

**Doncaster and Bassetlaw
Teaching Hospitals**
NHS Foundation Trust



Neurodevelopmental Pathway Bassetlaw (NPB) Parent/Carer Newsletter December 2025

Introduction

Welcome to the second edition of our monthly newsletter

This month you will find up to date information regarding:

- Assessment and wait times
- Specialist Support Services in Bassetlaw - APTCCO
- Spotlight - Ask Us Nottinghamshire
- Christmas Sensory Survival Kit

If you would like to receive regular newsletters and updates please email FamilySupport@aptcoo.org



Neurodevelopmental Pathway Bassetlaw (NPB)

Pathway Process - scan the QR code for the NPB Pathway Process



Neurodevelopmental Pathway Bassetlaw (NPB) - what to expect

Once you are on the NPB Pathway you and your child will meet a Community Paediatrician (a doctor who specialises in children's health). They will undertake a general development assessment to understand how your child/young person is developing and what things they might find difficult. This will help us to work out the best ways to support your child/young person. The appointment will last about one hour.

The wait time for a general development assessment is currently 17 months from the date we receive your child's/young person's fully completed referral.

Why has my child/young person been referred?

Your child/young person may have been referred for assessment for a number of reasons including:

- Autism
- ADHD
- Developmental delay - (usually diagnosed at the general development assessment appointment)
- Developmental Coordination Disorder (DCD) - (occupational therapist input required)

After the appointment the Community Paediatrician will talk with you about whether your child/young person should continue on the Neurodevelopmental Pathway. If it is decided that this pathway is not the best option, they will suggest other types of support that could help your child/young person, such as help at school, in the community, or at home.

If following the general developmental assessment, it's identified the pathway is the right option for your child/young person, they will be referred for a neurodevelopmental assessment.

Wait times (following, and in addition to, the general developmental assessment wait time of 17 months) are as follows:





- Autism - currently 26 months
- ADHD – currently 20 months

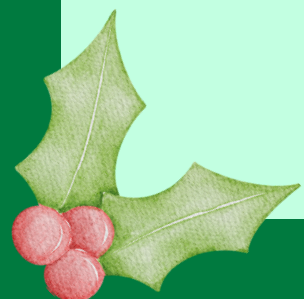
Please note these waiting times are current and can change

Due to the high demand for the service please contact the team on 01909 572 677 or dbth.gdareferrals@nhs.net at your earliest convenience if you no longer require an assessment for your child/young person


Medication



- Melatonin is only available on prescription in the UK
-  It should not be bought online or without a prescription
-  Please speak to a doctor or medical expert if you think your child needs Melatonin
-  For support with sleep please contact The Healthy Family Team via text: 07520 619 919 or call: 0300 123 5436
-  Support can also be accessed via The Sleep Charity, feel free to scan the QR code below



APTCOO in Bassetlaw



We work together with the Neurodevelopmental Pathway Bassetlaw (NPB) Team, education, health and social care and other partners offering specialist family support, pre-, during- and post-assessment.

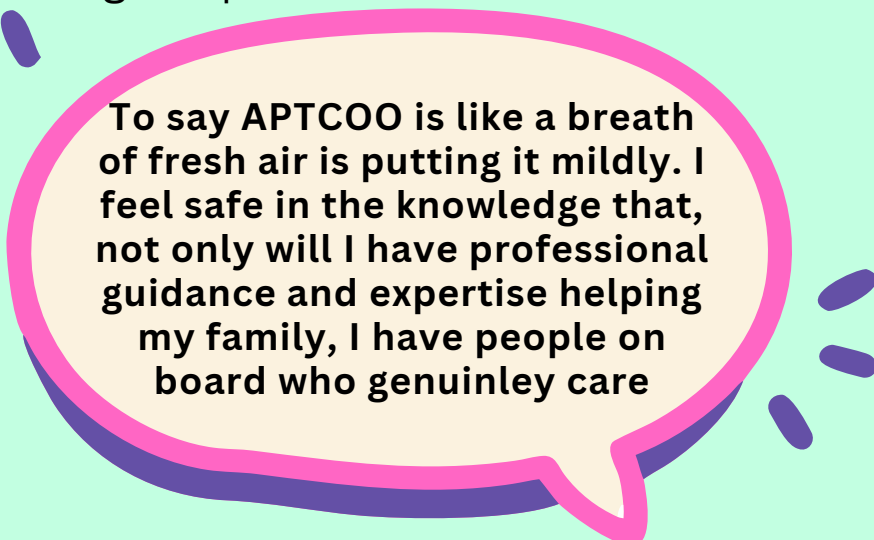
APTCOO in Bassetlaw Family Support Team will assist you through the Neurodevelopmental Pathway Bassetlaw (NPB) by providing information, advice, support and access to one-to-one and small group family workshops.

