Neurodiversity Newsletter

Spring/Summer 2025



Welcome

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 updates and news on the services/supports currently available for children, young people and families in 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. Any feedback/information is welcomed.

If you would like to share any service/neuro news, please contact Laura Harrop - <u>Laura.harrop2@aapct.scot.nhs.uk</u>









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What's on in Spring / Summer 2025

UESDAY AUGUST AUGUST

<u>April</u>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st	2 nd	3rd Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374	4 th	5 th ASN Fun & Floats 4 – 5pm Troon Leisure	6 th
7 th	Speech & Language Helpline 2 - 4pm 07833095374	9 th	10 th Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk	11 th	12 th	13 th

			(PM) Speech & Language Virtual drop-in session To book call: 07833095374			
14 th	Speech & Language Helpline 2 - 4pm 07833095374	Neuro Connections Peer Support Group 12pm – 1.30pm The Place, Newmarket Street Ayr 6pm – 7.30pm Monkton & Prestwick Parish Church	17 th Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374	18 th	19 th ASN Fun & Floats 12:30 – 1:30pm Maybole Leisure Club	20 th
21 st	22nd Speech & Language Helpline 2 - 4pm 07833095374 Neuro Connections Peer Support Group 12.30pm -2.00pm Carrick Centre Maybole, Culzean Room	23 rd	24th Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374	25 th	26 th	27 th

28 th	29 th	30 th		
	Speech & Language Helpline 2 - 4pm 07833095374			
	Neuro Connections Peer Support Group 6pm – 7.30pm Carrick Centre, Maybole, Culzean Room			

<u>May</u>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st	2 nd	3 rd	4 th
			Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk		ASN Fun & Floats 4 – 5pm Troon Leisure Club	
			(PM) Speech & Language Virtual drop-in session To book call: 07833095374			

5 th	6 th	7 th	8 th	9 th	10 th	11 th
	Speech & Language Helpline 2 - 4pm 07833095374		Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374			
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19 th	20 th	21 st	22 nd	23 rd	24 th	25 th
	Speech & Language Helpline 2 - 4pm 07833095374	Inspire Sensory Circuits 6 – 7pm Doonfoot Primary School	Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk			
			(PM) Speech & Language Virtual drop-in session To book call: 07833095374			
26 th	27 th Speech & Language Helpline 2 - 4pm 07833095374	28 th Inspire Sensory Circuits 6 – 7pm Doonfoot Primary School	29 th Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374	30 th	31 st ASN Fun & Floats 4 – 5pm Troon Leisure Club	1 st

<u>June</u>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 nd	3 rd Speech & Language Helpline 2 - 4pm 07833095374	4 th Inspire Sensory Circuits 6 – 7pm Doonfoot Primary School	5th Empower Autism 4pm – 5pm Ayr Ark To book: 01292 264020 or admin@ayrark.co.uk (PM) Speech & Language Virtual drop-in session To book call: 07833095374	6 th	7 th	8 th
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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 <u>admin@ayrark.co.uk</u>
- **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
- 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 / 01292 559 389.
- You can apply for **Child Disability Payment** or **Adult Disability Payment** without a confirmed diagnosis.



South Ayrshire Communication Friendly Environments (SACFE) in Community Settings

South Ayrshire Communication Friendly Environments (SACFE) in Community Settings

A Communication Friendly Environment is a space that promotes and supports communication for EVERYONE who uses it. Community settings within South Ayrshire are supported by the SACFE Communities Team to work towards becoming a Communication Friendly setting e.g. businesses, leisure settings and voluntary groups.

A communication friendly setting should make communication easy, effective and enjoyable. This will provide support for all, but especially those with speech, language and communication difficulties, therefore ensuring services are accessible for all and removing barriers to communication. This in turn, will support learning, achievement, independence and social and emotional development.

Communication Friendly Environments in the community may have:

- Areas signposted and labelled using words and symbols e.g. toilets, entrances/exits, storage, specific resources etc.
- Use of symbols and pictures to aid understanding through a 'total communication approach' e.g. visual menus, communication boards, Makaton etc. This 'total communication approach' ensures that understanding is supported and spoken language is reinforced through various methods.
- Staff using a range of language strategies to effectively support speech, language and communication skills through everyday interactions e.g. pausing for processing time, information given in manageable chunks and getting down to the individual's physical level (especially children's) when interacting with them.



Where can I find a Communication Friendly community setting?

