



## Neurodevelopmental Support Team (NST) Newsletter

### December 2025

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

- Our current maximum wait time is **34 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.

**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.**

Further information regarding the Neurodevelopmental Referral Pathway for Children and Young People can be found by following this link:

[https://search3.openobjects.com/mediamanager/nottinghamshire/fsd/files/nst\\_pathways\\_july\\_25\\_final.pdf](https://search3.openobjects.com/mediamanager/nottinghamshire/fsd/files/nst_pathways_july_25_final.pdf)

Further information regarding NST can be found here:

[https://search3.openobjects.com/mediamanager/nottinghamshire/fsd/files/nst\\_faq\\_s\\_3.pdf](https://search3.openobjects.com/mediamanager/nottinghamshire/fsd/files/nst_faq_s_3.pdf)



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## 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>



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## **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 follow this link:

[2026 Support Group leaflet](#)



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# 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 [familyservicenst@nottsc.gov.uk](mailto:familyservicenst@nottsc.gov.uk)

**A new website – [www.mindsofallkindsnotts.co.uk](http://www.mindsofallkindsnotts.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.



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## Contacts

### Useful Contact details:

**NST Referrals:** [referralsnst.familyservice@nottscce.gov.uk](mailto:referralsnst.familyservice@nottscce.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@nottscce.gov.uk](mailto:SPTeamNSTFamilyService@nottscce.gov.uk)

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

**NST Enquiries:** [familyservicenst@nottscce.gov.uk](mailto:familyservicenst@nottscce.gov.uk)

(For all general enquiries regarding NST) **Please allow 5-10 working days for a response.**

**Notts Help yourself:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

If you would like to receive this newsletter in an accessible format, then please contact the NST team at [familyservicenst@nottscce.gov.uk](mailto:familyservicenst@nottscce.gov.uk)

**Important Notice:** The NST team are currently experiencing significant demand for services. We are endeavouring to work as quickly and safely as possible to support your child's needs. If your child has been referred to us and no longer needs our service, please contact the team at [familyservicenst@nottscce.gov.uk](mailto:familyservicenst@nottscce.gov.uk). This will help us in reducing our wait times for families.

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



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**NST would like to wish you all a  
Merry Christmas and a Happy  
New Year**



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