What is available?

Information Sessions
‘How to Help’ parent/carer sessions:
• Pre-Assessment: Accessing Local Support/Services
• Talking and Listening To Your Child
• Supporting Your Child’s Sensory Needs
• Emotional Regulation

These sessions are available online when your child is either waiting for an assessment or has received a diagnosis.

Post diagnosis parent/carer information sessions (school age)

If your child is given a diagnosis of ASD, ADHD and/or Dyspraxia then you will be invited to education sessions relevant to each diagnosis. Information about the sessions is available online.

Post diagnosis (pre-school)

The Jigsaw group is a well-established support for parents/carers following their child’s diagnosis of ASD. There are parent information sessions for those children and parents/carers who need additional support.

The group is supported by a Speech and Language Therapist, Occupational Therapists, Paediatrician and Specialist Nursery Nurse.

Other Interventions

The service mainly offers group interventions as these tend to be the most effective way of working with parents, children and young people. A referral is required from a professional to access these groups. Information about these groups are available online.

Parent and carer group
• Managing Angry Behaviour

Joint parent and child groups
• Managing Anxiety in Children with ASD
• Eating Differently Group

The aim of these groups is to enable you to manage your child’s difficulties. However, if things continue to be difficult, your child may be invited to a child/young people’s group. This depends on their level of need and if a group will be best for them.

Child groups
• Communication Group
• Managing Anxiety

On occasion, your child may be offered individual support to help manage their difficulties.

Referral process

We have single point of entry referral system. If you are concerned about a child or young person who is having significant difficulties please visit your GP or speak to your child’s school.
What are neurodevelopmental disorders?
These are sometimes described as differences in the growth and development of the brain, usually becoming apparent in a child’s early years. Often included within this category are Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Developmental Coordination Disorder (Dyspraxia) and Tourette’s. Children may have one or all of these diagnoses, as they often occur together.

Who are we?
We are a highly skilled multidisciplinary team consisting of Paediatricians, Clinical Psychologists, Speech and Language Therapists, Occupational Therapists, a Service Manager, a Specialist Nursery Nurse, a Neuro Practitioner, a Clinical Coordinator and an Administrator.

There are only a few services like this in the UK. Our team was set up to meet the specific needs of the individuals who come to us. We work with pre-school and school age children.

Why are we a separate children’s service?
The service was created in 2014, as it was recognised that children with neurodevelopmental disorders do not always have additional mental health concerns and/or learning disabilities.

Your child may also need input from the Learning Disability Team or from the Child and Adolescent Mental Health Service (CAMHS), depending on their main area of need.

We recognise that your child may have more than one neurodevelopmental disorder and they may be experiencing physical, social, emotional, communication, sensory and behaviour difficulties. We aim to support both your child’s and your family’s needs.

What do we provide?
Assessment
We provide assessment and diagnosis when required for neurodevelopmental disorders. Your child’s assessment may involve CAMHS or a Paediatrician if ADHD and/or Tourette’s are being considered. Referrals into our service can be made by any professional. More information about the assessment process is available on our website: www.cowalkpt.nhs.uk.

If your child is of pre-school age, they will be seen by Health Visitors and Speech and Language Therapists before they are assessed by a Specialist Consultant Paediatrician.

Support
We aim to improve your child’s life chances by reducing the factors that can contribute to co-morbid anxiety, depression and self-harm and reducing or preventing family, social, or educational breakdown to enable them, and you, to live ordinary lives.