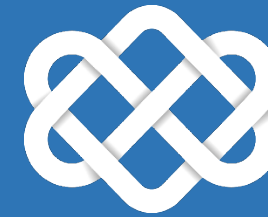


Neurodevelopmental News for Children, Young People & Families Summer/Autumn 2025



south ayrshire
health & social care
partnership

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.harrop2@aapct.scot.nhs.uk



What's on in Summer/Autumn 2025

July

Date	Description / Name	Time	Place	How to book	Additional info
Every Thursday	Empower Autism	4pm – 5pm	Ayr Ark – Ayr	01292 264020 or admin@ayrark.co.uk	
	Intro to Neurodiversity	10am -12.30pm	Z1 Youth Bar – Girvan	Telephone: 01465 714729 Email: info@z1girvan.org.uk	
	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
	Vibrant Voices	10.30am – 11.30am	The Carrick Centre Maybole	No booking required	

		1.30pm – 2.30pm	Girvan Library Knockcushan Street	No booking required	
Saturday 5 th July	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
Saturday 19 th July	ASN Fun & Floats	12.30pm – 1.30pm	Maybole Leisure Club, Maybole Community Campus	01292 269793 to pre book	Pre book
Every Wednesday	Inspire Sensory Circuits	6pm – 7pm	Doonfoot Primary School	cherylann.cairns@south-ayrshire.gov.uk / 01292 559 389	
Every Friday	Vibrant Voices	2pm-3pm	Heathfield Community Centre Ayr	No booking required	

August

Date	Description / Name	Time	Place	How to book	Additional info
Every Thursday	Empower Autism	4pm – 5pm	Ayr Ark – Ayr	01292 264020 or admin@ayrark.co.uk	
	Intro to Neurodiversity	10am -12.30pm	Z1 Youth Bar – Girvan	Telephone: 01465 714729 Email: info@z1girvan.org.uk	

	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
Saturday 3 rd August	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
Saturday 17 th August	ASN Fun & Floats	12.30pm – 1.30pm	Maybole Leisure Club, Maybole Community Campus	01292 269793 to pre book	Pre book
Every Tuesday	Vibrant Voices	10.30 – 11.30	The Carrick Centre Maybole	No booking required	
	Vibrant Voices	1.30pm-2.30pm	Girvan Library Girvan	No booking required	
Every Wednesday	Inspire Sensory Circuits	6pm – 7pm	Doonfoot Primary School	cherylann.cairns@south-ayrshire.gov.uk / 01292 559 389	
Every Friday	Vibrant Voices	2pm-3pm	Heathfield Community Centre AYR	No booking required	

September

Date	Description / Name	Time	Place	How to book	Additional info
------	--------------------	------	-------	-------------	-----------------

Every Thursday	Empower Autism	4pm – 5pm	Ayr Ark – Ayr	01292 264020 or admin@ayrark.co.uk	
	Intro to Neurodiversity	10am -12.30pm	Z1 Youth Bar – Girvan	Telephone: 01465 714729 Email: info@z1girvan.org.uk	
	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
	Vibrant Voices	10.30-11.30	The Carrick Centre MAYBOLE	No booking required	
	Vibrant Voices	1.30 – 2.30	Girvan Library Girvan	No booking required	
Every Friday	Vibrant Voices	2pm – 3pm	Healthfield Community Centre AYR	No booking required	
Saturday 6 th September	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
Saturday 20 th	ASN Fun & Floats	12.30pm – 1.30pm	Maybole Leisure Club, Maybole Community Campus	01292 269793 to pre book	Pre book
Every Wednesday	Inspire Sensory Circuits	6pm – 7pm	Doonfoot Primary School	cherylann.cairns@south-ayrshire.gov.uk / 01292 559 389	

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
- **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.
- **Vibrant Voices** - Vibrant Voices is a group singing initiative run by Speech and Language Therapy for anyone with any kind of communication difficulty (16 years +). We have groups in Ayr, Maybole and Girvan, with people attending weekly with many different reasons for their communication difficulty (stroke, Parkinson's disease, brain injury, learning disability, voice difficulties, people who are neurodiverse etc). We aim to promote psychosocial wellbeing and provide support for communication as required. Contact Fiona.burnett2@aapct.scot.nhs.uk
- 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



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.



