

# Neurodevelopmental Support Team Newsletter

## June 2025

Welcome to June's newsletter from NST.

Within our newsletter you will find up-to-date information of wait times, details of our programmes and parent support sessions and how to contact the team.

### **Neurodevelopmental Information gathering and screening**

- Our maximum wait time for information gathering and screening is currently up to **30** months. This wait time is from the date of referral receipt to the time of allocation to a practitioner, this is subject to change depending on demand.
- When your child is near the top of the waiting list, we will contact you and your child's education setting by email or letter to request further information as part of the information and screening process. It is important that we receive the required information to progress with the assessment.
- Once we have received the required family and school information, your child will then be allocated to one of our NST practitioners to undertake screening.
- Our NST Practitioner will then contact you by either phone or email to discuss the information and screening in more detail. They may require further information from you to support the screening.
- Any appointments that may be required as part of the information and screening process will also be arranged by either phone or email with our NST practitioner. (Please note we do not send appointment letters).

***Due to the high demand for the service please contact the team at [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) at your earliest convenience if information gathering and screening is no longer required for your child.***

***If your child is already under the care of Community Paediatricians for an assessment of Autism or ADHD, please let us know as we would no longer need to continue with our information gathering and screening.***

***Informing us that our service is no longer required helps us in reducing wait times for other families on our waiting list.***

Please see further information below regarding the Neurodevelopmental Referral Pathway for Children and Young People.

- [Neurodevelopmental Referral Pathway for children and young people - County \(Pdf\)](#)



## **Interventions**

All our support programmes are now opt in so no referral for this is needed to attend.

### **Cygnets:**

The Cygnets Parenting Support Programme is for parents and carers of children and young people aged 5-18 with an autistic spectrum condition, and those with autistic behaviours without diagnosis. Attending Cygnets gives you an opportunity to develop your understanding of autism and look at practical solutions to support your child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

<http://bit.ly/NST-opt-in>

### **Sleep:**

The Sleep Tight programme aims to support parents and carers to help their children and young people to achieve a better night's sleep.

The Sleep tight programme is an evidence-based programme and is regarded as the best and most affective approach to sleep management by professionals, including paediatricians.

The Sleep Tight Programme is the recommended if your child falls into one of the following categories:

- *Is under the care of community paediatrics at NUH or SFH,*
- *Has a diagnosis of Autism and/or ADHD/ Autistic or ADHD behaviours without a diagnosis.*
- *Was referred by community paediatrics to NST for Sleep Tight*
- *Was expecting to be referred onto Community Paediatrics following an assessment by NST.*

What can I get out of the Sleep Tight Programme? Once you have completed the programme you will be able to:

- *Recognise the role of sleep hygiene to improve sleep*
- *Introduce a sleep diary to identify potential sleep issues*
- *Identify the causes of sleep issues and appropriate practical strategies*

<http://bit.ly/NST-opt-in>

### **Transition:**

The Education Transition Support Workshop is for parents and carers to learn strategies to assist their children and young people with transitions in education.

Transitions can include:

- *Home to nursery or childminder*
- *Starting primary school*
- *Year to year transition*
- *Moving schools, in year transition*
- *Primary to secondary school*
- *Leaving secondary school*
- *Starting College, University, or employment*
- *Returning to school or setting after period of home schooling*

<http://bit.ly/NST-opt-in>



## **Interventions**

### **ADHD:**

NST offer two ADHD courses for parents of a child with an ADHD diagnosis and those with ADHD type behaviours without diagnosis.

### **Option 1 - The New Forest Parenting Programme.**

This is for parents and carers of children aged 3 to 11 years, and it cannot be delivered virtually due to the therapeutic approach in the parenting support.

You can learn about:

- *The symptoms and signs of ADHD,*
- *The ways in which they may affect your child's behaviour and your relationship with them.*
- *Strategies for managing your child's behaviour and attention difficulties.*

### **Option 2 - The ADHD Workshop**

This workshop is suited for the parents and carers of children aged 3 to 18 years.

