

Neurodevelopmental Support Team (NST) Newsletter

April 2026

Detailed review and evaluation of child's needs current wait times

- Our current maximum wait time is **36 months**. This wait time is from the date of referral receipt to the time of allocation to a practitioner, this is subject to change depending on demand. When we are preparing to allocate a practitioner to complete your child's assessment we will contact you for further information.

Please note that the current waiting time of 36 months 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.

The team can only safely allocate a limited number of families each month. Due to the significant increase in referrals received between 2023 and March 2025, it is taking longer than expected to allocate cases and make initial contact with families at this time.

We appreciate the frustration this delay may cause. 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.

Please note: Support should be needs led and all support from NST and wider services can be accessed prior to our review and evaluation of needs or any formal diagnosis.

If your child has received a diagnosis this includes private diagnosis or is under the care of Community Paediatrics for an Autism/ADHD assessment, can you please inform NST at your earliest convenience as NST would no longer need to complete their review and evaluation and your child's referral can be closed to NST. This helps NST in reducing our waiting times for children/young people on our waiting list.

Programmes

Parent Support Programmes and Workshops

NST offer a variety of evidence-based interventions for families of children and young people exhibiting indicative behaviours of Autism/ADHD, both before and after diagnosis.

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

How to book: You can book a place on one of our programmes providing you are registered with a Nottinghamshire GP (excluding Bassetlaw and Nottingham City).

You will need to click the link below OR copy/type this link into your browser then complete and submit the online form.

We will then send you a list of available workshops with further information about each programme.

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

Parent support and information sessions

A chance to feel less isolated with an opportunity to meet other parents/carers with similar experiences.

What to expect if you come to the group for the first time:

We recommend you attend the start of the session so that you are provided with an introduction to the session.

Experienced staff from the Neurodevelopmental Support Team are on hand to offer guidance, support, useful strategies, information, and answer questions. Each session there will be a theme subject for group discussion.

Occasionally there will be a guest speaker, and the scheduled themed group discussion may be rearranged.

No booking or diagnosis required.

How the session will be delivered

- o Session plan – signing in.
- o Welcome and introductions to the group.
- o Themed information and group discussion.
- o Networking & Peer support. Time for parents/ carers/ NST Practitioners to talk with each other.
- o Time to review the handouts and resources

Due to the organisation of the group, please do not bring children. This will enable you to participate in the discussions with parents and our practitioner. We cannot offer supervision, also we need to consider the confidentiality of other families and the health and safety for everyone in the meeting.

For information regarding session times/venues please see separate attachment.

Information

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](#)

Melatonin is only used as part of a package of care around sleep interventions, and only in certain conditions, and where all other attempts to support sleep have failed.

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

A new website – www.mindsforallkindsnotts.co.uk – has been launched to provide tailored support and resources for all ages who are/or who may be neurodivergent, Autistic and or ADHD.



Contacts

Useful Contact details:

NST Referrals: referralsnst.familyservice@nottsc.gov.uk

(This email is for submitting referrals into the NST team only. You will not receive a response for a general enquiry)

NST Assessment Team: SPTeamNSTFamilyService@nottsc.gov.uk

(This email is for submitting assessment forms only. You will not receive a response for a general enquiry)

NST Enquiries: familyservicenst@nottsc.gov.uk

(For all general enquiries regarding NST) **We are currently experiencing a high volume of enquiries, which is resulting in delays in responding. We appreciate your patience at this time and will respond to any emails received as soon as possible.**

Notts Help yourself: www.nottshelpyourself.org.uk

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Further information regarding support: [Support services.pdf](#)

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