



NEURO DIVERSITY

What is the NEST hub?

The Neurodevelopmental Empowerment & Strategy Team (NEST) provides a service that is open to **ANYONE** in Ayrshire who wants to contact us about Autism, ADHD, FASD or other neurodevelopmental differences.

Whether you are seeking advice for yourself, or an adult, child or young person you care for, please note that a diagnosis is **NOT** required to access the service.

We can provide practical information about a range of neurodevelopmental differences and how to overcome daily challenges, signpost you to useful sources of support within Ayrshire and help you to feel more in control.

A full list of services we currently provide can be found overleaf. Visit our website to find out more.



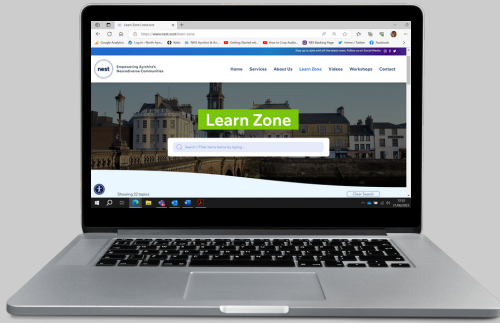
If you'd like to find out more, scan the QR code below or visit www.nest.scot

You can also email us at info@nest.scot

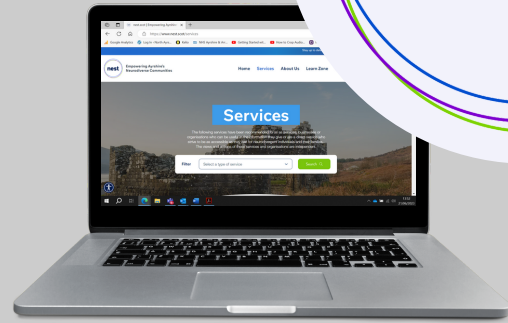


What support is available?

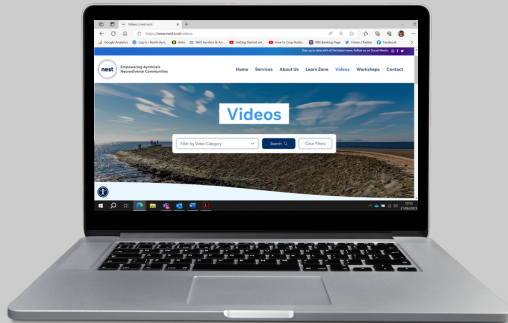
nest
Empowering Ayrshire's
Neurodiverse Communities



Visit the **Learn Zone** to find a wide range of useful resources for neurodivergent people and their families, helping you cope with some of the daily challenges being neurodivergent can bring.



Search for **services** that can provide additional support in your area, as well as businesses and organisations that are accessible to individuals who have a neurodevelopmental difference.



Watch our **videos**, which include recorded workshops created for NEST by expert practitioners who can guide you through how to overcome challenges and learn more about neurodiversity.



Find details of our latest free **workshops** that are held at venues across Ayrshire. These can be attended by anyone and no diagnosis is required to take part.