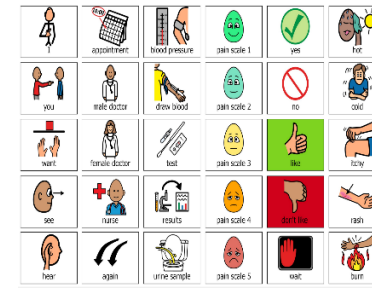
Training at Ayr Farm
Park



Makaton session at Ayr
A&E



Visuals at Little Play Planet



Hospital Communication
board

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)
- 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

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 communication strategies and Makaton awareness:

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

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’



South Ayrshire
Communication Friendly Env...



Neurodevelopmental Empowerment & Strategy Team (NEST)



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



Over the last few months, NEST has been growing not just in reach but in how we connect with our community – and we're now more active than ever online!

Follow us on social media

We're sharing updates, resources, and voices from across Ayrshire – and beyond – to raise awareness of neurodevelopmental differences, celebrate lived experience, and provide practical advice for families and professionals.

Find us on Facebook and Instagram:

Instagram - @nest.ayrshire

Facebook - [facebook.com/nest.ayrshire](https://www.facebook.com/nest.ayrshire)

Expect to see everything from upcoming events and workshops to myth-busting facts and inspiring stories. Our aim is to keep things real, supportive and useful.

Explore our blog

We've also launched a brand-new blog section on our website.

Whether it's understanding emotional regulation, unpacking sensory needs, or reading stories from local carers, there's something for everyone.

Visit: www.nest.scot/blog

You can also subscribe to our mailing list to get updates on upcoming workshops and events directly to your mailbox. Subscribe via our website www.nest.scot

School Nursing App

The School Nursing Application Provision (SNAP) app went live on Monday 27 January to provide support and resources for children, young people, carers, families and colleagues in Social work and Education. For more information or to download the app and search for SNAP.



NHS
Ayrshire
& Arran

Have you heard about the school nursing app?

Nope, never heard of it 😞

It's full of useful information, on topics like mental health and wellbeing, puberty, sexual health and relationships etc.

Where did you get it?

Just download it! It's free on the App Store and Google Play. Just search for "NHS Ayrshire & Arran" then look for SNAP - School Nursing Ayrshire Provision.

Great, thanks! I'll do that.



Download the free app now by searching for 'NHS Ayrshire & Arran' in your Apple or Android app store – or scan the correct QR code.



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.

