

The ndc: May Newsletter

What we talked about: Mental Health & Neurodiversity - An open, honest session linking mental health and neurodiversity.

Key takeaways:

- Talking openly reduces isolation and builds understanding
- Mental health and neurodiversity are closely connected
- Sharing strategies helps people manage daily challenges
- We can improve how neurodiversity is considered in assessments and adjustments



What we're doing next



- **Better workplace support**
 - Update DSE assessments to reflect neurodiverse needs
 - Promote simple adjustments (e.g. desk setup, lighting, screens)
- **Clearer support routes**
 - Increase visibility of Mental Health First Aiders
 - Create a simple, central contact point for support
- **External support**

- Work more closely with the Lighthouse Charity
- Explore site engagement opportunities

• More connection

- Launch informal “coffee, cake & chat” sessions
- Create space to connect outside of work topics

Looking ahead: June session (Tourette's Awareness) – “I Swear” review

- **Before the session:** Watch “I Swear”
- **In the session:** Use the film to start discussion
- **We'll explore:**
 - Common misconceptions about Tourette's
 - The impact at work
 - How we can create a more supportive environment
- **Focus:** listening, learning, and turning insights into action

