

family  
action

# NeurodiverCity Sheffield

Working together to support families in  
Sheffield living with neurodivergence.



[family-action.org.uk](https://family-action.org.uk)

## NeurodiverCity Sheffield

**NeurodiverCity Sheffield** (formerly Sheffield ADHD Project) is commissioned by Sheffield City Council and has been providing support to families of children and young people affected by neurodivergence in Sheffield for over 15 years.

As well as offering early help and post-diagnostic support to families, we also provide training, consultancy and support for schools and professionals in Sheffield.

Our qualified sleep practitioner can also provide sleep advice and support to families who are in need of this service.

### Family Action

Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.

To find out more about who we are and what we do, scan the QR code below.



Scan for  
more info

## NeurodiverCity Sheffield

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### Family Action

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At **NeurodiverCity** Sheffield we advocate the social model of disability: 'that people are disabled by barriers in society, not by their impairment or difference'.

Through this inclusive ethos we offer information, training, and support to families of children and young people affected by neurodivergence by:

- raising knowledge and awareness.
- providing strategies for managing issues related to neurodivergence.
- promoting the individuality and potential of the child/young person.

We provide support to parents and carers of children/young people affected by neurodivergence via two pathways.



**There will be obstacles. There will be doubters. There will be mistakes. But with hard work... there are no limits.**

Michael Phelps (most decorated Olympic athlete, living with ADHD)



### Early Support Pathway

Due to increasing demand on services and length of wait times for a formal diagnosis, we have invested in early support for families whose children/young people show behaviours indicative of neurodivergent conditions prior to a formal diagnosis.

Holistic in our approach, we recognise that there are often coexisting conditions which families also need help with managing.

We provide information on local and national sources of support, including educational, practical and emotional support, all designed for children of different ages.

Peer support is also available with opportunities to meet other parents/carers experiencing similar concerns.

**With no referral needed, you can access via:**

- **drop-in information training sessions, delivered in venues across Sheffield.**
- **drop-in cafes fully supported by a range of professionals.**

All dates and venue information can be found on our website.



**I finally have a better understanding of my son's disorder which has meant our relationship has improved.**

### Post Diagnosis Pathway

Families are accepted by referral (self-referrals welcomed – please find the form online by scanning the QR code below). This pathway includes an initial information session and then a seven-week training course, Managing ADHD Groups (MAG). All sessions take place either in person at Scotia Works, or via Zoom.

#### Information session

We discuss the diagnosis to ensure families understand the information given at diagnosis. We also offer advice and strategies for managing ADHD. Families are then invited to attend MAG training.

#### Managing ADHD Groups (MAG)

This seven-week training course gives step-by-step strategies and ideas to help manage ADHD whilst providing a space for parents/carers to learn from each other.

Developed by the Family Action ADHD Project with The Ryegate Children's Centre and the Child and Adolescent Mental Health Service (CAMHS), topics covered include:

- understanding ADHD and its impact,
- managing behaviours related to ADHD,
- information and advice from Sheffield Special Educational Needs and Disability Advice and Support Service,
- medication (delivered by ADHD nurses),
- and, sleep (delivered by a qualified sleep practitioner).

**NeurodiverCity Sheffield**

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