We provide personalised specialist support services to families of children and young people with SEND and/or life trauma. Every single family is different, we will get to know a family in order that we can tailor our support to individual needs, wants and choices.

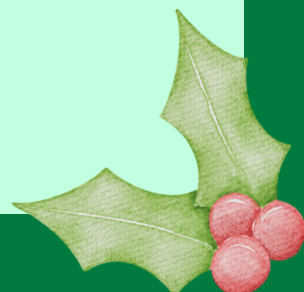
Tall Trees, our SEND Family Hub in Retford, offers a relaxing and confidential space for those who need to offload, share their feelings, frustrations and fears.

Our SEND Family Hub provides a regular meeting point for families, a place to access activities for the whole family, as well as gain support and specialist information and advice.

Scan the QR code for more information about the Neurodevelopmental Referral Pathway for Children and Young People.



To say APTCOO is like a breath of fresh air is putting it mildly. I feel safe in the knowledge that, not only will I have professional guidance and expertise helping my family, I have people on board who genuinely care





Spotlight on... Ask Us Nottinghamshire

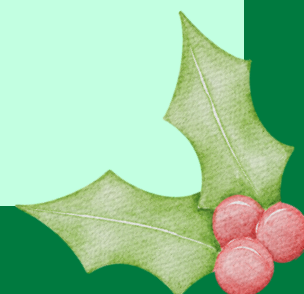


Ask Us Nottinghamshire is a Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS) in Nottinghamshire.

They support children and young people with special education needs or disabilities (SEND) and their parents providing free, impartial and confidential advice and support for SEND children or young people aged 0 to 25 years.

- Parents and carers can find out about special educational needs and disability support across education, health and social care
- Young people can find out what extra support is available to them and preparing for adulthood (PfA)
- Professionals working across education, health and social care can access information and guidance. Ask Us also offer training to professionals on specific SEND topics.

Scan the QR code for more information



Christmas Sensory Survival Kit

With Christmas around the corner, we thought it might be helpful to share a Christmas Sensory Survival Kit.

To help those experiencing sensory integration or sensory processing differences better manage the sensory challenges of the season.

Some people enjoy the first signs of Christmas, twinkling lights and Christmas classics playing on the radio, but others may find the changes to environment and schedules harder to cope with.

Public spaces become busier, decorations appear everywhere and it can all become a little overwhelming.

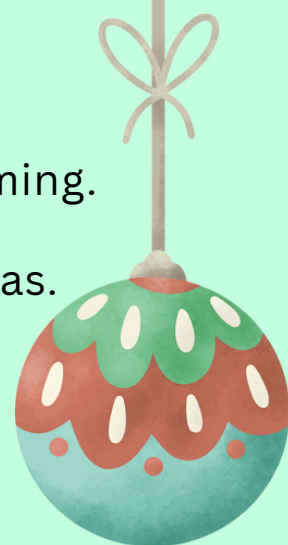
There are tools to help manage the peak of Christmas.

Here's a list of items that could help manage busy spaces during this time...

- ❄️ Ear defenders/ear plugs
- ❄️ Headphones/earbuds (pick your own music)
- ❄️ A drink and preferred snacks
- ❄️ Chewable items to help with self-regulation
- ❄️ Favourite fidgets
- ❄️ Weighted toys or lap pads
- ❄️ Sunglasses

Scan the QR code below to download the Christmas Sensory Survival Kit or click on the following link:

https://www.sensoryhelpnow.org/products/digital_downloads/christmas-sensory-survival-kit





Useful information

Please scan the QR code for further information regarding the Neurodevelopmental Referral Pathway for Children and Young People



Please scan the QR codes below to access additional support:

APTCOO

A referral to APTCOO can be made by either your GP/Health Care Professional/Educational lead or alternatively you can refer direct by e-mail FamilySupport@aptcoo.org or call 01623 629 902.



Local Offer

A guide to local services and support for children and young people with special educational needs and disabilities (SEND) aged 0 to 25 years.



Reasonable Adjustments

Under the Equality Act 2010 education settings like schools are required to make 'reasonable adjustments'. This is so that all pupils can join in with all the activities and services provided.



Minds of All Kinds

A safe space online where you can learn about all the things that make your mind special and find help and information about Autism and ADHD in Nottingham & Nottinghamshire.



A Guide to Local Support for Young People with SEND

The Local Area Special Educational Needs and Disabilities (SEND) Partnership includes all of the education, health and care services available to young people in Nottinghamshire with SEND.



Ask Us Nottinghamshire

Ask Us support children and young people with SEND and their parents in Nottingham and Nottinghamshire. They provide free, impartial and confidential advice and support for SEND children or young people aged 0 to 25 years.

