

# Welcome Pack

**Welcome to Hull and East Riding Children and Young People's Neurodevelopmental Team (Neurodiversity Service)!**

**We provide autism and ADHD assessments for children and young people aged under 5 to 18 in the Hull and East Riding area.**

**We hope this booklet may help whilst you support your child or young person while they wait for an assessment.**

If you have any questions in the meantime, please do not hesitate to contact the team on 01482 692929 or [hnf-tr.hullandeastridingneurodiversityservice@nhs.net](mailto:hnf-tr.hullandeastridingneurodiversityservice@nhs.net)

Please also see our website: [Connect Humber](#)



**Here are some resources and ideas that may help you, your family, or your child/young person during their wait for assessment.**

*If any point during the wait, your child or young person's needs change, please contact the team so we are aware of any new health or wellbeing needs.*

**Please contact us either by telephone: 01482 692929 Option 2 or Email: [hnf-tr.hullandeastridingneurodiversityservice@nhs.net](mailto:hnf-tr.hullandeastridingneurodiversityservice@nhs.net).**



# Whilst you're waiting

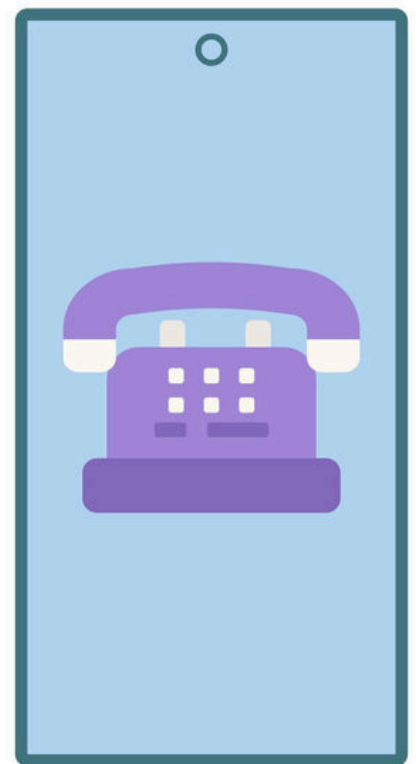
## Getting Advice

**Duty Line:** Once on the waiting list, the neurodevelopmental team are available to support your family, young people, services and professionals, including schools, with needs that relate to neurodiversity. This support is accessed via the Neurodiversity Service duty line.

01482 692929

**Update notification whilst waiting:** Every 12 weeks a notification is sent out to those of you on the waiting list via a text message. You may have opted out of digital correspondence; in this case, a letter will be sent. The text or letter provides the date of the referrals that are currently receiving assessments and the neurodiversity service contact details. The notification also includes contact details for neurodiversity duty and CAMHS and links to the Humber Teaching NHS Foundation Trust website.

**Support to Access Services:** When you have been referred and during your time on the waiting list we can advise you about universal services, this includes health visitors (including chat health and parent support), the local offer and services hosted by the local authority, including Early Help services.



# Whilst you're waiting

## Getting Advice



### Parent Carer Forum Hull:

Hull Parent Carer Forum CIC, run by parent carers for parent carers, we support families navigating their SEND journey. For more information or to attend our sessions, please visit our website or contact us via email.

Find us on the web

[www.HullParentCarerForum.co.uk](http://www.HullParentCarerForum.co.uk)



Find us on [Facebook](#)



### East Yorkshire Parent Carer Forum(EYPCF):

We are a group of parents and carers of SEND families. We are here to inform and listen to parents and carers of children and young people from birth to 25 years old living in the East Riding of Yorkshire.

Please take a look at our website or facebook page to find out more and join us. We look forward to hearing from you.

[www.eypcf.co.uk](http://www.eypcf.co.uk)

Email: [admin@eypcf.co.uk](mailto:admin@eypcf.co.uk).