This ADHD Workshop is a home-grown intervention, and it has been devised by our experienced practitioners from health and education services.

It provides you with practical support and reassurance to and will increase your understanding of local support services.

Subjects covered include:

- *Understanding of the ADHD characteristics and brain development*
- *Managing behaviour, routines, "meltdowns" and reinforcing positive behaviours*
- *Supporting young people*
- *Girls and ADHD*
- *Access to services and support*
- *Sensory*
- *Sleep*
- *Managing emotions*

<http://bit.ly/NST-opt-in>

### **Workshop:**

Workshops are suitable for the parents and carers of children and young people, up to the age of 18 years, with indicative behaviours of Autism and/or ADHD, and those with a confirmed diagnosis.

This Workshop is a local model of support and information for parents and carers. It has been devised by our experienced practitioners from the local authority, health, and education services.

Topics covered included in both face-to-face and online workshops:

- *An introduction to ADHD and Autism*
- *Routines*
- *Education*
- *Parental mental wellbeing*
- *Sleep • Toileting*
- *Communication • Self-esteem • Emotional health • Brain development • Pathological Demand Avoidance, PDA*

<http://bit.ly/NST-opt-in>



## **Parent Support groups**

We offer a monthly support group in various areas across Nottinghamshire. This is a safe space to discuss your child or family's needs regarding behaviours that are indicative of Autism and/or ADHD. A chance to feel less isolated with an opportunity to meet other parents/cares with similar experiences. **No booking is required to attend our parent support group.**

### **Daybrook Medical Practice, Salop St, Daybrook, NG5 6HP**

Tuesdays 09.30-11.30

1<sup>st</sup> July

9<sup>th</sup> September

7<sup>th</sup> October

11<sup>th</sup> November

2<sup>nd</sup> December

### **Chilwell Family Hub, Great Hoggett Drive, Chilwell, NG9 4HQ**

Tuesdays 12.30-2.30

8<sup>th</sup> July

16<sup>th</sup> September

14<sup>th</sup> October

18<sup>th</sup> November

9<sup>th</sup> December

### **Bingham Family Hub, Eaton Place, Bingham, NG13 8BE**

Wednesdays 13:00-15:00

2<sup>nd</sup> July

01<sup>st</sup> Oct

03<sup>rd</sup> Dec

### **Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**

Wednesdays 13:00-15:00

10<sup>th</sup> Sept

05<sup>th</sup> Nov

### **Kirkby East Family Hub, The Summit Centre, NG17 7LL**

Wednesdays 09:30-11:30

17<sup>th</sup> Sept

19<sup>th</sup> November

### **Newark and Sherwood Family Hub, Bowbridge Rd, Newark, NG24 4EG**

Thursdays 9.30-11.30

03<sup>rd</sup> July

02<sup>nd</sup> Oct

06<sup>th</sup> Dec

### **Mansfield Woodhouse Family Hub, Swan Lane, NG19 8BT**

Fridays 09:30-11:30

27<sup>th</sup> June

25<sup>th</sup> July

19<sup>th</sup> September

17<sup>th</sup> October

28<sup>th</sup> November

12<sup>th</sup> December

30<sup>th</sup> Jan

27<sup>th</sup> Feb

27<sup>th</sup> March

### **Butler's Hill & Broomhill Family Hub, Broomhill Rd, Hucknall NG156AJ**

Thursdays 09:30-11.30 2025

17<sup>th</sup> July,

16<sup>th</sup> October

### **Ollerton and Boughton Family Hub, Dukeries Academy, Whinney Lane NG22 9TD**

Thursdays 9:30-11:30,

11<sup>th</sup> September

6<sup>th</sup> November



## **Neurodevelopmental Support Team (NST) FAQ**

### **What do NST do?**

- NST support parent/carers whose children either have behaviours indicative of Autism/ADHD or already have a diagnosis of Autism/ADHD. The support is provided through NST's intervention programmes and parent support sessions. NST work with the parent/carer in providing them with the tools, strategies and confidence to manage behaviours and identify need.
- NST gather and screen information from parent/carers, young person, education settings and any professional working with the family to identify indicative behaviours of Autism/ADHD. This supports NST in making any onward referrals to appropriate services to meet your child's needs.

