Nottinghamshire County Council

Nottinghamshire Neurodevelopmental Support Team (NST)

Autism and ADHD Parent Workshop

The NST offers a choice of attending this workshop either online or in a face-to-face group session.

Both workshops are suitable for **parents and carers of children and young people up to 18 years old** who, show indicative behaviours of Autism and/or ADHD, those with a confirmed diagnosis, and those that are awaiting a neurodevelopmental review through NST.

If you have already completed this workshop through NST, the Family Service, or another provider, you do not need to attend again. However, the workshop is regularly updated to reflect new developments and understanding in the Autism and ADHD community, and attending may support the review process.

Please note: Due to limited team resources, we may not always be able to offer both online and face-to-face options.

Workshop Options

Option 1 – Online Workshop - Delivered over one full day or two half-day sessions, held via Microsoft Teams. Your camera must be on during sessions unless otherwise agreed

Option 2 – Face-to-face group sessions - Delivered over three half-day sessions held in venues across the county.

About the Workshop

This Workshop is a local model of support and information for parents and carers. created by experienced practitioners from health, education, and local authority services. It provides practical strategies, reassurance, and insights into neurological development.

Topics covered:

- An introduction to ADHD and Autism
- Routines
- Education
- Parental mental wellbeing
- Sleep strategies
- 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 GP (excluding Bassetlaw and Nottingham City).

To book, click or copy the link below into your browser or scan the QR code on the right. Complete and submit the online form and we'll send you a list of available workshops within 5 - 10 working days.

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