



ND Network



About the Project

The ND Network is a new project run by me - Jackie Goldstraw - under our not-for-profit Community Interest Company - See Communications CIC.

I am very grateful to The Marjory Body Charitable Trust for funding to be able to run this project for a year from 1/4/24.

Anyone with any Neurodivergent condition can be referred or self refer. (Autism, ADHD, Dyspraxia, Dyslexia, Tourette's etc) Diagnosed, on the waiting list for assessment, self diagnosed, or exploring.

I was diagnosed Autistic in 2022 aged 48 and with ADHD aged 51. I've worked with people with learning disabilities and Autistic people for nearly the last 20 years. From the first day it felt like 'coming home' and now I know why. There are lots of positives to being Neurodivergent, but the negatives can really affect our quality of life. **My aim is to support Neurodivergent adults in Cheshire West and Chester, especially people not diagnosed as children. We deserve a sense of belonging and community and to thrive not just survive.**

- **1:1 calls, video calls, email or text chats or visits - limited due to time.**
I can support with understanding based on personal experience.
Share information and tips and signpost to other services.
Raise issues at the All-Age Autism and Neurodivergence Partnership Board.
Help with filling in forms, making calls, body doubling for tasks etc
- **Small group meetings**
Arranged based on demand and interests so people can link in with like-minded others, hopefully making lasting friendships and support networks.
- **Linking with others in similar situations**
Arranged where needed for mutual ongoing support and understanding. Chats or things like body doubling so people can support each other with tasks.

ND Network is **NOT a 24 hour or crisis service**. My time is only funded for 12 hours a month. Face to face support is in Northwich and Winsford (the Autism Hub provides an excellent service in Chester, as does CHAPS in Northwich but not specifically for late diagnosed adults.) Phone-calls and virtual support are Cheshire West wide. Only preferred contact details are needed to refer and I will try and respond within 3-7 days where possible to see if I can help.

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