

Neurodiversity Help and Support in Heywood, Middleton and Rochdale

Getting Advice and Signposting

SEND Advice Line	Speech, Language and Communication Toolkit
Pennine Care 24/7 mental health helpline – 0800 014 9995	Health Visiting
Rochdale Local Offer	Tiny Happy People
Family Hubs Belfield Family Hub Derby Street Family Hub Howard Street Family Hub Langley Family Hub Newbold Family Hub	#Thrive
	Greater Manchester Autism Support
	Child's setting (nursery, primary school, secondary school, college) – SENCO; School Health Practitioner; YPMHST
	Ordinarily Available Provision (OAP) in nursery / school
Kooth – online counselling	
The Proud Trust	Sleep advice & Guidance the Sleep Council
BEAT - eating disorder	Cerebra - Tel: 0800 3281159
Autism Understood – information for young people	National Sleep Foundation The Sleep Charity The Together Trust The National Autistic Society

Neurodiversity Hub

[Neurodiversity Hub](#) for advice, signposting, help and support
hmr-ndhub@nca.nhs.uk

- A single point of access for all neurodiversity referrals.
 - A multi-disciplinary team approach focussed on delivering a **Needs-Led** service across the borough.
 - Co-ordinated care between Health, Education, Local Authority and Voluntary Services.
 - A targeted support offer bridging the gap between Universal and Specialist services.
 - Training the wider workforce around neurodiversity and increasing confidence in professionals supporting families and young people with neurodiverse needs
- Support and advice in the following areas;
- Emotional Regulation and Behaviour Support
 - Toileting
 - Early communication skills
 - Parental information and support
 - Anxiety related to Neurodivergence
 - Behavioural support - [Riding the Rapids](#)

Getting Help

Speech, Language and Communication Toolkit	Occupational Therapy Sensory Processing Workshop
Children's Mental Health Single Point of Access	Pennine Care 24/7 mental health helpline – 0800 014 9995
Occupational Therapy Service	Getting Help Portal – single point of access into children's community health services
Health Visiting	Barnardos Shine (children aged 5 and under) and Barnados Shine+ (primary school aged children)
Homestart – family support	Respect for All - Counselling Service for young people on the autistic spectrum or with a learning difficulty
#Thrive	Rochdale Parent Carer Voice Neurodiversity Umbrella Sessions
Early Break – Closing the Gap	School Based Support:
Kooth – online counselling	School Health Service
The Proud Trust	Young People's Mental Health Support Team
Barnardos SENDIASS	Educational Psychology
Together Trust Sleep Tight	Rochdale Additional Needs Service
Pennine Care Community Eating Disorders Service	Wellcomm
Parent Support	
Calm Connections	
Rochdale Parent Carer Voice	

Thriving

THRIVING runs through all parts of the model

Autism Groups in Schools
Social Prescribing

Activities:

[VIBE Creativity](#)
[Skylight Circus](#)
[My Motivation Matters](#)
[M6 Theatre Company](#)
[Your Trust](#)
[Rochdale Youth Service](#)
[PossAbilities](#)

[Anna Freud – Self care](#)
[Anna Freud – Guide to Neurodiversity in the Early Years](#)
[The National Autistic Society](#)
[The ADHD Foundation](#)
[Neurodiversity Charity](#)

Getting Risk Support

Dynamic Support Register (DSR) – via CAMHS Practitioner, Children's Social Care, Community Paediatrics Service	Greater Manchester Crisis Care Pathway
Young People's Specialist Support Team (SST) via DSR	Children's Mental Health (CAMHS) Barnardos Keyworker Service

Getting More Help

Getting Help Portal	Community Paediatric Service	Pennine Care 24/7 mental health helpline – 0800 014 9995
Children's Mental Health Single Point of Access	Speech and Language Therapy	Speech, Language and Communication Toolkit
Child Development Team	Rochdale Short Breaks	

Thriving

Autism Groups in Schools

Social Prescribing Activities available include:

[VIBE Creativity](#)

[Skylight Circus](#)

[My Motivation Matters](#)

[M6 Theatre Company](#)

[Your Trust](#) - sports, leisure and cultural activities for children and young people

[Rochdale Youth Service](#) - have a range of Inclusive Sessions and are trained in supporting children who are Neurodiversity

[PossAbilities](#) – *Triple A: Achieving with Aspergers and Autism for young people aged 16-25*. A Triple A coach will work one-to-one and in groups with people to help them to set goals, build confidence and networks so that at the end of the programme they will be ready to enter a work readiness programme.

Self-help information

[Anna Freud](#) – tools and strategies to support self care for children, young people and parents/carers.