Telephone:07813676941

Join our  
Facebook  
Group



Become a  
member



# Whilst you're waiting

## Getting Help

**Mental Health in School Teams (MHST)** Some schools provide support to young people who have mild to moderate emotional health needs, this includes children who may have a neurodiversity or who are on the autism or ADHD waiting list. The team also support young people into accessing other services if the MHST can't meet their needs. **01482 303688**

**Sensory Processing Service:** For children and young people with sensory needs, the sensory processing service is a unique service offering consultation advice and psychosocial education through 1:1, workshops and a website. The qualified therapists within the service are trained in autism and ADHD diagnosis. When delivering the service to children and young people on the waiting list (as well as those who are diagnosed), sensory profiles in neurodiversity are explained, and a support plan is provided. The service also offers workshops on sensory-based eating difficulties and emotional regulation, which are common needs of autistic young people. Visit the website [here](#)

**Other groups** offering support and advice include for those on the waiting list include:

The Recovery College

<https://youth.humberrecoverycollege.nhs.uk>

Your Voice

<https://youth.humberrecoverycollege.nhs.uk/your-voice>



# Whilst you're waiting

## Mental Health Support

### Contact Point

If you believe the young person, you know is mentally unwell and seeking specific support for anxiety; low mood, and or possible other mental ill health concerns a referral can be made on-line by an involved professional, parents/carers can call the service to make a referral and self-referrals can be made by young people aged 16-18 years by calling Contact Point on **01482 303688**, Monday to Friday: 9am-5pm (excluding bank holidays).

### CAMHS Crisis Team

Should your young person be in crisis linked to mental health distress, our CAMHS Crisis Team (Child Adolescent Mental Health Service) supports young people residing in Hull or the East Riding and operates 24 hours a day, 7 days a week by calling **01482 259400**.



# Additional Support

## Matthew's Hub

Matthews Hub is a local charity whose ethos is to provide a support service for autistic people without a learning disability aged 13 or over, living in Hull or East Riding who have, or are waiting for a diagnostic assessment.

### Matthew's Hub workshops

Matthew's Hub provide three workshops on topics to support those waiting for an Autism assessment in the Humber area.

The workshops will provide information and strategies that can be immediately implemented.

The workshops are delivered via zoom (on a mobile or computer/tablet) and there is no pressure to have your video or microphone on and you can contribute as much or as little as you feel comfortable with, the chat function is also available if you would feel more comfortable typing than talking too.

They also offer face-to-face appointments if that is more suitable for you.

### Workshop Eligibility

Anyone who is up to the age of 25, and their parent / carer, who are currently on a waiting list for an autism assessment will be eligible to attend appropriate workshops.



# Additional Support

## Matthew's Hub

### Neurodiversity workshop

An overview of neurodiversity and the relationship between varying conditions.

This workshop will include an overview of neurodiversity, many of the common neurodiversities and the relationship between varying conditions.

We will discuss possible strategies for each condition as a group and suggestions from lived experience.

It will also take a look at what might stop someone with a neurodivergence from doing their best and what barriers there are to accessing support.

60-75 minutes

### Understanding Autism/ ADHD workshop

A brief introduction to Autism and ADHD for those awaiting assessment.

This workshop will give an introduction to both Autism and ADHD as well as looking at traits which can be found in both. It will include discussions and activities.

Within the session, lived experiences will be shared to show how traits may present in everyday life and possible strategies that may help

90-120 minutes including 1 or 2 breaks

### Supporting emotional regulation workshop

An introduction to understanding and supporting emotional regulation in self or others.

This workshop will look at:

Understanding what emotional regulation is

Looking at how sensory differences, communication challenges and mental health can impact on the ability to self regulate

Exploring possible strategies to help you/ support you in helping others regulate their emotions

90 mins

# Additional Support

## Matthew's Hub & Parents

**Matthew's Hub are always happy to speak to parents about autism and offer advice on any issues they may be facing.**

We can offer advice on obtaining the correct support for their children, entitlement to benefits and how to apply, and information about other services that might be available.

We also invite all parents to check the new NHS autism support service for families and carers in England. [Autism Central](#) aims to make it easier to learn more about autism and the services available to you.

To find out more about parents' support please send us a message at [hello@matthewshub.org](mailto:hello@matthewshub.org)

Moreover, our charity runs a free, 4-week workshop for parents of our members, find details in the picture below. If you would like to join our sessions, please contact [dagmara@matthewshub.org](mailto:dagmara@matthewshub.org)

### **Other contact details:**

<https://www.facebook.com/MatthewsHubpage>

[01482 221028](tel:01482221028)



# Additional Support

## Links and Support to Access Services

### Hull and East Riding Local Offer

The Local Offer websites are full of information on -

- education
- transport
- support services and more

All of this is available to young people aged 0 to 25 with a special educational need or disability living in both Hull and the East Riding. It is also for their families and the professionals who work with them.

