

NBS News September 2023!

The NBS team would like to keep you updated on what is currently happening within the service regarding wait times and how you can receive support from the team.

Referrals

The service is currently receiving on average **370 referrals** per month. We are currently triaging referrals we received in January 2023. Once your referral is triaged you and the referrer will be notified of the outcome and next steps.

Assessments

Our current wait times for assessments is **24 months**. This wait is taken from the date we receive your referral and not the date it is accepted. Once you are near the top of the waiting list, we will contact you requesting further information. This is part of the assessment and will speed the assessment process up for you. We also request information from school too. We will usually request this information via email so please check your junk inboxes to ensure you don't miss us! Please be aware that we cannot complete the assessment unless we receive both school and family information back.

If during this time you no longer require an assessment, then please contact the team at family servicenbs@nottsc.gov.uk

Interventions

We now offer a number of our programmes via an opt in option, so no referral for this is needed to attend our Cygnet, ADHD, and Sleep programme. To book a place please follow the links below:

Cygnet: <https://tinyurl.com/NBSNotts>

Sleep: <https://tinyurl.com/NBSworkshops>

ADHD: <https://tinyurl.com/NBSNotts>

Drop-in Support groups

We offer a monthly support group in various areas across Nottinghamshire. This is a safe space to discuss your child's or family's needs regarding behaviours that are indicative of Autism and/or ADHD. A chance to feel less isolated with an opportunity to meet other parents/cares with similar experiences.

For session details please email:

FamilyServiceNBSDropInGroup@nottsc.gov.uk

Contact details

If your contact details change at any time once you are referred into the NBS team, please contact the team at:

family servicenbs@nottsc.gov.uk

Useful Contact details:

NBS Enquiries: family servicenbs@nottsc.gov.uk

NBS Referrals: referralsnbs.family service@nottsc.gov.uk

Notts Help yourself: www.nottshelpyourself.org.uk



**Nottinghamshire
County Council**