



Cumberland Neurodiversity and Emotional Wellbeing Service

Introducing the new Cumberland Neurodiversity and Emotional Wellbeing Service, providing advice, support and guidance for families at the earliest opportunity.

What is the service?
The Neurodiversity and Emotional Wellbeing Service provides a Single Point of Contact (SPOC) where children, young people and families can access advice, early support, and signposting for neurodiversity and emotional wellbeing in one place. It will support children, young people, and families to understand and manage different ways of thinking and experiencing the world. This service is delivered through a partnership between Cumberland Council and local NHS organisations.

The service has:

- A Neurodiversity and Emotional Wellbeing section on the Cumberland Family Hubs website which has information, advice, and strategies to support families if they feel they need it.
- A single point of contact for parents, carers, young people, and professionals to contact the service to receive further advice and support.
- A new strength and needs assessment that can be completed with families to understand each child or young person and plan the right support.

The Service Team is made up of two Social Prescribers, five Support Workers, a Health & Wellbeing Coach, three Emotional Resilience Nurses, a Clinical Psychologist, and an Assistant Psychologist who can provide clinical support and guidance when needed.

The Service will run as a 12-month pilot from November 2025. It will focus on early intervention and prevention offering support as soon as needs are noticed.

Who is the service for?
Children and young people aged 0-19 (or 25 if there are known or suspected special education needs and disabilities):

- who live in the Cumberland and Eden* area,
- where there are concerns about unmet need relating to suspected neurodivergence and/or emotional wellbeing

**For children and young people living in the Eden area, signposting to follow-up support in the Westmorland and Furness Area will be provided, to ensure access to most appropriate local services*

We also welcome enquiries for children and young people who are:

- waiting for clinical services (e.g. diagnostic assessment for ADHD or autism)
- already have a neurodiversity related diagnosis, but could benefit from support in managing social and emotional wellbeing

cumberland.gov.uk/NDandEW