- [Hull Local Offer \(mylocaloffer.org\)](http://mylocaloffer.org)
- [Welcome \(eastridinglocaloffer.org.uk\)](http://eastridinglocaloffer.org.uk)

### KIDS Yorkshire and The Humber

For more than 50 years, KIDS has provided a wide range of services nationally for disabled children, young people, and their families. Their services cover three main areas: information, advice & family support; play and social; and learning and development.

They can be contacted by calling  
**01482 467 540**



# Additional Support

## Links and Support to Access Services

### **National Autistic Society Hull and East Riding Services**

[Advice and guidance \(autism.org.uk\)](https://autism.org.uk)

### **Empowering families facing autism, mental health and educational barriers in Hull and East Yorkshire**

Aim Higher - [Aim Higher Official Website](https://aimhigher.org/) - [Aim Higher Charity Website \(weebly.com\)](https://aimhighercharity.org/)

### **ADHD Support and Guidance**

[Attention deficit hyperactivity disorder \(ADHD\) - Living with - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder/)

### **How are you feeling today?**

This site aims to be a source of information for young people, parents and carers, and professionals to find advice and support about emotional health and well-being.

<https://www.howareyoufeeling.org.uk>



# Additional Support

## Links and Support to Access Services

**TAPPY:** This self-care fidget sensory app can help your child's sensory wellness needs, it uses technology that stimulates the senses of touch, motion, and sound

<https://www.tappyhealth.com/>

**Daisy Chain:** Daisy Chain provide a multitude of educational resources and sessions surrounding all things autism, on a one-to-one/group basis, for autistic and neurodivergent individuals and their families and carers.

Find out more here:

<https://www.daisychainproject.co.uk/>

<https://www.autismcentral.org.uk/>

Online workshops:

<https://daisychainproject.co.uk/product/learning-workshops/>

**Young Minds:**

A charitable organisation fighting for young people's mental health, this resource have direct access for the individual themselves, the parents or the professional working with the child/young person. They have an A – Z catalogue which includes a category on 'Autism and Mental Health'.

Autism and Mental Health:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/autism-and-mental-health/>

**Mind:**

MIND understand mental health and wellbeing. They are here for you if you're finding things hard. They help everyone understand mental health problems, so no one has to feel alone.

<https://www.mind.org.uk/for-young-people/>

Useful contact lists for ages 11-18:

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

# Support for Parent/Carers

## Are you a Parent Carer?

### Carers Information & Support Service (CISS) - HULL

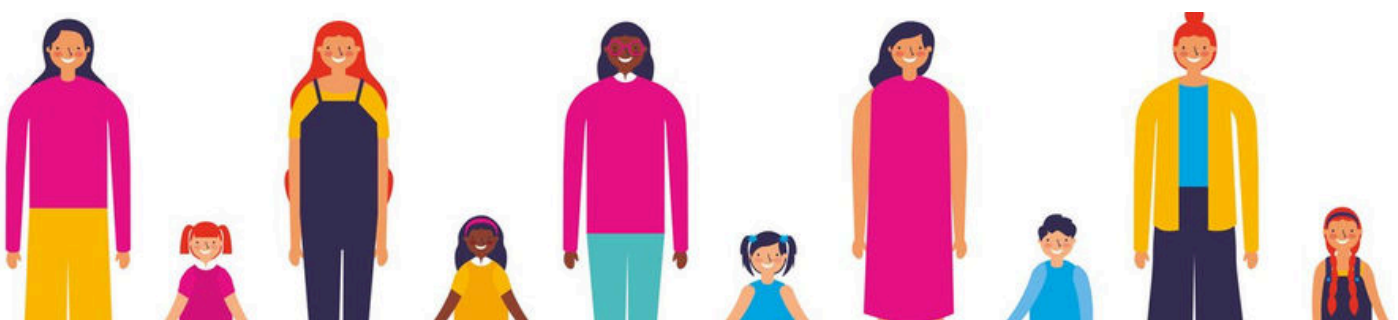
**Do you provide support to a child who is ill, disabled or has a mental health problem?**

As a parent carer your role may be causing you additional practical, emotional or financial worries that you need support with. CISS are available for support if you are aged 18 years or over and support a loved one, family member or friend who could not otherwise manage without help and who lives within the Hull Local Authority city boundary or has a GP in Hull.

CISS offer a comprehensive Carer Assessment resulting in information on your entitlements and identifying community services available to you and person/s you care for.

