

# Neurodiversity (ND) and Neurodiverse (ND) Community Hubs

Neurodiversity covers many conditions: Autism Spectrum, Attention Deficit Hyperactivity Disorder, Foetal alcohol syndrome, dyslexia, dyspraxia, social anxiety and over 30 other conditions.

When identified early, children, young people and their families can get the right support and understand what is happening not only to them individually but how that fits into daily life and what next steps are available.

Some families want a diagnosis. Others say if they had more help and support early on, they would not seek an assessment for a formal diagnosis.

Families and carers have said that they need help and advice on:

- Being out and about
- Communication and interaction
- Education, work or play
- Sleeping
- Eating
- Toileting
- Crisis and behaviour
- Sensory processing

To provide that early support, four neurodiversity community hubs have opened across Derbyshire, you can find them in South Derbyshire, Derby City, Central Derbyshire and High Peak.

With no formal referral needed, the hubs will offer children, young people up to the age of 25, their families and carers:

- drop-ins for advice and information
- one to one sessions or groups via appointments
- a space to work out how to manage their situation
- support with the assessment process, before and after a diagnosis
- training for parents and individuals
- specialist sessions covering housing, benefits, finance and employment.

The hubs will also provide a safe and supportive environment where people can:

- ask questions
- be heard without having to repeat their story
- receive hope and encouragement to reduce isolation

Meet staff who are:

- compassionate and supportive
- provide a listening ear
- experienced with both personal and professional expertise
- acting as guides.