Melo aND More Hubs

Support through one of our Melo aND More Hubs

We provide support for children and young people who are:

- Neurodivergent
- Waiting for an assessment
- Recently diagnosed
- Exploring whether neurodiversity may explain their experiences
- Families don't need a diagnosis to access support

We help people better understand autism, ADHD and other neurodivergent profiles, offering practical strategies that can make everyday life easier at home, school and in the community. Support includes:

- Practical strategies
- Parent guidance
- Emotional wellbeing
- Sensory understanding
- Self-understanding and confidence
- Education support and signposting

Parent & Carer Support

Parents and carers often need support too. We provide a safe space to ask questions, share experiences and gain practical ideas to help support your child.

Topics may include:

- Understanding behaviour
- Anxiety
- ADHD and Autism
- Sleep
- School challenges
- Emotional wellbeing
- Family relationships
- Self-care for parents

Support through one of our Melo aND More Hubs cont.

1:1 Support - up to three sessions at one of our Melo aND More Hubs

Some children, young people or families benefit from more personalised support.

One-to-one sessions provide dedicated time with a practitioner to work towards agreed goals, develop practical strategies and build confidence.

Support is tailored to individual circumstances and delivered over an agreed period.

Peer Support Workshops at one of our Melo aND More Hubs supported by Experts by Experience

Sometimes it helps to know you're not alone.

Peer support brings together people with shared experiences to:

- Learn from others
- Share ideas
- Build confidence
- Reduce isolation
- Develop supportive friendships

ONSIDE
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Melo aND More

Redditch

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

For Children and Young People [CYP] and their Families, neurodivergence can make life tough and it can feel like you are on your own.

Melo aND More Hubs aim to break down that isolation.

Melo aND More Hubs are friendly welcoming spaces in local communities that provide support to CYP who are or may be:

- Neurodivergent
- Waiting for an assessment
- Recently diagnosed
- Exploring whether neurodiversity may explain their experience

What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Redditch Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with NHS Herefordshire and Worcestershire, Anna Freud building the mental wellbeing of the next generation, Your ideas youth&community project, Worcestershire PARENT CARER FORUM, own time & space

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Redditch Hub?
Your Melo aND More Hub in Redditch is delivered by Own Time and Space and Your Ideas one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Melo aND More

Bromsgrove

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Bromsgrove Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with

NHS Herefordshire and Worcestershire

Anna Freud building the mental wellbeing of the next generation

Worcestershire PARENT CARER FORUM

THE HUB

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Bromsgrove Hub?
Your Melo aND More Hub in Bromsgrove is delivered by Bromsgrove Community Hub one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Snoezelen Hereford & Worcestershire

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Melo aND More

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Hubs at Snoezelen Herefordshire & Worcestershire** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with NHS Herefordshire and Worcestershire, Anna Freud building the mental wellbeing of the next generation, worcester snoezelen

What will be on offer in the hub?

A range of different support options including:

- Specialist support for children and young people with learning disabilities and more complex needs.
- Snoezelen offers welcoming, sensory-informed sessions tailored to individual communication, sensory and developmental needs, helping children and young people engage, participate and feel supported.
- Activities includes space for CYP and their families to access peer support, Drop in and one to one support

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Hubs in Herefordshire & Worcestershire?

Your Melo aND More Hubs across Herefordshire & Worcestershire is delivered by Snoezelen, one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Hands Herefordshire

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Hub at Hands in Herefordshire** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with

NHS Herefordshire and Worcestershire

Anna Freud building the mental wellbeing of the next generation

Parent Carer Voice HEREFORDSHIRE

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Hereford Hub?

Your Melo aND More Hub in Hereford is delivered by HANDS, one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Melo aND More

ONSIDE Worcester

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

For Children and Young People [CYP] and their Families, neurodivergence can make life tough and it can feel like you are on your own.

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Worcester Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with

NHS Herefordshire and Worcestershire

Anna Freud building the mental wellbeing of the next generation

Worcestershire PARENT CARER FORUM

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Worcester Hub?