**To access the service, you can call on 01482 222220 or pop into the Calvert Centre, 110a Calvert Lane, Hull, HU4 6BH.**

**You can also email the team on [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)**



# Support for Parent/Carers

## Talking Therapies

### Let's Talk

Let's Talk is a service for adults who are worried, stressed, anxious, low in confidence or emotional. There are many types of mental health problems and they can affect different people in different ways. Let's Talk can help you understand how you are feeling and help you get the support you need.

Anyone can refer into Let's Talk - <https://www.letstalkhull.co.uk/pages/make-a-referral>

Alternatively, you can call 01482 247111



### Andy's Man Club

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTOTALK

There are several groups running in Hull and the East Riding. <https://andysmanclub.co.uk/find-your-nearest-group/>



# Support for All

## Helpful tricks and tips

### Grounding

Mindfulness can help reduce stress, improve your mental and physical health, and even increase your overall happiness in life.



The infographic is titled "GROUNDING TECHNIQUE" and features a rainbow icon. It lists five sensory categories with corresponding icons: 5 THINGS YOU CAN SEE (eye icon), 4 THINGS YOU CAN TOUCH (hand icon), 3 THINGS YOU CAN HEAR (ear icon), 2 THINGS YOU CAN SMELL (nose icon), and 1 THING YOU CAN TASTE (mouth icon). The background is blue with green and light blue geometric shapes.

**GROUNDING TECHNIQUE**

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

# Support for All

## Helpful tricks and tips

### Cup of tea



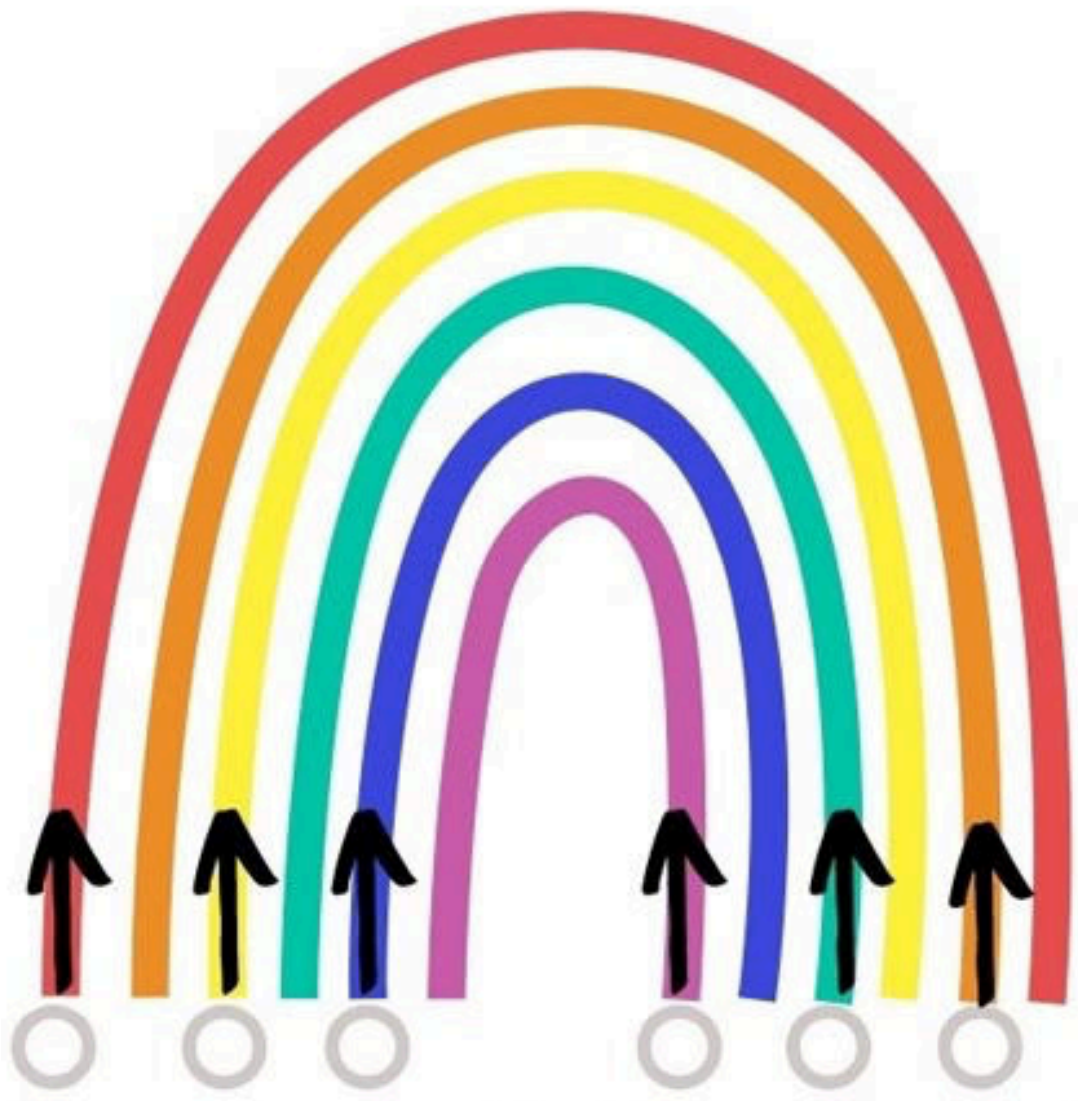
Have a look at the cups and see if you can find something that would make you feel good.