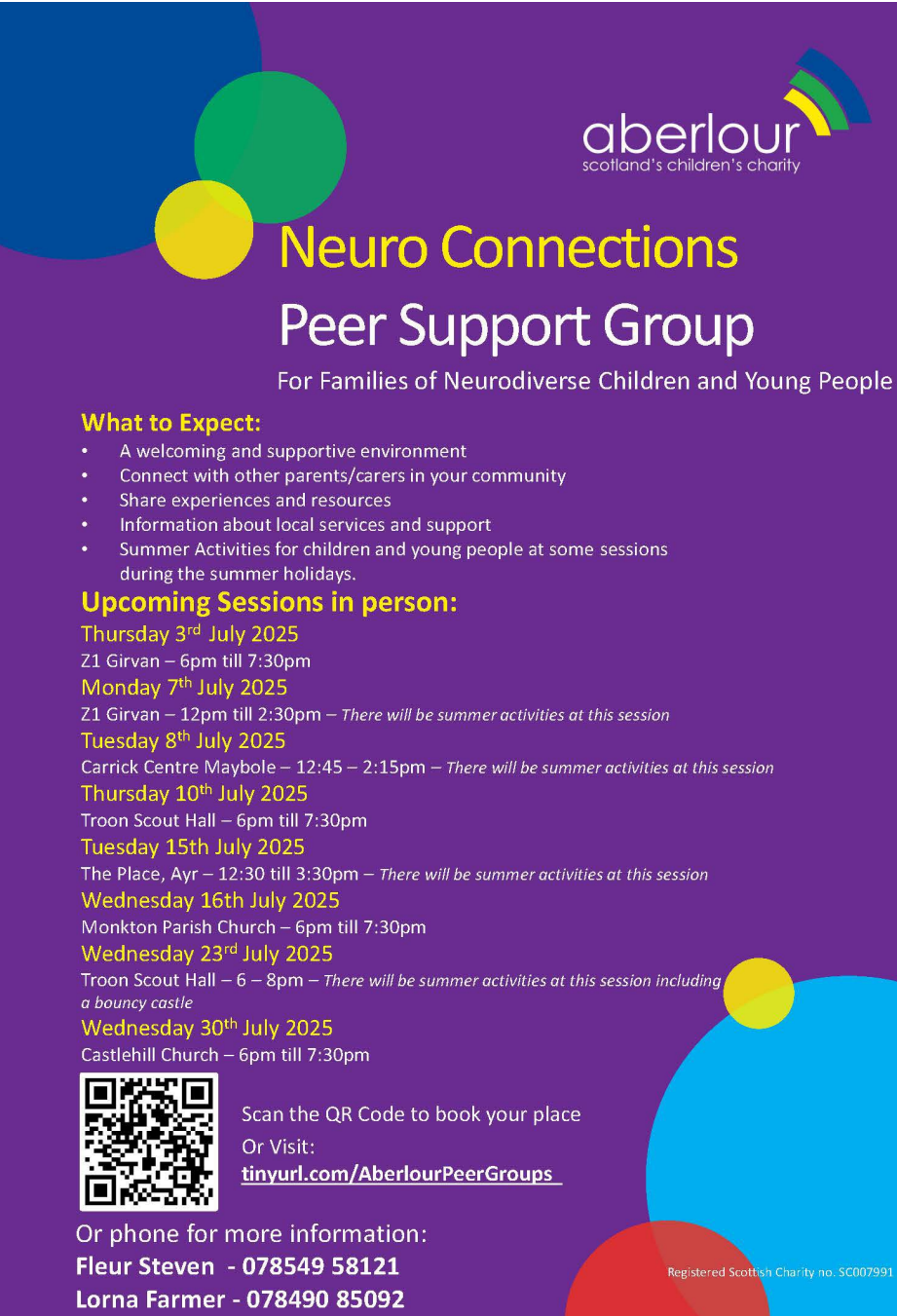

Family Connections - We intend to support parents and carers of neurodivergent children and young people by being part of the Test of Change Screening Group and developing Parent/Carer Support Groups in each locality. These groups will be developed over a 12-18 month period and supported by one member 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.



Information about upcoming peer support groups can be found here:



Neuro Connections Peer Support Group

For Families of Neurodiverse Children and Young People

What to Expect:

- A welcoming and supportive environment
- Connect with other parents/carers in your community
- Share experiences and resources
- Information about local services and support
- Summer Activities for children and young people at some sessions during the summer holidays.

Upcoming Sessions in person:

Thursday 3rd July 2025
Z1 Girvan – 6pm till 7:30pm

Monday 7th July 2025
Z1 Girvan – 12pm till 2:30pm – *There will be summer activities at this session*

Tuesday 8th July 2025
Carrick Centre Maybole – 12:45 – 2:15pm – *There will be summer activities at this session*


Thursday 10th July 2025
Troon Scout Hall – 6pm till 7:30pm

Tuesday 15th July 2025
The Place, Ayr – 12:30 till 3:30pm – *There will be summer activities at this session*

Wednesday 16th July 2025
Monkton Parish Church – 6pm till 7:30pm

Wednesday 23rd July 2025
Troon Scout Hall – 6 – 8pm – *There will be summer activities at this session including a bouncy castle*

Wednesday 30th July 2025
Castlehill Church – 6pm till 7:30pm



Scan the QR Code to book your place
Or Visit:
tinyurl.com/AberlourPeerGroups

Or phone for more information:
Fleur Steven - 078549 58121
Lorna Farmer - 078490 85092

Registered Scottish Charity no. SC007991

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.