NST have been commissioned by the Nottinghamshire Integrated Commissioning Board to undertake assessment work for families on the neurodevelopmental assessment pathway. NST works closely with Community Paediatrics, CAMHS and Education.

### **What do NST not do?**

- NST do not provide an Autism or ADHD diagnosis.
- NST do not screen for Dyspraxia or Dyslexia. A referral to the appropriate service should be made via a GP for concerns raised regarding Dyspraxia. Concerns in relation to Dyslexia should be discussed with the child/young person's education setting.
- NST are not a mental health service and cannot provide support in relation to emotional and mental health. We will signpost/refer to appropriate mental health services if required.
- NST team are not Paediatricians and are not part of the Paediatric or GP teams and does not sit within the local NHS Health Trusts.
- NST is not an Education Service.
- NST does not provide crisis support. We will sign post/refer families to appropriate crisis teams if required.

### **How do you book onto a programme?**

- Details of NST's programmes and parent support sessions can be found at Nottshelpyourself | Neurodevelopmental Support Team - The Family Service and through the monthly email sent to parent/cares and professionals.
- Alternatively details of NST's programmes and parent support sessions can be shared by emailing [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) where a member of our team will be happy to help.
- All our programmes are opting in and no referral into NST needs to be completed. No booking or referral is needed to attend our parent support sessions.

### **How can I make a referral for information gathering and screening?**

- NST only accepts referrals from professionals through an online portal. This can be found at Nottshelpyourself | Neurodevelopmental Support Team
- NST will accept self-referrals where a child/young person is home educated. However, this would need to be clear on the referral form and evidence provided. Please contact [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) if your child is home educated and requires a referral.
- The child/young person must be registered with a Nottinghamshire GP.

## **What happens during the gathering and screening process?**

- Parent/carer and education settings will be contacted by email to provide additional information to support the screening process. If your child is home educated, NST will only request information from parent/carer. NST will ask you to provide details of any other services currently supporting your child as their information may be helpful.
- Once all information has been received your child will wait to be allocated an NST practitioner.
- Once allocated an NST practitioner the parent/carer will be notified by email, and the practitioner will contact parent/carer as soon as they have an available appointment. NST do not arrange pre appointments.
- When the NST practitioner contacts the parent/carer they will discuss with them what will happen as part of the screening process. The practitioner may ask additional questions and may want to visit the child/young person in their education setting to observe them. Settings for observations may vary depending on the need of the child/young person. The practitioner will also want to speak with other professionals/services who would currently be supporting the child/young person such as an emotional and mental health service.
- On occasion the NST practitioner may have liaison which includes Community Paediatrics and CAMHS to discuss the information they have. This may result in Community Paediatrician or CAMHS deciding the most appropriate next steps for a child/young person.
- Following all information gathering, observations (if needed) professional liaison and screening, the NST practitioner will discuss with the parent/carer all the information that they have and the most appropriate next steps.
- If a referral is needed to another service following NST screening the allocated practitioner would make the referral following a discussion with parent/carer and with consent from the parent/carer. All information we have gathered and screened will be shared. This will include sharing of any relevant safeguarding information.
- If a referral to Community Paediatricians is required following our screening, NST would make the referral directly to the Community Paediatric team. All information will be shared with the Paediatric team. Your Child's GP will also be informed of the referral. Parent/carer and the referrer will also receive a letter advising of the next steps. The child/young person's referral would then be closed with NST.
- Following NST screening it may not be appropriate for an onward referral to Community Paediatricians, and this would be discussed with the parent/carer.
- Not all NST screening will result in a referral to Community Paediatrician.

### **Please note**

If a referral to Community Paediatricians is made and accepted, they will complete their assessment that will include a physical examination of the child/young person. They will also ask further questions. Following the Community Paediatricians assessment the child/young person may not receive a formal diagnosis of Autism or ADHD. The Paediatrician would discuss this with the parent/carer at that time.