As of January 2025, 14 South Ayrshire community settings have commenced their Communication Friendly journey i.e:

- Tempura (Ayr & Troon)
- Little Play Planet (Ayr)
- Domino Playgroup (Prestwick)
- The View at Monktonhill (Prestwick)
- Ayr A&E
- Ayr Farm Park
- The Buf (Prestwick)

The following four community settings are anticipated to be the first to achieve their full Communication Friendly award in early 2025. Visuals are in place, communication boards are available and staff are trained in speech, language and

- Tempura (Ayr & Troon)
- Little Play Planet (Ayr)
- Domino Playgroup (Prestwick)
- The View at Monktonhill (Prestwick)

communication strategies and Makaton awareness:

- Jiggy Wrigglers (Ayr, Troon & Maybole)
- Kitty Cat Café (Ayr)
- Glendoune Youth Club (Girvan)
- Lochside Community Centre (Ayr)
- Quit Your Way
- Child Healthy Weight service (Jumpstart)
- Thriving Communities

Do you know a community setting interested in starting their Communication Friendly journey?

Email: claire.morrison3@aapct.scot.nhs.uk or jordann.ford@aapct.scot.nhs.uk



Follow us on Facebook: 'South Ayrshire Communication Friendly Environments'



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

Anyone who would like to find out more about our service, or reach out for support can contact us at **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 Neurodiversity, 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

Meet the Team

Click here to view the recent "Meet the team" resource developed by the NEST team.

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 neurodivergent 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

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:

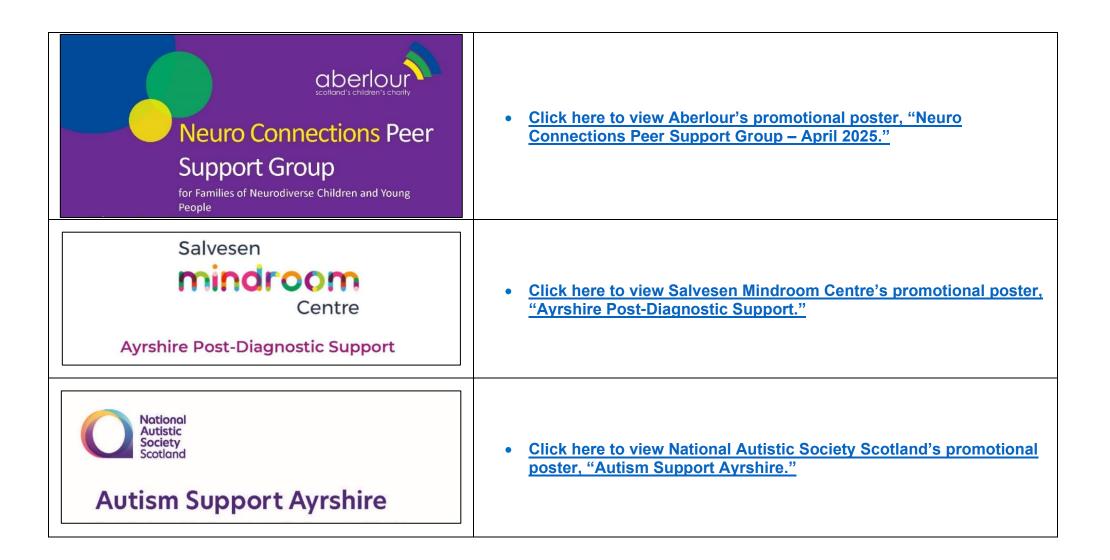
- 1. Assessment: Individuals are assessed to determine their skills, interests, and barriers to employment. This helps in creating a personalized plan that fits their needs.
- 2. Skill Development: Our groups focus on building soft skills, such as communication, teamwork, and problem-solving, which are 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.

Additional promotional material



Training Calendar for Education Practitioners 2025

Topic	Overview	Date and Time	MS Teams Link
Oracy: Speech & Language Therapy Overview	 What does a high-quality oracy education look like? How can you use oracy to increase attainment and outcomes? Links to voice21 and South Ayrshire Communication Friendly Environments 	Wednesday 7th May 2025, 1530-1630	Oracy: Speech & Language Therapy Overview: Microsoft Teams Need help? Join the meeting now Meeting ID: 341 462 280 945 Passcode: Sg7YG7wm

Contact: <u>Ursula.Dante@aapct.scot.nhs.uk</u> for more information & support. There is no need to book; just join us via the MS Teams Link on the day.

