

## **A Great Opportunity for Neurodivergent Young People in Gloucestershire**

Dear Madam/Sir,

I wanted to let you know about a brilliant opportunity for neurodivergent young people in Gloucestershire to get involved in something meaningful, fun, and empowering.

The Gloucestershire ND Youth Council is a welcoming, inclusive group for neurodivergent young people aged 11–16 and 16–25. It's a safe space to connect with others, share ideas, build confidence, and have a real say in shaping services and raising awareness about what matters most to neurodivergent young people.

Young people who join can:

- Meet others who truly understand them
- Take part in projects and campaigns
- Help make Gloucestershire a better place for ND people
- Develop leadership skills, build confidence, and be heard

The Youth Council is peer-led and supported by experienced adults who are neurodivergent. It's okay for young people to join quietly, listen at first, or just come along to see what it's like. Diagnosis isn't required—self-identification is welcome.

To find out more, email:

[Nicola@NDHubGlos.org](mailto:Nicola@NDHubGlos.org)

Or visit: [NDHubglos.org](http://NDHubglos.org)

Warm wishes,

Zaphira Cormack

Director (CEO) ND Hub Glos

# **Info Sheet for Professionals**

## **About the Council - Purpose and Aims**

To amplify ND young people's voices

Create space for self-expression and lived experience

Influence decisions, services, and policies that affect ND young people

Challenge stereotypes and stigma

To build confidence, community, and leadership

Support personal development, advocacy, and leadership skills

Provide peer support and reduce isolation

Celebrate neurodivergent identities and strengths

To co-create change through projects and campaigns

Design and deliver awareness-raising projects, creative campaigns, and events

Help shape education, health, and youth services from an ND perspective

Push for more inclusive systems and environments

To make Gloucestershire a better place for ND young people

Act as a youth-led voice for neurodivergence in the county

Collaborate with local organisations, councils, and decision-makers

Promote the social model of neurodivergence: we're not broken—the system needs to change

**Two age groups. 11-16 & 17-25 years.**

## **How You Can Help**

Do you know any suitable young people? Don't forget those who are isolated or need safe spaces as well as those that are passionate about making change.

**Your role:** Encouraging participation, following up, helping with access needs.

Referral Form Link: <https://www.ndhubglos.org/services-7>

Download and print or email [nicola@NDHubGlos.org](mailto:nicola@NDHubGlos.org) for a printed version.

Gloucestershires

## ND Youth Council!

**A space for neurodivergent young people to be heard and make change.**

### Making Gloucestershire the BEST Place to Grow Up ND



#### What is the ND Youth Council?

The ND Youth Council is a group for neurodivergent young people aged 11–25 living in Gloucestershire. It's run with and by neurodivergent youth.



#### What do we do?

We meet regularly to:

- Talk about things that matter to us
- Work on **projects** and **campaigns**
- Make Gloucestershire better for ND young people
- Support each other in a safe, accepting space



#### What Does 'Neurodivergent' Mean?

Neurodivergent (ND) means your brain works differently—and that's okay.

Being ND can affect how you:

- Learn
- Communicate
- Handle emotions
- Focus or move
- Experience the world

There's no "wrong" way to be.



#### Who Can Join?

You can join if you:

- Are aged **11–16** or **16–25**
- Live in **Gloucestershire**
- Are **neurodivergent** in any way (autistic, ADHD, dyslexic, dyspraxic, tic disorders, PDA, sensory processing differences, etc.)
- Want to make friends, speak up, or just hang out with others who "get it"
- You don't need a diagnosis** to join. If you feel this is the right place for you, you're welcome.



#### What Happens At Youth Council?

Every month, we meet in a relaxed, friendly space, sometimes **online**, sometimes **in person**.

Each session is different, but it might include:

- Chatting about what's going on for ND young people
- Planning a project, poster, or campaign
- Doing creative stuff like art or zines
- Sharing snacks and just hanging out

**You don't have to talk if you don't want to.**

You can bring a support person.

You can stim, move around, wear headphones, or take breaks whenever you need.



#### How Do I Join?

Send us a message—we'd love to hear from you.

✉ Email: [Nicola@ndhubglos.org](mailto:Nicola@ndhubglos.org)

🌐 Website: [NDHubGlos.org](https://www.ndhubglos.org)

(You can also ask a teacher, parent, a mentor or youth worker to help you contact us.)

We'll invite you to a first session or chat with you about what to expect. No pressure, no forms right away—just curiosity and care.

# **“Gloucestershire ND Youth Council – Led by Young People, Powered by Lived Experience”**

## **What is the ND Youth Council?**

A space for neurodivergent young people to share their voices, lead change, and connect with others in a safe, inclusive environment.

## **Who can join?**

Neurodivergent young people aged 11–16 or 16–25 living in Gloucestershire. Self-identified ND welcome. No diagnosis required.

## **Why should young people join?**

Make friends and feel understood

Have your voice heard

Work on real campaigns

Learn leadership skills

Shape services for young people in the county

## **When and where?**

Monthly meetups (in person and online). Accessible, low-pressure, and peer-led

## **How to refer or get involved:**

Email: [nicola@NDHubglos.org](mailto:nicola@NDHubglos.org)

Website: [NDHubGlos.org](http://NDHubGlos.org)