It can be difficult to think of what we need but seeing things in a list can be helpful.

# Support for All

## Helpful tricks and tips

### Deep Breathing Technique



Place your finger on a white dot.

Trace the arrow and take a deep breath in.

Pause at the end of the colour.

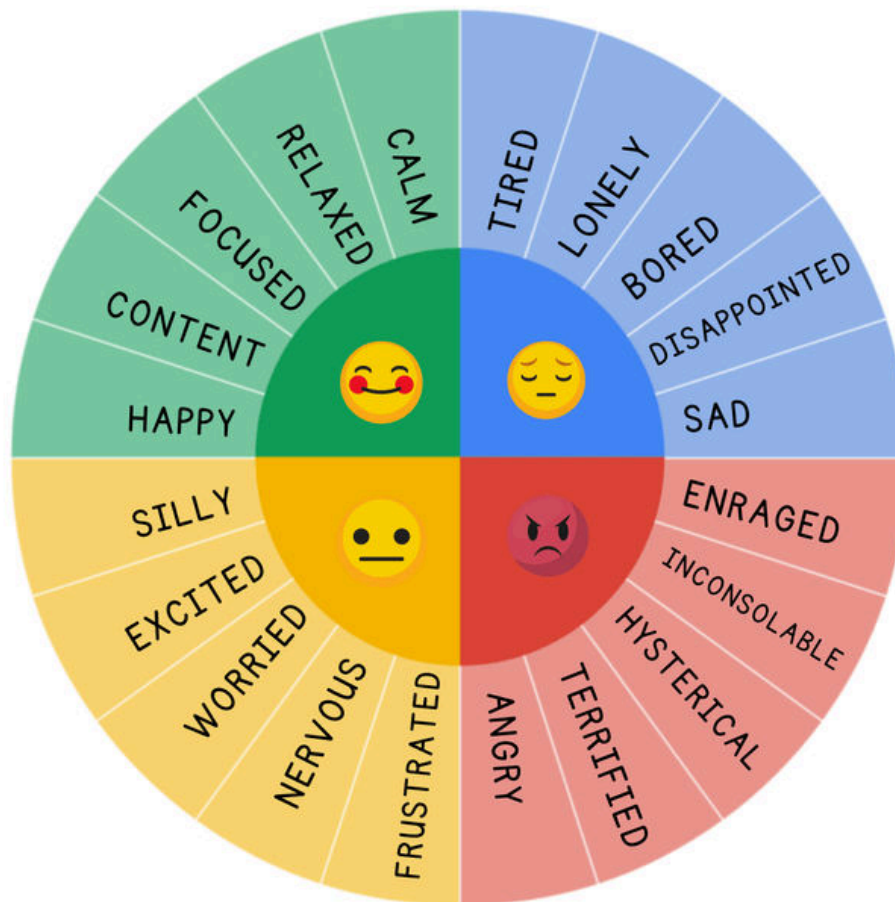
Trace the next arrow and breath out.

Continue around the image several times.

# Support for All

## Helpful tricks and tips

### Feelings Wheel



Sometimes it can be hard to find out what we are feeling.

A feelings wheel can help to identify emotions and prompt conversation.

What can make it easier is identifying a colour, and starting from there.

It could be useful keeping a mood diary, which can help track your moods and identify patterns.

# Support for All

## Helpful tricks and tips

### Movement



Pick a time in your daily routine to practice mindful walking for at least five minutes.

Concentrate on the physical sensations of walking - the sights, sounds and feelings of each step.

If your mind wanders, gently return your focus by repeating "left, right" as you walk.