If parent/carer are not satisfied with the outcome of the Community Paediatrics assessment they would need to discuss this with the Community Paediatric team.

### **What are the current wait times?**

- NST current wait times have increased, and we currently have a maximum **30 month** wait time. This is for all referrals that have been accepted and currently on our waiting list.
- NST wait times are taken from the date we receive a referral to the date a child/young person is allocated to a practitioner.
- NST wait times change daily and this can be due to the number of referrals received into NST, the number of referrals closed, completion of information gathering and screening and capacity of the team.
- Once a child/ young person has been allocated it may still be a wait for the practitioner to contact you. When a child/young person is allocated, the practitioner will be completing screening of other children/young people. Once this is completed, they can then contact the next family on their allocation list. All families are contacted in order of wait time (referral date) and allocation date. Practitioners may also be completing screening for some children who have very complex needs and circumstances, and this can mean the screening process will take longer. We complete comprehensive, in-depth screening to ensure all children/young people are referred to the most appropriate service to meet their needs.

### **When will I be contacted?**

- Parent/carers and education settings (where required) will be contacted when your child has been on the NST waiting list 24 months. This will be to request further information as part of the child/young person's screening.
- Parent/carers will then be contacted when the child/young person has been allocated a practitioner.
- If NST do not receive information back from parent/carer or education setting the NST referral will be closed and a letter sent to parent/carer informing them.

### **What happens if my child is referred to Community Paediatricians whilst on the waiting list for NST, receives a diagnosis or we feel our NST referral is no longer needed?**

- Please contact NST at the following email: [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) to inform of any referrals to Community Paediatricians, diagnosis received or NST screening is no longer required. We can then close the child/young person's referral with NST as we would no longer need to complete the screening process.

This also helps NST in reducing our waiting times for children/young people on our waiting list.

### **What do I do if we move out of Nottinghamshire?**

- If a family moves out of Nottinghamshire and the child/young person is no longer registered with a Nottinghamshire County GP, please contact NST at the following email: [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) NST can then close the child/young person's referral and contact the Neurodevelopmental team within the area the family have moved to and transfer the referral. This is completed with parent/carer consent.

### **How do I contact NST?**

- All enquires can be made to [FamilyServiceNST@nottsc.gov.uk](mailto:FamilyServiceNST@nottsc.gov.uk) a member of the team will aim to reply withing 5-10 working days. This email is available to both parent/carers and professionals.

### **Melatonin:**

Melatonin is a **prescription only medication** in the UK. It should not be purchased without a prescription.

NHS information about medication safety is here:

[Medicines information - NHS](#)

Melatonin is only used as part of a package of care around sleep interventions, and only in certain conditions, and where all other attempts to support sleep have failed.

### **Useful Contact details:**

**NST Referrals:** [referralsnst.familyservice@nottscc.gov.uk](mailto:referralsnst.familyservice@nottscc.gov.uk)

(This email is for submitting referrals into the NST team only. You will not receive a response for a general enquiry)

**NST Assessment Team:** [SPTeamNSTFamilyService@nottscc.gov.uk](mailto:SPTeamNSTFamilyService@nottscc.gov.uk)

(This email is for submitting assessment forms only. You will not receive a response for a general enquiry)

**NST Enquiries:** [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk)

(For all general enquiries regarding NST) Please allow 5-10 working days for a response.

**Notts Help yourself:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**If you would like to receive this newsletter in an accessible format, then please contact the NST team at [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk)**

### **Contact details.**

If your contact details change at any time once you are referred into the NST team, please contact the team at:

[family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk)

**Important Notice:** The NST team are currently experiencing significant demand for services. We are endeavouring to work as quickly and safely as possible to support your child's needs. If your child has been referred to us and no longer needs our service, please contact the team at [family servicenst@nottscc.gov.uk](mailto:family servicenst@nottscc.gov.uk). This will help us in reducing our wait times for families.





**Nottinghamshire  
County Council**