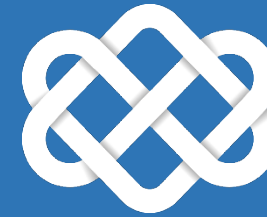


Neurodevelopmental News

for Children, Young People & Families

Autumn/Winter 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 or to view previous newsletters and find other supports and information available please visit us at <https://hscp.south-ayrshire.gov.uk/Childrens-Health-Neurodiversity>



What's on in Autumn/Winter 2025

October

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	
	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
1 st Saturday every month	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
3 rd Saturday every month	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	

November

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	
	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
First Saturday every month	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
Third Saturday every month	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	

December

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	
	Speech & Language	Various	PM) Speech & Language Virtual drop-in session	To book call: 07833095374	
Every Tuesday	Speech & Language	2pm -4pm	Helpline	07833095374	
First Saturday every month	ASN Fun & Floats	4pm – 5pm	Troon Leisure Club	leisure@south-ayrshire.gov.uk 01292 269793	Pre book
Third Saturday every month	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.
- 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

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.

			
<p>Training at Ayr Farm Park</p>	<p>Makaton session at Ayr A&E</p>	<p>Visuals at Little Play Planet</p>	<p>Hospital Communication board</p>

Communication Friendly community settings

- Tempura Ayr & Troon
- Little Play Planet
- Domino Playgroup
- The View at Monktonhill
- Ayr Hospital A&E
- Ayr Farm Park
- The Buf
- Jiggy Wrigglers
- Kitty Cat Café
- Glendoune Youth Club
- Lochside Community Centre
- Quit your way

- Child Healthy Weight
- Thriving Communities
- Aberlour After School Care
- ACES Learning Disability
- 14th Ayrshire 1st Prestwick Beavers
- Child Smile Ayr
- Ayr United Dementia Friendly Walking Football
- South Ayrshire Gymnastics Instructors
- Holmston After School Club
- Spudbuds
- Vibrant Voices Choir
- Wallacetown Gardens

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’

VIRTUAL DROP IN every Thursday afternoon
Text 07833095374 to book a slot

@weepeoplechat

South Ayrshire Children's Speech and Language Therapy

South Ayrshire Communication Friendly Environments

South Ayrshire Communication Friendly Env...

The poster features a central circular logo with a rainbow and the text 'South Ayrshire Communication Friendly Environments'. Below the logo are icons of four diverse children. The background is a blue sky with clouds. Two QR codes are located at the top corners. Social media icons for Twitter and Facebook are also present.

Neurodevelopmental Empowerment & Strategy Team (NEST)

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](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 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](http://Workshops@nest.scot)

@NESTayrshire



WHAT NEST CAN DO

- ✔ Offer **free**, friendly **workshops** open to all
- ✔ Provide **advice, information, and guidance** for individuals, families, carers, and professionals.
- ✔ Share clear, practical **resources** developed with families and professionals
- ✔ Be a **listening ear** when you're feeling stuck or unsure
- ✔ **Empower** you with confidence and understanding
- ✔ Share inclusive social media and blog content that **raises awareness and understanding** of neurodivergence
- ✔ **Signpost** to trusted services, tools, and local supports

@NESTayrshire



WHAT NEST CAN'T DO

- ⊘ **Diagnose** or assess for neurodevelopmental conditions
- ⊘ Offer **therapy**, clinical advice, or mental health **treatment** - but we're happy to help you explore your options
- ⊘ Help you complete **benefit forms** or paperwork, but we can signpost to services that can
- ⊘ Provide **crisis intervention** or emergency support
- ⊘ Visit families at home or offer **in-person support** - our focus is on accessible workshops and advice
- ⊘ Recommend **private diagnostic** service, though we can support you in understanding your choices
- ⊘ **Attend meetings** like TAC or TWF, but we can help you prepare or reflect afterwards

Aberlour, Scotland's Children's Charity

We are now focusing more on the school connections. We are working with 4 primary schools in the Ayr North locality, using a 6–8-week support model.

We also have a presence in the 8 secondary schools in south Ayrshire.

We have reduced the peer groups to 2 localities Troon and Prestwick and 1 online.



Thriving Communities

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 individual's 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

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.

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.



Scan me!
Android

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



Scan me!
Apple



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.



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.

International Dysgraphia Awareness Day (IDAD)

International Dysgraphia Awareness Day (IDAD) 3rd October 2025 is a day dedicated to raising awareness about dysgraphia, a neurological condition that affects a person's ability to write and put their thoughts on paper. IDAD serves as an opportunity to educate the public, support individuals with dysgraphia, and advocate for greater understanding and accommodations in education and everyday life.

What is International Dysgraphia Awareness Day (IDAD) 2025?

International Dysgraphia Awareness Day (IDAD) is an annual event that shines a spotlight on dysgraphia, a specific learning disability that affects writing. Dysgraphia can impact a person's ability to write legibly, spell accurately, and express thoughts coherently on paper. IDAD aims to foster a better understanding of dysgraphia and provide support for individuals who experience it.



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

FREE!

south ayrshire
health & social care
partnership

Every Tuesday	Every Friday
10.30am - 11.30am	2pm - 3pm
The Carrick Centre Culzean Road, Maybole, KA19 7DE	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

ADHD Awareness Month

ADHD Awareness Month is an annual observance held in October to raise awareness about Attention-Deficit/Hyperactivity Disorder (ADHD). The month-long campaign aims to educate the public, reduce stigma, and provide support to individuals and families affected by ADHD. It also highlights the importance of early diagnosis, effective treatment, and understanding the challenges faced by those with ADHD.

ADHD Awareness Month is observed throughout the entire month of October each year. During this time, organizations and individuals worldwide participate in activities and events to promote ADHD awareness and support.

Participating in ADHD Awareness Month can help spread knowledge and support for individuals with ADHD and their families. Here are some ways to get involved:

- **Educate Yourself:** Learn about ADHD, its symptoms, diagnosis, and treatment options.
- **Share Information:** Use social media and other platforms to share facts, stories, and resources about ADHD using #ADHDAwarenessMonth.
- **Support ADHD Organisations:** Contribute to or volunteer with organizations dedicated to ADHD awareness and advocacy.
- **Advocate for Education:** Advocate for better understanding and accommodations for individuals with ADHD in schools and workplaces.
- **Connect with the ADHD Community:** Join or support local and online ADHD support groups and communities.
- **Raise Funds:** Organize or participate in fundraising events to support ADHD research and initiatives.

When sharing information and experiences related to ADHD Awareness Month 2025, consider using these relevant hashtags:

- #ADHDAwarenessMonth
- #ADHD
- #ADHDsupport
- #ADHDawareness
- #ADHDcommunity
- #EndTheStigma

Using these hashtags can help you connect with individuals and organizations dedicated to ADHD awareness and support, allowing you to join the conversation and make a positive impact.

Odd Socks Day 2025

Odd Socks Day November 17th is a fun and light-hearted event that encourages people to embrace individuality and celebrate differences. On this day, participants are encouraged to wear mismatched socks as a symbol of uniqueness and to promote acceptance of diversity. Odd Socks Day is a fantastic opportunity to raise awareness about important social issues, including bullying and prejudice.

What is Odd Socks Day 2025?

Odd Socks Day is an annual event that encourages people to wear mismatched socks as a way of celebrating diversity and promoting inclusion. It is a light-hearted and symbolic gesture that serves as a reminder that being different is something to be proud of. Participants are encouraged to embrace their individuality and support others in doing the same.