Information & Support

Neurodevelopmental Difference

• https://www.nest.scot/learn-zone

Autism

- Online Community (autism.org.uk)
- The Spectrum magazine (autism.org.uk)

- National Autistic Society (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.youngminds.org.uk/
- http://www.addiss.co.uk/

Neurodiversity News (South Ayrshire)

Active Living Adult volunteer opportunities

We currently have two 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

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

Family Support – Education focused:

Provider	Specific	Area
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
ASN Family Forum	ASN Family / Parent support	South Ayrshire
School Counselling Service	Available to provide 1:1 counselling to any pupil aged 10+	South Ayrshire
School Nursing Team	Supporting Primary and Secondary children and young people with a variety of health, mental health and wellbeing needs	South Ayrshire Clusters
Enquire (Charity in Scotland)	Information, advice / guidance on Educational Rights	Scotland
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
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

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
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Family Support – Health / Therapeutic focused:

Provider	Specific	Area
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
Penumbra	Self-harm service for secondary age school children and their families	South Ayrshire
SAMH – Lets talk	Deliver whole school proactive support around wellbeing and mental health	South Ayrshire
Community Paediatrics		South Ayrshire
CAMHS		South Ayrshire
Speech & Language		South Ayrshire

Speech & Language helpline	Structured call time to chat through concerns	South Ayrshire
Occupational Therapy		South Ayrshire

Family Support – Targeted support:

Provider	Specific	Area
Social Work Initial Response Team		South Ayrshire
Social Work Children & Families		South Ayrshire
Social Work Children with Disabilities Team		South Ayrshire
Aberlour	Commissioned service – provide short breaks either overnight, after school or at a holiday club	South Ayrshire
Barnardos-family support	Commissioned	South Ayrshire
Barnardos – Post Adoption Support	Commissioned	South Ayrshire – Carrick and Girvan
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
South Ayrshire Women's Aid	Commissioned service. Support families living with or having had experience with domestic abuse	South Ayrshire

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
South Ayrshire Carers Centre	Commissioned service	South Ayrshire
Rainbows VIP	Service provider SDS or Disability payment	Ayrshire
Ayrshire Childrens Services	Service provider, SDS or disability payment	Ayrshire
Ko-Nekt	Offers play and peer learning to encourage confidence and skills development at their centre in Ayr	Ayr

Family Support – Information, advice and guidance / signposting:

Provider	Specific	Area
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
National Autistic Society Scotland	Information, advice on website in relation to Autism	National

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
ADHD Foundation	Information specific to ADHD, website and resources hub	UK
Scottish ADHD Coalition	Information Specific to ADHD, website and resources hub	Scotland
FASD hub	Information and awareness about lifelong risks. Information support and advocacy for families.	Scotland
Oshay's	Not for profit community enterprise	South Ayrshire
Young Minds	Resources for young people around Neurodivergence, ASD, ADHD	UK
Young Scot	Resources for young people, neurodivergence and supports in South Ayrshire	Scotland
Parent Network Scotland	General parenting advice, info, resources, online groups	Scotland
Community Link Workers (GP)	Wellbeing, information, signposting, emotional regulation programs (not ND specific)	South Ayrshire
Connect South Ayrshire	Digital resource and telephone - signposting	South Ayrshire
Aliss	Digital Resource	Scotland

Family Support – Young person activities:

Provider	Specific	Area
Carrick Sensory	Sensory low arousal activity	Maybole
Z1 Youth Trust	Youth group	Girvan
Project Search	Situational learning / Ayrshire College affiliated course	Culzean Castle
South Ayrshire Autistic Society (SAAS)	Autism and me / life skills sessions	South Ayrshire – Ayr base
Autism Support Ayrshire	NAS Café online. Monthly social group sharing interests and experiences	Pan Ayrshire – online
Little Acorns	Forrest School activities	South Ayrshire – Ayr base
TKS Heroes	ASN session, lower arousal, inclusive class	South Ayrshire – Ayr base
Empower Autism – The Ark	Wednesdays and Thursdays 4pm – 5pm, carers welcome, lower arousal	South Ayrshire – Ayr base

		1
Unique Friends Together	Social group for young adults/adults with LD / ASN	South Ayrshire – Ayr base
Dominion	Tabletop gaming Café	Ayr
Inspire South Ayrshire	Sporting Activities	
Little Play Planet		Ayr
Enable Works	Steps to employment	South Ayrshire
Impact Arts		
Togetherall	Access free 24/7 mental health support	South Ayrshire
LGBT Youth Scotland	Young person's support group	South Ayrshire
Salveson Mindroom	Post diagnostic service 1:1	Pan Ayrshire
South Ayrshire Leisure	Sports & Leisure opportunities	South Ayrshire
South Ayrshire Leisure Inspire	Athletics Ayr and Girvan	South Ayrshire
Thriving Communities		South Ayrshire

Family Support - Peer support:

Provider	Specific	Area
Ayrshire Beyond the Classroom (ABC) Education Group CIC	Peer led Parent support, workshops on ASN issues, activities for children & young people / families	Pan Ayrshire
Spotty Zebras	Family led group supporting and embracing difference	Pan Ayrshire but primary location in South (Ayr and Patna)
South Ayrshire Autistic Society		Pan Ayrshire but located in South
South Ayrshire Carers Centre	Carer support	South Ayrshire
Parent Group	Led by Education	South Ayrshire – Doonfoot Primary