[Anna Freud – Guide to Neurodiversity in the Early Years](#) - Booklet to:

- introduce the concept of neurodiversity in an accessible way
- consider how ableism is a barrier to inclusion
- explore neurodivergent profiles of development
- develop practical approaches in becoming neurodiversity-informed within our early years practice.

[The National Autistic Society](#) - The leading UK charity for autistic people (including those with Asperger's syndrome) and their families, providing information, support and pioneering services and campaign for a better world for autistic people.

[The ADHD Foundation Neurodiversity Charity](#) - is an integrated health and education service offering a unique lifespan – strength based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome

Advice and Signposting

[Neurodiversity Hub](#) - a single point of access for all neurodiversity referrals for advice, signposting, help and support - hmr-ndhub@nca.nhs.uk

[Speech, Language and Communication Toolkit](#) – is a tool for parents and practitioners providing a range of services and strategies available to children pre-birth to 5 years old.

[Speech and Language Therapy](#) – Drop-ins via Children’s centres for advice. Advice and resources available on the SaLT website, including: Attention and listening; Social Skills; Play; Understanding Language; Using Language; Speech Sounds; Bilingualism; Early Communication

[Pennine Care 24/7 mental health helpline](#) – help and support at any time to help young people and families to figure it out - **0800 014 9995**

[Health Visiting](#): providing universal support around the ‘6 high impact areas’, including transition to parenthood and the early weeks, promoting secure attachment, positive parental and infant mental health, and parenting skills using evidence-based approaches, such as Neonatal Behavioural Observation and Neonatal Behavioural Assessment scale.

[Tiny Happy People](#) – resource to help parents build their child’s language skills.

Child’s setting (nursery, primary school, secondary school, college) – SENCO

Ordinarily Available Provision (OAP) in nursery / school

Rochdale [Local Offer](#)

Family Hubs - provide a range of support services for families with children aged 0-19 or 0-25 for children and young people with special educational needs and disabilities (SEND). Family hubs offer a range of support and opportunities including groups and courses, and are linked to other local services such as family information service, health/mental health, adult care, and SEND, as well as midwifery, and health visiting teams.

[Belfield Family Hub](#)

[Derby Street Family Hub](#)

[Howard Street Family Hub](#)

[Langley Family Hub](#)

[Newbold Family Hub](#)

[#Thrive](#) – emotional health and wellbeing support for children and young people aged 0-19 years.

[Greater Manchester Autism Support](#) resources

[Kooth](#): offers evidence based online assessment and counselling service for young people aged 11-24 years. The service is accessible during evenings and weekends until 10pm.

[The Proud Trust](#) - peer mentoring, peer support and befriending to LGBT+ young people. This includes face-to-face / one to one peer support where young people meet up and provide face to face support, peer support by text message, through Facebook and/or email or telephone contact. All support is coordinated and delivered within a safeguarding framework and at a time and place agreed with young people

Sleep - visit the following for advice and guidance on supporting a child with sleep difficulties:

the [Sleep Council](#)

[Cerebra](#) - Tel: 0800 3281159

[National Sleep Foundation](#)

[The Sleep Charity](#)

[The Together Trust](#)

[The National Autistic Society](#)

[BEAT](#) – helpline and resources for young people and families where eating disorder is a concern.

Autism Understood - [Autism Understood](#) A website about autism, for autistic young people.

Getting Help

[Neurodiversity Hub](#) - a single point of access for all neurodiversity referrals for advice, signposting, help and support - hmr-ndhub@nca.nhs.uk

[Speech, Language and Communication Toolkit](#) - is a tool for parents and practitioners providing a range of services and strategies available to children pre-birth to 5 years old.

[Getting Help Portal](#) - Single Point of Access into Children's Integrated Community Health Services

[Pennine Care 24/7 mental health helpline](#) - help and support at any time to help young people and families to figure it out. - [0800 014 9995](tel:08000149995)

[Children's Mental Health Single Point of Access](#) - access point into services supporting children and young people's mental health

[Occupational Therapy Sensory Processing Workshop](#) - Sessions cover:

- What is Occupational Therapy?
- What are our sensory systems?
- What are sensory processing difficulties and what do they look like?
- What can we do about it?
- Practical
- Create a sensory diet

Occupational Therapy Pre-Referral Packs for School.

[Occupational Therapy Service](#) Duty Team - for consultation, advice & guidance.

[Health Visiting](#) for an in-depth understanding of social and emotional needs - recent ages and stages questionnaire, clinic observation from health visitor/nursery nurse.

