

As the school holidays approach, we are committed to providing continuous support for Neurodivergent children, young people, and their families. Our resources include expert advice, on-demand webinars, interactive tools, and other valuable resources.

The Neurodiversity Support Hub

Staffed by experts by experience The Hub offers support for parent carers and professionals. No diagnosis is required to access this support. The Hub is open 9-1 during the holidays with longer hours during term time including an evening offer. Call the team on 01727 833963 (answerphone available out of hours) or email at supporthub@add-vance.org.

Digital Webinars

A range of on-demand digital webinars for parents, carers, and professionals. Topics include understanding Autism, understanding ADHD, sleep, anxiety and anger and conflict . They can be accessed here [SEND documents and resources \(hertfordshire.gov.uk\)](#).

The Toolbox

A dedicated website aimed at children and young people for ADHD and Autism support, offering inspirational content, self-help tools, and interactive livestreams. The website has an anonymous live chat which provides a safe and supportive environment for young people to ask questions or to discuss their feelings. thetoolbox.mindler.co.uk.

Understanding my Autism/ADHD Workshops

These workshops are for Hertfordshire children aged 7-16 with a diagnosis of Autism, ADHD, or both. Workshops are delivered in group settings and are available both online and face-to-face. Referrals can be made by parents, carers, or professionals. For more information and updates on Autumn term availability, visit thetoolbox.mindler.co.uk. NEW for the Autumn term workshops for young people without a diagnosis – aimed at young people on the pathway or who identify as being Neurodivergent.

Cogs App

Aimed at young people age 14+ with or without a diagnosis. Free to download, the app helps young people to understand Neurodiversity and to build positive habits. For further details, visit [The Toolbox](#).

For any further information please contact the project team by e mail

hct.hertsneurodiversitytransformation@nhs.net

Or visit the dedicated page on the local offer [Neurodiversity Support \(hertfordshire.gov.uk\)](#)