

Neurodevelopmental Support Team (NST) Parent Newsletter

Wait Times



36 months

This is our current maximum wait time from referral to being allocated a Practitioner.

This applies to all children whose referrals have been accepted **and** who are currently on our waiting list. The increase in waiting times is due to both the capacity of the team and the growing demand for the service.

Please be assured that the team is working as efficiently as possible to complete assessments, while also ensuring that all assessments are thorough, safe, and of a high standard for every child.

Important Information



Diagnosis

If a child has received a diagnosis (including private diagnosis) or is under the care of Community Paediatrics for an Autism/ADHD assessment, please inform NST at your earliest convenience at FamilyServiceNST@nottscg.gov.uk



Melatonin

Melatonin is a **prescription only medication** in the UK. It should not be purchased without a prescription. NHS information about medication safety is here: [Medicines information - NHS](#)

Useful Links



Minds of All Kinds is a website that provides guidance and directs families to further support for their child or young person.

www.mindsofallkindsnotts.co.uk



Your Notts Directory provides information, advice and guidance on health, social care and community services.

www.nottshelpyourself.org.uk

Contact



NST Enquiries (We aim to respond in 5-10 working days): family servicenst@nottscg.gov.uk

NST Referrals (This is a no reply email. It is for submitting referrals into the NST team only): referralsnst.familyservice@nottscg.gov.uk

NST Assessment Team (This is a no reply email. It is for submitting assessment forms only): SPTeamNSTFamilyService@nottscg.gov.uk



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NCC Support



NST offer a variety of evidence-based interventions for families of children and young people exhibiting indicative behaviours of Autism and/or ADHD.

We recommend that support is needs led. Therefore, all support from NST, and wider services can be accessed before or after our review and evaluation of needs or any formal diagnosis.



Interventions available to families:

- Cygnet
- Sleep Tight
- ADHD/NFPP/ANFPP
- Parent Workshop
- Educational Transition Support

Use the link below or scan the QR code to book:

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

Parent support sessions



An opportunity to meet other parents/carers with similar experiences. Experienced staff from the NST are on hand to offer guidance, support, useful strategies and answer questions. Each session there will be a themed subject for group discussion. Occasionally there will be a guest speaker and the scheduled themed group discussion may be rearranged.

Please see attached document for venue details, dates and times

Strategies



At Home

Using visual to-do lists that include pictures and one-step instructions



In Education

Reasonable Adjustments in Education
Ask your child's school about access to a laptop or assistive technology during lessons or exams.



If you would like to receive this newsletter in an accessible format, then please contact the NST team at family servicenst@nottscc.gov.uk



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