



Neurodevelopmental Pathway & Support Team (NPST)

Parent/Carers Newsletter February 2026



Within this newsletter you will find up to date information regarding the team, what we are working on, our offer and wait times. **Opt-in to automatically receive this newsletter monthly at <https://forms.office.com/e/NERfQFLvpH>**



Estimated Wait Times Within the Team & Key Information

ESTIMATED WAIT TIMES

Our current estimated minimum wait times are **24 months** from when we receive your child's referral to when they are assigned to a practitioner.

We are reviewing referrals that were received in **May 2024**. There are currently **1,428** young people with active referrals within the team.

Please note, wait times are only a guide and can change depending on how many referrals we get each month.

On average, we receive about 40 phone calls a day & around 50 emails to our enquiry's inbox

We are here to answer your questions and always aim to give you clear and honest information about your child's referral and care.

Referrals to NPST - NPST is the referral route for children and young people who are registered with a Nottingham City GP.

📍 If you're not sure if your GP is in Nottingham City, County, or Bassetlaw, please visit the Minds of all Kinds Notts website to check.

Melatonin is only available on prescription in the UK.

✗ It should not be bought online or without a prescription. Please speak to a doctor or medical expert if you think your child needs Melatonin.

📄 NPST does not prescribe or give advice about Melatonin.

Medication After a Private Diagnosis

If your child has had a private diagnosis of neurodivergence (such as ADHD or Autism), either in the UK or abroad:

✗ NPST **cannot help** with medication. Please talk to your **GP**. They will decide if your child needs a referral to **Community Paediatrics**.



Resources, Advice & Support While Waiting for Parents/Carers

There is lots of advice and support that you and your child can access while waiting including other professionals, teams and also resources on the internet.

“ **Support Sessions** with a NPST

“ Minds of all Kinds Notts website

A **safe space** online where you can learn about all the things that make your child's mind special and find help and information about **Autism** and **ADHD** in Nottingham & Nottinghamshire.”

“ **ASKLION website** finding you activities & support in Nottingham

Neurodevelopmental Pathway & Support Team (NPST) contact details



0115 876 1716



NPST.enquiries@nottinghamcity.gov.uk



www.asklion.co.uk & search NPST or use our OR code



Changing Lives.
Changing Futures.



Nottingham
City Council



minds of all kinds notts
your trusted space to explore and
celebrate Neurodiversity

Reliable information, guidance and local support, tailored for all ages

Neurodivergence

Autism

ADHD





What You Can Expect from Us



At the Start of your child's journey...

We will look at (triage) your child's referral within 4 weeks of receiving it. If the referral is accepted, we will let you, the person who made the referral, and your child's GP know. We will send a letter by Royal Mail to parents with confirmation and the estimated wait time.

If we cannot accept the referral, we will tell the person who sent it and explain what needs to be done so it can be accepted.

** If you haven't heard from us within 4 weeks of the referral being sent, please contact us by phone or email.*

While Waiting...

Please keep us updated with any changes, such as:

New or updated reports or assessments for your child, A change in your child's school or GP, If you choose another assessment route, like "Right to Choose" or a private diagnosis, If your child is now being seen by Community Paediatrics.

If other professionals are involved in your child's care, please let them know about the open referral. Encourage them to share any reports or use the **Part 3: Supporting Professionals form** to share information with us.

When allocated to a practitioner...

We will review all the information we have and complete a full understanding (formulation) of your child's needs.

Keeping you updated...

Once your child is allocated to a practitioner, we will contact you with updates, including any recommendations and the next steps. We are also exploring quarterly "broadcast" emails sent quarterly.

More details about our process are available on our website and in our **Guidance Document**.



Frequently Asked Questions

Why Do/Have Wait Times Change?

Our referral *pathway is not linear*, so referrals are not reviewed in the order they are received.

Each referral is managed based on the individual needs of the child, meaning wait times can vary.

We rely heavily on the information provided at the point of referral. This helps us triage effectively, understand the child's individual needs, and consider the support already in place.

Several factors can influence wait times, including:

The child's age, whether they have a sibling already known to us, whether it is a re-referral after completing the New Forest Parenting Programme, any new information received after the referral is submitted, transfers from other pathways where wait times are honoured and our capacity.

Because of these variables, wait times can change at any point.

The way in which we *review and formulate the information received has also changed*. The reviews are in depth and holistic, bringing together all the information received and available to us and considering from an Autism & ADHD perspective.

Does my child require a diagnosis of Autism/ADHD to get help & support?

Schools provide reasonable adjustments and support based on their ongoing assessment of children's individual education support needs. Educators are also extremely knowledgeable about the range of service and support available from various providers and this is not reliant on a diagnosis.

What support can I access through NPST whilst my child's is waiting?

NPST's support offer is 1:1 support session with a Family Support Worker, if requested, and the New Forest Parenting Programme (NFPP). We have changed our processes to offer this supportive programme as soon as possible and at the point of acceptance to the pathway if criteria are met. NFPP is the 1st line of care & treatment for ADHD. Parents have a range of programme dates, times and formats to access.