

Family Service - Neurodevelopmental Support Team (NST)

NST Autism and ADHD Parent Workshop

NST offer the choice of attending a parent workshop online or in a face-to-face group session.

Both 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. The workshop is also appropriate for parent and carers waiting for a neurodevelopmental assessment through NST for their child.

If you have completed this workshop through NST, the Family Service or any other service, you do not need to reattend. However, the workshop is regularly reviewed to reflect the developments and understanding in the Autism and ADHD community. **Attending the workshop may also support the assessment process.**

Option 1 – Online sessions delivered over one full day or two 0.5 sessions.

Option 2 – Face-to-face group sessions delivered over three 0.5 sessions.

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. It provides you with practical support and reassurance and may increase your understanding of neurological development.

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

How to book:

You do not need to be referred by a professional, you can book yourself a place on one of the above courses providing you have a Nottinghamshire G.P. (excluding Bassetlaw and Nottingham City).

You will need to click the link below, copy/type this link into your browser, or scan the QR code to the right, then complete and submit the online form. We will send you a list of available workshops for both options, usually within 5-10 working days.

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