National Autistic Society Scotland

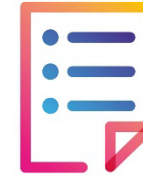
Autism Support Ayrshire (previously One Stop Shop Ayrshire) is part of the National Autistic Society, and has been running for over 10 years (since 2013), it has made a positive difference to the wellbeing of autistic people and their families in Ayrshire. It is funded by the 3 Ayrshire council's Health & Social Care partnerships. (North Ayrshire Council, South Ayrshire Council & East Ayrshire Council) Autism Support Ayrshire provides free and confidential information, advice and guidance to individuals, parents & carers and professionals based in Ayrshire. As well as providing social opportunities for autistic adults and young people, and parent & carer autism workshops. There is no need to have a formal diagnosis, our service also supports individuals who self-identify with autism.

Autism support Ayrshire tailors its approach to meet the needs of each enquiry in an empathetic way. From offering guidance to local businesses on supporting autistic employees, to providing parents with information to give them a greater understanding of autism and strategies to help with day to day life, to helping autistic adults find social opportunities with like-minded people, to build confidence, make friends and improve their communication skills. For further information please email the team at:

autismsupportayrshire@nas.org.uk



Autism Support Ayrshire



Autism Support Ayrshire

National Autistic Society Scotland

Information, advice and guidance.

Are you a individual, parent/carer or professional looking for more information and support regarding Autism in Ayrshire?

Here is how you can get in contact:

@ Autismsupportayrshire@nas.org.uk

📞 07500 974 323

Funded by North, South & East Ayrshire Council

What we do?

We provide autism specific information, advice and signposting to parents/carers, individual's and professionals living/working in Ayrshire.

Who can access us?

Anyone of any age living or working in North, South and East Ayrshire.

No diagnosis required.

What we can provide

- Autism information and advice
- Signposting
- Autism Workshops for families
- Social Opportunities

What we can't provide

- Diagnostic services
- Advocacy
- 1:1 support

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).



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.

Vibrant Voices

Vibrant Voices is a group singing initiative run by Speech and Language Therapy for anyone with any kind of communication difficulty (16 years +). We have groups in Ayr, Maybole and Girvan, with people attending weekly with many different reasons for their communication difficulty (stroke, Parkinson's disease, brain injury, learning disability, voice difficulties, people who are neurodiverse etc). We aim to promote psychosocial wellbeing and provide support for communication as required.



FREE!

south ayrshire
health & social care
partnership

A FRIENDLY AND SUPPORTIVE
SINGING GROUP FOR ANYONE WITH
ANY TYPE OF COMMUNICATION
DIFFICULTY.

Now available in three locations!

Every Tuesday	Every Tuesday	Every Friday
10.30am - 11.30am	1.30pm - 2.30pm	2pm - 3pm
The Carrick Centre Culzean Road, Maybole, KA19 7DE	Girvan Library Knockcushan Street, Girvan, KA26 9AG	Heathfield Community Centre, West Sanquhar Road, Ayr, KA8 9HP

Come and join us - the group is free to attend and there is no need to book in advance. You are welcome to bring a partner, friend or relative along with you.

No musical ability necessary to participate - just a willingness to try and to have some fun!

For more information contact
Fiona Burnett
Adult Speech and Language Department:
☎ 01292 665 706
✉ fiona.burnett2@apct.scot.nhs.uk

For transport contact:
MyBus
Getting you around
☎ 0345 125 9814