



# NEURODIVERSITY

## NEWSLETTER

MAY 2025

### What is neurodiversity?

**Neurodiversity** is a word used to describe the different thinking styles that affect how people communicate with the world around them. **Neurodivergence** is the term for when someone's brain processes, learns, and/or behaves differently from what is considered "typical". Some neurodivergent conditions include:

- Dyslexia
- Dyspraxia
- Dyscalculia
- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Condition (ASC).



### Common signs of neurodiversity in children and young people

Neurodivergence is very complex and will vary for every child and young person, however some of the common differences include;

- **Social Challenges:** Struggle to initiate or maintain conversations. Prefer to play alone, or struggle to understand social cues, such as body language or tone.
- **Difficulty Communicating:** Challenges with understanding jokes or sarcasm, may take things very literally. Often a lack of eye contact can be a sign.
- **Repetitive Behaviours & Interests:** They may have a deep, passionate interest in one or a few topics. They may have repetitive movements or routines, such as hand flapping, rocking or repeating certain behaviours continuously.
- **Sensory Sensitivities:** These can include being overly sensitive to bright lights or loud sounds, textures of clothes or certain smells. They may avoid crowds or busy places or appear overwhelmed by noises or visuals in certain settings.
- **Attention & Focus Issues:** Some children may have trouble staying on task or get easily distracted. Some children may act without thinking, making decisions quickly or getting easily distracted.
- **Motor-skills and Coordination:** Some children may display clumsiness or difficulty with fine motor skills, such as difficulty with handwriting, using utensils, or participating in sports.
- **Emotional Regulation Challenges:** Neurodivergent children may have trouble managing their emotions, leading to meltdowns, shutdowns or outbursts. Feelings of frustration if things are not going as expected. Some children might experience higher rates of anxiety or depression due to feeling 'different.'
- **Difficulty with Reading, Writing or Maths:** Some children may struggle with reading, spelling, numbers and organising their thoughts.

# Neurodiversity advice & support

There are a number of services and charities that can offer advice and support. Click on the logos to head straight to their websites!



The Children's Society



Childhood Neurodiversity: What You Need to Know as a Parent or Carer (NHS)



## Mental Health Awareness Week



This year, Mental Health Awareness Week will take place from 12 to 18 May 2025. The theme for 2025 is 'Community'. Being part of a community is vital for our mental health and wellbeing. We thrive when we have strong connections with others and supportive communities around us. Communities can provide a sense of belonging, safety, practical and emotional support during challenging times, and a shared sense of purpose.

Reference: The Mental Health Foundation

Click [here](#) to a host of groups, clubs and organisations to help you find your community.

### Key Dates

- NATIONAL WALKING MONTH
- DEAF AWARENESS WEEK 5-11TH MAY
- SCREEN FREE WEEK 5-11TH MAY
- MENTAL HEALTH AWARENESS WEEK - 12-18TH MAY
- WALK TO SCHOOL WEEK 19-23RD MAY



FIND OUT MORE HERE! →



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people