts

Name	Contact
<b>NEST</b>	aa.nest@aapct.scot.nhs.uk
<b>Aberlour Child Trust</b>	01292 671971
<b>CAMH's</b>	01294 323425
<b>South Ayrshire Autistic Society</b>	saas.ayr@gmail.com
<b>Autism Support Ayrshire</b>	07500974323 or email <a href="mailto:autismsupportayrshire@nas.org.uk">autismsupportayrshire@nas.org.uk</a>
<b>ASN Family Network – Principal Teacher Inclusion (Teaching &amp; Learning)</b>	<a href="mailto:Fiona.Priestnall@south-ayrshire.gov.uk">Fiona.Priestnall@south-ayrshire.gov.uk</a>
<b>Spotty Zebras</b>	<a href="mailto:spottyzebras@outlook.com">spottyzebras@outlook.com</a>
<b>Thriving Communities</b>	01292 612301 or email <a href="mailto:thrivingcommunitiesadmin@south-ayrshire.gov.uk">thrivingcommunitiesadmin@south-ayrshire.gov.uk</a>

### Family Support – Education focused:

Need	Provider	Specific	Area	Capacity	Criteria
ASD	Autism Outreach Team	Support autistic children and young people or those with language or communication needs through direct work, consultation, capacity building through schools	South Ayrshire	Small team allocated to clusters	
ASN	ASN Family Forum	ASN Family / Parent support	South Ayrshire		ASN

All	School Counselling Service	Available to provide 1:1 counselling to any pupil aged 10+	South Ayrshire	Changing waiting list due to demand	Any presenting need
All	School Nursing Team	Supporting Primary and Secondary children and young people with a variety of health, mental health and wellbeing needs	South Ayrshire Clusters		
ASN	Enquire (Charity in Scotland)	Information, advice / guidance on Educational Rights	Scotland	6 - 8 week response time, can vary	ASN, education age
ASN	Let's talk ASN Scotland Law Centre and Barnardo's)	A Scottish Government funded service for the parents of children with additional support needs who may require support in relation to a dispute or potential dispute with an education authority. Aims to resolve disputes at the earliest stage possible. The service can be used by anyone who has a right to make a reference to the Additional Support Needs Tribunals for Scotland	Scotland	Response time can vary due to demand	ASN, education age
ASN	My rights – my say advocacy service	My Rights, My Say supports children in Scotland aged 12-15 with additional support needs to exercise their rights to be involved in decisions about their support in school.  It's independent, confidential, easy to use and supports children to speak up about what they need to learn	Scotland	Restricted capacity	12-15 years ASN
Neuro	Salveson Mindroom	If you are under 25 and think you may be Neurodiverse, or if you need help being heard in decisions that affect your life.  We provide direct one-to-one advocacy and support for children and young people with learning difficulties across Scotland. You do not need a diagnosis to get our help	Scotland	Restricted capacity (currently closed to new referrals)	Under 25

**Family Support – Health / Therapeutic focused:**

Need	Provider	Specific	Area	Capacity	Criteria
All/Trauma	Calm Chameleon	Commissioned service Support mental health and wellbeing in both children, young people and adults. The service works from a somatic approach with a strong focus on the nervous system. We specialise in trauma, releasing this through the body by calming the nervous system from survival response	Pan Ayrshire	10-14 people per week	Referral process, children, young people and adults
MH	Penumbra	Self-harm service for secondary age school children and their families	South Ayrshire	Referral Process	Secondary School age
MH	SAMH – Lets talk	Deliver whole school proactive support around wellbeing and mental health	South Ayrshire		
All	Community Paediatrics		South Ayrshire		
All	CAMHS		South Ayrshire		
All	Speech & Language		South Ayrshire		
All	Speech & Language helpline	Structured call time to chat through concerns	South Ayrshire		Anyone
All	Occupational Therapy		South Ayrshire		

### **Family Support – Targeted support:**

<b>Need</b>	<b>Provider</b>	<b>Specific</b>	<b>Area</b>	<b>Capacity</b>	<b>Criteria</b>
All	Social Work Initial Response Team		South Ayrshire		Short term Criteria based can self-refer
All	Social Work Children & Families		South Ayrshire		Criteria based
Disabilities	Social Work Children with Disabilities Team		South Ayrshire		Criteria Based Disability
ASN	Aberlour	Commissioned service – provide short breaks either overnight, after school or at a holiday club	South Ayrshire		Criteria based, limited capacity
ASN	Barnardos-family support	Commissioned	South Ayrshire		Referral / self-referral Criteria Based
All	Barnardos – Post Adoption Support	Commissioned	South Ayrshire – Carrick and Girvan		
All	South Ayrshire Befriend	Commissioned service. Provides a befriending service for young people aged 8 - 18 who could benefit from social opportunities and supportive adult	South Ayrshire		Open to new referrals
All	South Ayrshire Women's Aid	Commissioned service. Support families living with or having had experience with domestic abuse	South Ayrshire		
All	Stepping Stones for families – family support	Commissioned service. Works alongside children and families to give support opportunities and a voice in tackling the effects of poverty and disadvantage in their lives	South Ayrshire – Carrick and Girvan		

All	South Ayrshire Carers Centre	Commissioned service	South Ayrshire		Open to all unpaid adult carers. Young carers age 5+
ASN	Rainbows VIP	Service provider SDS or Disability payment	Ayrshire		
ASN	Ayrshire Childrens Services	Service provider, SDS or disability payment	Ayrshire		
ASD / ADHD	Ko-Nekt	Offers play and peer learning to encourage confidence and skills development at their centre in Ayr	Ayr	Flexible booking system	Self-referral, SDS budget, PAYG

