

What is neurodiversity?

Neurodiversity is a term used to describe the different thinking styles that affect how people communicate with the world around them. Neurodivergence refers to when someone's brain processes information, learns, or behaves differently from what is considered "typical."

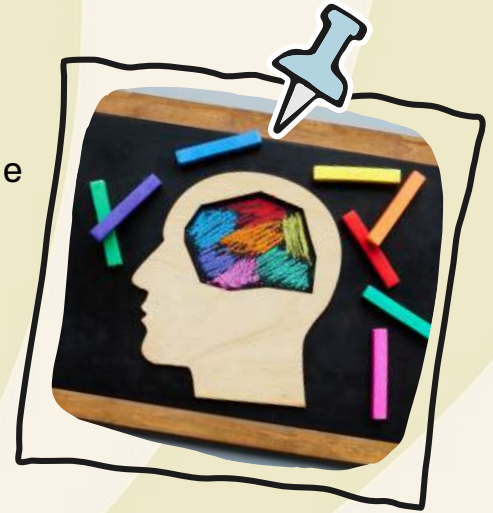
Some neurodivergent conditions include:

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

Common signs of a neurodivergence in children and young people

Neurodiversity is very complex and can vary greatly for each child or young person. However, some common differences to look out for include:

- **Social challenges:** Children may struggle to initiate or maintain conversations, prefer to play alone, or find it difficult to understand social cues such as body language or tone of voice.
- **Difficulty communicating:** Some may have trouble understanding jokes or sarcasm and may take things very literally. A lack of eye contact can also be a sign.
- **Repetitive behaviours and interests:** Children may have deep, passionate interests in one or a few topics. They may also display 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, loud sounds, textures of clothing, or certain smells. Children may avoid crowds or busy places and can become easily overwhelmed by sensory input.
- **Attention and focus issues:** Some children may have difficulty staying on task, act impulsively, or get easily distracted. They may appear overwhelmed by noises or visual stimuli in certain settings.
- **Motor skills and coordination:** Some children may appear to be clumsy or have difficulty with fine motor skills, such as handwriting, using utensils, or participating in sports.
- **Emotional regulation challenges:** Neurodivergent children may struggle to manage their emotions, which can lead to meltdowns, shutdowns, or outbursts. They may feel frustrated if things do not go as expected and may experience higher rates of anxiety or depression due to feeling "different."
- **Difficulty with reading, writing, or maths:** Some children may find reading, spelling, numbers, or organising their thoughts challenging.



DID YOU KNOW?

15-20% of the world's population are estimated to be neurodivergent.

Source: The Children's Society



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



If you have any concerns, please consider seeking advice and support from your child's school.



Screen Free Week 4-10th May

Screen Free Week is an annual event that encourages children, families, and communities to take a break from recreational screen use such as television, video games, smartphones, and social media.

The week promotes healthier habits by inspiring people to spend more time reading, playing outside, being creative, and connecting face-to-face with others. The goal of Screen Free Week is not to eliminate technology completely, but to help people become more mindful of their screen time and discover the many benefits of balancing digital activities with real-world experiences.



BBC Bitesize has information on how to help your family enjoy a screen free week. Click here to find out more!

KEY DATES IN MAY

- National Walking Month
- Screen Free Week 4-10th May
- Deaf Awareness Week 4-10th May
- Mental Health Awareness Week 11th - 17th May



This year, Mental Health Awareness Week will take place from 11 to 17 May 2026. The theme for 2026 is Take Action because, while awareness is vital, real change comes when we take action too. Together, we've come a long way on mental health, but we can't risk going backwards. There's still much we can do to prevent people becoming unwell in the first place. To find out more about Mental Health Week, click here.

LET'S GET SOCIAL!





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

South Leicestershire Community Board



Supporting you across Blaby, Oadby & Wigston





WALKING FOOTBALL

JOIN OUR FRENDRY ACTIVITY

Wigston Academies Trust
Station Road
Wigston
LE18 2DU

TUESDAYS 6PM - 7PM

No previous experience necessary



SCAN HERE

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING



RECRUITING FAMILY SUPPORT VOLUNTEERS NOW

Calling dads, mums, grandparents, carers...
Do you have 2-3 hrs a week available?
Your experience is needed to help local families!


- Free, high quality training and support provided
- Make new friends and connect with your community

Find out more:
01858 467982
info@home-startsouthleics.org.uk
www.home-startsouthleics.org.uk
121 Coventry Rd, Market Harborough
Registered Charity No: 1107504
Company Number: 05299096



HOME START
South Leicestershire

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Supporting you across Blaby, Oadby & Wigston


OADBY & WIGSTON WALKS



Join us for weekly community walks!
Enjoy fresh air, friendly company, and local routes that boost fitness and wellbeing.
It's a great way to meet new people, enjoy nature, and build a healthier lifestyle.
Many walks even finish with a cuppa.

Tuesdays 10am - 11pm
Brocks Hill County Park

Thursdays 11am - 12pm
Carers only (bi-weekly)
Brocks Hill Country Park


There may be walks at other venues - please see team for details



info@activeblaby.org.uk
0116 2727 703

LET'S GET MOVING



Find information on the local roving Healthcare unit here!

