# ND:well

Supporting the wellbeing of neurodivergent C&YP in Edinburgh

## Drop – In Support

## Silverknowes Golf club

## Wednesday 9am - 12 noon

**Our ND well service is for Parents/Carers who have a neurodivergent child 5-24 years old who live in the City of Edinburgh. This includes children and young people with a diagnosis of autism, ADHD, and intellectual disability.**

## What can we help with?

**We can provide a sounding board and listening ear from a skilled and experienced support worker. We can provide access to information, resources and guidance as needed. We can also refer you to our own services where suitable as well as our partners or signpost you to other services across the city that will best fit your needs.**

## How does it work?

**Simply get in touch by emailing NDwell@barnardos.org.uk and booking a slot at a Drop-in.**