**Family Support – Information, advice and guidance / signposting:**

Need	Provider	Specific	Area	Capacity	Criteria
Neuro	NEST	Neurodevelopmental info and advice service. Signposting, website, videos, workshops, online programmes for parents / adults / professionals working with services and communities. Agile delivery responding to local demand	Pan Ayrshire	1 North Ayrshire worker waiting list 5 weeks response	Families / adults / professionals / services / communities with ND queries. Self-diagnosis, diagnosed.
ASD	National Autistic Society Scotland	Information, advice on website in relation to Autism	National		Open to all families / individuals / pre / during / post diagnosis and self-identifying autistic

ASD	NAS – Autism Support Ayrshire	Local service of NAS providing information, advice, guidance and signposting. Online programs, parent and carer workshops, peer support groups for autistic young people. Engagement with communities and professionals.	Pan Ayrshire	2.5 workers up to 5 days working days response time	Open to all families / adults / professionals across the lifespan pre / during / post diagnosis and self-identifying autistic. (No need for diagnosis)
ADHD	ADHD Foundation	Information specific to ADHD, website and resources hub	UK		Open to all families / adults / services in relation to ADHD (no need for diagnosis)
ADHD	Scottish ADHD Coalition	Information Specific to ADHD, website and resources hub	Scotland		Open to all families/adults/services in relation to ADHD (no diagnosis needed)
FASD	FASD hub	Information and awareness about lifelong risks. Information support and advocacy for families.	Scotland		
FASD	Oshay's	Not for profit community enterprise	South Ayrshire		Open to all families / professionals in relating to FASD
Neuro	Young Minds	Resources for young people around Neurodivergence, ASD, ADHD	UK		Resources for young people
Neuro	Young Scot	Resources for young people, neurodivergence and supports in South Ayrshire	Scotland		Resources for young people specific to South Ayrshire
All	Parent Network Scotland	General parenting advice, info, resources, online groups	Scotland		Parents
All	Community Link Workers (GP)	Wellbeing, information, signposting, emotional regulation programs (not ND specific)	South Ayrshire		Registered with GP. Referred by GP. Aged 16+
All	Connect South Ayrshire	Digital resource and telephone - signposting	South Ayrshire		Relies on organisations / services etc listing their resources / services

All	Aliss	Digital Resource	Scotland		Health & Social Care Alliance – information limited
All	Women's Hub	In person support and activities	South Ayrshire but based in Ayr		

### **Family Support – Young person activities:**

Need	Provider	Specific	Area	Capacity	Criteria
ASN	Carrick Sensory	Sensory low arousal activity	Maybole	Booking System	Open access through booking
ASN	Z1 Youth Trust	Youth group	Girvan	Booking System	Young person, on boarding process
ASD	Project Search	Situational learning / Ayrshire College affiliated course	Culzean Castle	10 per academic year	Age 17-29, autism, LD
ASD	South Ayrshire Autistic Society (SAAS)	Autism and me / life skills sessions	South Ayrshire – Ayr base		Age 8-11 age 12-15, booking system (no need for diagnosis)
ASD	Autism Support Ayrshire	NAS Café online. Monthly social group sharing interests and experiences	Pan Ayrshire – online	15 members	Age 15-25, on boarding process, limited numbers, (no need for diagnosis)
ASN	Little Acorns	Forrest School activities	South Ayrshire – Ayr base		Booking system
ASN	TKS Heroes	ASN session, lower arousal, inclusive class	South Ayrshire – Ayr base		Speak directly to leader

ASD	Empower Autism – The Ark	Wednesdays and Thursdays 4pm – 5pm, carers welcome, lower arousal	South Ayrshire – Ayr base		Booking system in place, limited to 15 people per session
ASN	Unique Friends Together	Social group for young adults/adults with LD / ASN	South Ayrshire – Ayr base	Constituted community group (unregulated)	16 - 30 year olds
All	Dominion	Tabletop gaming Café	Ayr	Shop/gaming space	
ASN	Inspire South Ayrshire	Sporting Activities			
ASN	Little Play Planet		Ayr	Business	
ASN	Enable Works	Steps to employment	South Ayrshire		
ASN	Impact Arts				
MH	Togetherall	Access free 24/7 mental health support	South Ayrshire	24/7 digital support	15 - 25 year olds
All	LGBT Youth Scotland	Young persons support group	South Ayrshire	Group activity	
ASD	Salveson Mindroom	Post diagnostic service 1:1	Pan Ayrshire	16 - 25 year olds	Open to new referrals, autism specific, self identifying / diagnosed
All	South Ayrshire Leisure	Sports & Leisure opportunities	South Ayrshire	All	Reach out to club / activity to discuss needs / accessibility. Limitations to support available.
All	South Ayrshire Leisure Inspire	Athletics Ayr and Girvan	South Ayrshire	All	Limited capacity
All	Thriving Communities		South Ayrshire		



### **Family Support – Peer support:**

<b>Need</b>	<b>Provider</b>	<b>Specific</b>	<b>Area</b>	<b>Capacity</b>	<b>Criteria</b>
All	Ayrshire Beyond the Classroom (ABC) Education Group CIC	Peer led Parent support, workshops on ASN issues, activities for children & young people / families	Pan Ayrshire	Parent led small community organisation (unregulated)	Children and Young People predominantly those educated at home although not exclusive
ASN	Spotty Zebras	Family led group supporting and embracing difference	Pan Ayrshire but primary location in South (Ayr and Patna)		
ASD	South Ayrshire Autistic Society		Pan Ayrshire but located in South		
All	South Ayrshire Carers Centre	Carer support	South Ayrshire		
ASN	ASN Education	Led by Fiona Priestnell, peer group and support for parents	South Ayrshire		
Doonfoot Primary	Parent Group	Led by Education	South Ayrshire – Doonfoot Primary		