

Wokingham Me2 Children and Young People's feedback

14th May 25

The following views were offered by 15 of Wokingham's SEND children and young people at the Me2 Club on 14th May 25, when Andrea King and Miranda Walcott visited to talk about the neurodivergent systems changes across Berkshire.

These are direct quotes from Wokingham's children:

- 'Waiting (for ND diagnosis) felt like a dark hole'
- [Being on a] 'waitlist is like a deep dark hole'
- 'After diagnosis there was no support'

There was support for ND screening from the group of children and young people at Me2 Club, how screening might work mattered too:

- Talking through screening was preferred – 'It's good to talk, get it off your chest'
- 'People don't read'
- 'Pictures would be great', 'Could we have descriptions of the pictures?', 'Pictures are great for younger children'
- 'Could it be [audible] rather than words to read?'
- 'We need teachers to be educated' [in neurodivergent characteristics and adjustments in schools]
- 'I find it easier to read on plain white paper'
- 'I get lost in small writing'
- 'Can we change the colour of the screen for dyslexic people?' (to make it easier to read)
- Ask us what helps us concentrate and feel calm and whether we have anyone to talk to about how we are feeling.
- Ask us about our energy levels. Some of us get tired very easily and it's important for teachers to think about this.
- Tick boxes are easier if we find it hard to concentrate. (Parents were concerned that this might mean that answers weren't accurate though.)

Other relevant points beyond the screening approach to the adjustments and workforce development work that we need to consider included:

- 'We need help with anger and frustration'
- 'I get so tired.'
- 'I either go to sleep really early and wake up really early or I go to sleep late and get up late' If we can't sleep, it's not because we are being naughty.

- 'My brain is remembering everything I forgot to do in the day. Or maybe I said the wrong thing.'
- 'I'm on the go all the time'.
- 'My brain. I can't stop it. It's like a motorbike'
- 'My Mum ended up crying the entire time (in diagnosis appointment) and I was like how do I help my Mum and how do I help me?'
- 'Having fidget toys helps me concentrate and feel calm'.
- 'I have to hide my fidget toys [at school] ...because my teacher would yell at me'
- 'Even if I pick at my skin my teacher says stop doing that because it's distracting them from teaching'
- 'Some people just don't understand and think its behaviour problems'.
- Help with – 'actually how to get to College'

Parents and carers present were supportive of the approach and made specific requests about their support needs (peer support from other parents/carers).