



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

East Neurodevelopmental Team Information

Sheet for Families

Who the Team are

The team is now separate from the CAMHS service. We are made up of staff from many different disciplines; such as Psychology, Speech and Language and Specialist Practitioners. The team offers assessments, support and intervention for children aged 5-18 showing signs of, or who are diagnosed with, a Neurodevelopmental condition.

Help Available

Support is available for families awaiting an assessment from the Neurodevelopmental Team and those who have received a formal diagnosis of ADHD, Autism Spectrum or Neurodevelopmental Difficulties. Many of the groups or interventions have waiting lists and sometimes we need to make a decision as a team regarding what support we can allocate to a family.

1. Groups/workshops for young people: such as managing anxiety, understanding a diagnosis of Autism Spectrum Condition and dealing with interpersonal conflict.



2. Groups/workshops for parents, carers and key workers: these offer a chance to gain greater understanding and learn strategies to help a child/ young person with neurodevelopmental difficulties. Topics include; sleep, sensory difficulties and social communication.

3. 1:1 Interventions- the first point of call is to offer group support, however depending on their needs, the family may be able to access 1:1 support from one of the Neurodevelopmental Practitioners. Usually the family will be offered up to 4

intervention sessions. Families have a considerable amount of choice in how they would like to use and schedule the sessions.

Contacting us/ Accessing the Team

The best way to contact the team to get advice, find out about groups available and to be added to the group waiting lists is via the advice line:

When: Every Wednesday 8.30am-3.30pm

Number: 01978 726554. If you need to contact the team outside of the advice line hours please contact the Neurodevelopmental Admin on **01978 726031 (Wrexham)** or **01244 528698 (Flintshire)**



Who: Family members, the young person themselves and those who work with or support the child/young person (e.g. teachers, social workers) can contact.



Neurodevelopmental Intervention Workshops

Intervention workshops are now available through the East Neurodevelopmental team. Workshops are available to those families with a diagnosis of a Neurodevelopmental need (for example Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD)) and also those families who are currently on our waiting list. If agreed with those who have parental responsibility, other adult family members or support professionals (such as a Teaching Assistant) are welcome to attend the parent groups.

At times we may ask young people to attend 'Meet and Greet' session. This provides children, young people and parents a chance to meet the group facilitators and familiarise themselves with the course setting and for the clinicians to consider the young person's suitability for the group.

Some groups may only be suitable for children of high school age, for example the Conflict Resolution Group and Young Person's Sleep Group is for high school aged children only. Behaviour that is disruptive to other children's learning or wellbeing cannot be tolerated in the groups and in such cases the parent may be asked to take their child out of the group.

Please be aware that places for the groups are often limited and are booked on a first come basis. **On booking your place or at the start of the group please inform the clinician if there are any health conditions, allergies or required adjustments that we should be aware of.**

*Please note that the groups outlined below may be subject to change, this is a **GUIDE ONLY** of the workshops available across Flintshire & Wrexham. Dates and workshops may change throughout the year.*



To find out more about these groups or if you would like your name to be added to any of the workshops please contact the Neurodevelopmental team:

Advise Line (Available every Wednesday between 08:30 and 15:30) on **01978 726554**.



<p><u>Sleep Workshop for Parents</u></p> <p><i>(One off session for parents, looking at a variety of strategies to support young peoples sleep needs)</i></p>	<p><u>Young Persons Sleep Clinic</u></p> <p><i>(One off session to introduce strategies for young people to improve sleep – Highschool age only)</i></p>	<p><u>Understanding ASD for Young People</u></p> <p><i>(One off session for young people to have a better understanding of their own diagnosis of Autism Spectrum Disorder – groups are booked for different age groups)</i></p>
<p><u>Understanding ASD for Parents</u></p> <p><i>(One off session for parents to develop an understanding of what is ASD and introduce strategies to support children and young people with a diagnosis of ASD)</i></p>	<p><u>Parent Sensory Workshop</u></p> <p><i>(One off session for parents to understand children/ young peoples sensory needs)</i></p>	<p><u>Social Stories</u></p> <p><i>(4 week parent group intervention which goes into detail about the use of Social Stories and Comic Strip Conversations)</i></p>
<p><u>Siblings Workshop</u></p> <p><i>(One off session to support siblings to understand their brother/sister <u>who has a diagnosed Neurodevelopmental need</u>, eg ASD/ADHD/ Learning Disability)</i></p>	<p><u>Understanding ADHD for young people</u></p> <p><i>(One off session for young people to have a better understanding of their own diagnosis of Attention Deficit Hyperactivity Disorder - groups are booked for different age groups)</i></p>	<p><u>National Autistic Society TEEN LIFE Programme</u></p> <p><i>(This is a six-session parent support programme for parents of young people on the autism spectrum aged between 10 to 16 years)</i></p>
<p><u>National Autistic Society Early Bird Plus Programme</u></p> <p><i>(EarlyBird Plus is a six session parent programme for parents of children with ASD age between 5 to 9) The programme addresses the needs of both home and school settings by ideally training parents/carers together with a professional who is working regularly with their child)</i></p>	<p><u>Parenting Active Children</u></p> <p><i>(A one day workshop for parents who have children who are seen to be “active”. The course aims to bring parents together and discuss strategies and building on parent confidence to deal with difficult behaviour).</i></p>	<p><u>ADHD Parent Workshop</u></p> <p><i>(A one day workshop for parents with children who have a diagnosis of ADHD. The workshop will explain what is ADHD in more detail and discuss useful strategies that may support parents in everyday situations)</i></p>
<p><u>Managing Challenging Behaviour</u></p> <p><i>(Workshops are run throughout the year and topics around challenging behaviour may vary. This workshop is for parents)</i></p>	<p><u>Conflict Resolution</u></p> <p><i>(A selection of sessions for young people to attend where strategies to manage conflict resolution are learnt- this group is for high school children only)</i></p>	<p><u>Dealing with Anxiety Workshop</u></p> <p><i>(4 session intervention for young people which aims to supports young people to develop strategies to deal with anxiety- this workshop is divided into age groups)</i></p>
<p><u>Transition Support (For pupils in Year 6 going to Year 7)</u></p> <p>A two session workshop for young people transitioning to high school. We discuss fears and hopes for high school as well as thinking about strategies to deal with this new challenge)</p>		