[Homestart](#) Rochdale Autism ADHD Support Service (RAASS) family support for children up to age 12 years

[#Thrive](#) - emotional health and wellbeing support for children and young people aged 0-19 years, including access to the following online/facilitated parental programmes:

- **Beyond Psychology** Online/facilitated Parental programmes - will help parents to develop strategies and approaches to manage behaviours, whilst promoting positive emotional wellbeing and overall better mental health outcomes for children and young people.
- **Triple P** - Online parental programme for children aged 6-14 years with anxiety

[Barnardos Shine](#) (children aged 5 and under) and [Barnados Shine+](#) (primary school aged children) - parental group for children who have social and communication needs. Shine shares lots of information on a range of topics e.g. communication, play, sleep, celebrating a child's gifts and talents and who else can support.

[Kooth](#): offers evidence based online assessment and counselling service for young people aged 11-24 years. The service is accessible during evenings and weekends until 10pm.

[Early Break - Closing the Gap](#) - emotional and mental health support for young people aged 16-25 years.

[Respect for All](#) - Counselling Service for young people on the autistic spectrum or with a learning difficulty or a sibling of the aforementioned or a young person with a parent with either autism /learning difficulty. Also offer one to one and couple counselling and family facilitation to children and adults with a learning difficulty and/or autism also their carers' and siblings.

[Rochdale Parent Carer Voice Neurodiversity Umbrella Sessions](#) - The Umbrella support and information sessions are delivered by parent/carer facilitators with lived experience and will support families of children and young people with neurodiversity with or without a diagnosis. The sessions enable families to build resilience and gain skills and strategies to support their child or young person at home and in the community. Sessions include:

- Information about Neurodiversity, how it affects child development and how to begin to see the child or young person as an individual, therefore supporting them with their diagnosis. This will also include challenges with peers and family.
- ADHD, Medication and alternative interventions, ways to get positive outcomes without specialist support with clinical input.
- Sensory challenges and strategies
- Sleep and wellbeing
- Neurodiversity in school

[Early Help Support](#) for Families - Early help support is extra help we offer to children, young people and their families when they need it. This can prevent small problems from becoming big problem.

[Early Help Locality Teams](#): located in each township across the borough (Heywood, Middleton, Pennines and Rochdale). Provide a multiagency response to need which fully utilises local knowledge, builds on community assets and scales up early help interventions. Support both children, young people and families, as well as professionals offering signposting, advice and guidance and well as help to initiate Early Help Assessments.

[The Proud Trust](#) peer mentoring, peer support and befriending to LGBT+ young people. This includes face-to-face / one to one peer support where young people meet up and provide face to face support, peer support by text message, through Facebook and/or email or telephone contact. All support is coordinated and delivered within a safeguarding framework and at a time and place agreed with young people.

[Barnardos SENDIASS](#) - free, impartial, confidential information and advice for Children and Young People aged 0-25, and their parents or carers; where a child or young person has or may have special educational needs or disability

[Together Trust Sleep Tight](#) - provides specialist one-to-one sleep clinics for parents of children, aged 2years+ who may have social communication difficulties. The sleep practitioners work with parents/carers to create a personalised sleep plan for their child so everyone can get a good night's sleep. The service also has lots of information and advice on our website.

[Pennine Care Community Eating Disorders Service](#) - provides care and support to children and young people with an eating disorder.

[Calm Connections](#) - CAMHS Parent Carer Peer Support (PCPS) - provides support to families of children and young people with mental health and wellbeing challenges.

[Rochdale Parent Carer Voice](#) - joins together parents and carers who look after children and young people with SEND to bring positive change from lived experiences.

Getting Help

School based support: Pastoral staff, including SENCO, Mental Health Lead, school-based counsellors, school nurses.

[School Health Service](#) school nurses deliver a wide range of Public Health interventions to school-age children and young people up to their 20th birthday. Support offered includes emotional health and wellbeing and substance misuse. They have a role in promoting emotional wellbeing throughout the school-age years identifying mental or emotional health issues and supporting those with emotional and mental health difficulties to access the appropriate level of mental health services. School nurses identify vulnerable children, young people, and families, and support them through the provision of co-ordinated, tailored packages of care. School nurses offer regular drop in sessions in schools, colleges and local health clinics. The school health service also provide an online text service – CHAT HEALTH, which enables young people to have access to confidential advice and support from a school nurse. The number to text is 0750 733 0382.

[Young People’s Mental Health Support Team](#) – low to moderate emotional and mental health support in schools (check with school if available).

