Your voice matters. Make it heard by joining

Young Start

mindroom

A Participation & Rights Project for Neurodivergent Children and Young People

What is Young Start?

A youth-led project that brings together neurodivergent young people **aged 12 to 25** from across Scotland to connect, share experiences and lead change.

Through **youth groups**, **creative activities and peer support**, participants will explore the barriers they face and work together to develop ideas and actions that promote understanding and meaningful change in society.

When and Where?

- Each group will meet **once a month** in-person or online.
- **In-person groups** will take place at Mindroom at Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ.
- **Online groups** will be facilitated on Microsoft Teams.

The Salvesen Mindroom Centre. Registered Scottish Charity: SC030472
A company limited by guarantee registered in Scotland: SC2090656

Your voice matters. Make it heard by joining

Young Start

Participation & Rights Youth Groups

Young Group

2nd Wednesday
of each month
4.30 – 6 pm
In-person

For neurodivergent
young people
aged 12 – 14

Connect Group

3rd Wednesday
of each month
5 – 6.30 pm
Online

For neurodivergent
young people
aged 13 – 16

Teens Group

4th Wednesday
of each month
4.30 – 6 pm
In-person

For neurodivergent
young people
aged 14 – 18

Starting in October 2025 - join anytime

Get in touch

For more information or to
join one of the groups:

Phone or text 07341 264 045

Email sima@mindroom.org

Website www.mindroom.org