[Rochdale Additional Needs Service](#) (RANS TASC) – Parent Coffee Mornings in Schools

[Educational Psychology Service](#) - provides support in schools and educational settings to staff, families and children and young people with specialist educational needs, including: social and emotional difficulties, stress, anxiety, bereavement, loss and trauma. Provides psychological advice for children going through an EHC assessment

[Your Trust – Mindful Movements Resilience programme](#) in Primary Schools - aims to support children’s mental health by giving them the tools and techniques to help create a better understanding of how they can manage situations and feelings. Using physical activity as a tool to deliver the programme, children will get to take part in a variety of activities to learn about mental health, physical health, emotions and feelings.

Range of support/interventions that may be provided in school

Activities to promote emotional well-being that are offered in schools may be for whole class, small groups, targeted groups or individuals and can be broadly categorised as curriculum delivery, special provision or extra-curricular. The programmes delivered may vary between schools:

Curriculum Delivery

- Personal, Social, Health and Economic (PSHE) Education Programmes
- PSHE Association Guidance and lesson plans for teaching about Mental Health and Emotional Wellbeing
- Circle Time
- Social and Emotional aspects of Learning Programme
- Resilience Programmes
- Peer to Peer Massage programmes
- P4C
- Whole class Webster Stratton Dinosaur School

Small Group Work

- Small Group Dinosaur School
- Pyramid Clubs
- Lego Therapy
- Emotional Literacy Groups

Special Provision

- THiNC Room (Therapeutic Inclusion within Schools)
- School Counselling service
- Nurture rooms

Assessment Opportunities

- Emotional Literacy Interventions - Southampton
- Strengths and Difficulties Questionnaire
- Boxall Profile
- Stirling Scale
- As well as the activities detailed above, individual schools may also offer additional provision such as counselling/technological support etc.
- [Wellcomm](#) – is a Speech and Language and Communication Toolkit for Screening and Intervention in the Early Years and Primary to identify speech and language difficulties

Getting More Help

[Speech, Language and Communication Toolkit](#) – is a tool for parents and practitioners providing a range of services and strategies available to children pre-birth to 5 years

[Getting Help Portal](#)

[Pennine Care 24/7 mental health helpline](#) - help and support at any time to help young people and families to figure it out. - [0800 014 9995](#)

[Speech and Language Therapy](#) for assessment as necessary

[Community Paediatric Service](#) – offers a consultation by a Paediatric Consultant/Advanced Paediatric Nurse, which may lead to a referral to the Autism Assessment Team and a possible diagnosis. Children and young people will have accessed, 'Getting help' from the Neurodiversity hub prior to referral.

[Child Development Team](#) - diagnose and plan the care management for children with neuro-developmental concerns, neuro-disabilities or complex health needs and children with social communication difficulties.

[Children's Mental Health Single Point of Access](#) – access point into services supporting children and young people's mental health

[Rochdale Short Breaks](#) - A short break gives a child or young person with a disability the opportunity to spend time away from their family, taking part in leisure activities or simply relaxing.

[Hospital/Health Passport](#) – similar versions can be developed by the services that a child accesses, including SALT, CAMHS etc.

Getting Risk Support

Dynamic Support Register – via CAMHS Practitioner, Children’s Social Care, Community Paediatrics Service

Pennine Care NHS Trust – Young People’s Specialist Support Team (SST) – intensive support for those children and young people with a learning disability and/or autism whose risks are escalate – referral via the Dynamic Support Register

[Barnardos Keyworker Service](#) – support for children and young people and their families, whose risks are escalating – referral via the Dynamic Support Register.

[Greater Manchester Crisis Care Pathway](#) – whole-system response to a young person and their family when that young person is experiencing a mental health crisis. Support includes:

- Mental Health Provider 24/7 helplines
- Medical on call: An on call rota to make sure medics are available 24 hours a day, seven days a week
- Rapid Response Teams: Providing risk assessment and management to young people who are experiencing a mental health crisis. [Click here to read more](#)
- Safe zones: A safe space for young people in crisis to talk and receive support. [Click here to read more](#).
- Home Treatment: Intensive home treatment with an enhanced community care package for young people at risk of hospital admission or to support earlier discharge from CAMHS inpatient care
- Greater Manchester Assessment and In-reach Centre (GMAIC): A central point for arranging hospital-based mental health care for a young person. It will help to help to bridge the gap between hospital and community child and adolescent mental health services.
- CAMHS Inpatients (out of hours referrals) – intensive assessment and treatment for young people with mental illness or psychiatric disorder for which enhanced community treatment is no longer viable or safe.
- Mental Health Liaison – provides a full assessment to those experiencing problems with their mental health and referral onto appropriate service for ongoing support.