Your Melo aND More Hub in Worcester is delivered by ONSIDE one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Melo aND More

ONSIDE Malvern

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Malvern Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with

NHS Herefordshire and Worcestershire

Anna Freud building the mental wellbeing of the next generation

Worcestershire PARENT CARER FORUM

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Malvern Hub?
Your Melo aND More Hub in Malvern is delivered by ONSIDE one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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ONSIDE Evesham

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Evesham Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with

NHS Herefordshire and Worcestershire

Anna Freud building the mental wellbeing of the next generation

Worcestershire PARENT CARER FORUM

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo and More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Evesham Hub?
Your Melo aND More Hub in Evesham is delivered by ONSIDE one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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ONSIDE
Ross on Wye

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Melo aND More

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

For Children and Young People [CYP] and their Families, neurodivergence can make life tough and it can feel like you are on your own.

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- Recently diagnosed
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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Ross-on-Wye Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with NHS Herefordshire and Worcestershire, Anna Freud building the mental wellbeing of the next generation, Parent Carer Voice Herefordshire

What will be on offer in the hub?

A range of different support options including:

- **Informal and welcoming drop-in sessions** You can meet the team, ask questions, access information and resources and find our more about the service.
- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Ross-on-Wye Hub?
Your Melo aND More Hub in Ross is delivered by ONSIDE one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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ONSIDE Leominster

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Melo aND More

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

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What Kind of Support Is Available?

- Practical strategies
- Emotional wellbeing
- Parent and family support
- Sensory understanding
- Education, support and signposting

To access support you do not need a diagnosis

The **Melo aND More Leominster Hub** will bring people together, provide a space to share knowledge and experience. With specialist practitioners and experts by experience available to provide accessible support.

Delivering in Partnership with NHS Herefordshire and Worcestershire, Anna Freud building the mental wellbeing of the next generation, Parent Carer Voice Herefordshire

What will be on offer in the hub?

A range of different support options including:

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- **Peer Support Sessions for CYP and families** Bringing together people with shared experience to learn from each other, share ideas, improve confidence and build connections
- **1:1 Support from a Melo aND More Practitioner** Up to 3 sessions providing practical strategies and guidance

How To Access a local Melo aND More Hub

If you are interested in coming along to one of our Hub drop-in sessions, then visit our website for information including locations and times, or contact our Access Team on 01905 27525.

To access other support that is available at your Hub, you can make a referral into the service for yourself or for someone else.

Who Provides the Leominster Hub?
Your Melo aND More Hub in Leominster is delivered by ONSIDE one of a group of skilled and experienced local partners brought together by ONSIDE. Every hub is also supported by an expert by experience.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

Our Hubs are a key component of the Melo aND More service for children and young people who are or may be neurodivergent and their families across Herefordshire and Worcestershire.

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Melo aND More

Support for Neurodivergent Children and Young people and their Families across Herefordshire and Worcestershire

Life can feel hard for children/young people who are neurodivergent *
Melo aND More is a free service that can help. It provides:

- Early support before problems get worse
- Help so that children, young people [CYP] and their families feel more confident and informed, connected to the right support and less isolated

Who can get help?
CYP aged 0-25 and their families.

*You do not need a diagnosis to access support which is available for CYP who are:

- Neurodivergent
- Waiting for an assessment
- Recently diagnosed
- Exploring whether neurodiversity may explain their experience

Everyone's journey is different and that is why we listen first. That means we can really understand and provide the most appropriate kind of support.

Delivering in Partnership with NHS Herefordshire and Worcestershire

Anna Freud
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How Melo aND More Works

When we get a referral one of ONSIDE's experienced team will get in touch and have a conversation to find out what kind of suppprt may be most helpful.
Support may include:

- Information/guidance/signposting.
- Melo aND More Hubs - Drop Ins, warm welcoming spaces where CYP and families can get information, talk to skilled and experienced practitioners and get advice on practical strategies and resources
- Melo aND More Hubs Peer Support for CYP and families where they can meet people with shared experience
- Melo aND More Hubs 1:1 support up to 3 sessions of support from a skilled practitioner to provide strategies and guidance
- Specialist 1:1 support of up to 6 sessions focused on help and advocacy in helping navigate educational processes and systems and diagnostic pathways

How to Access Support

Getting support is simple. Referrals can be made by the CYP, family or professional by scanning the QR code or calling our Access Team on 01905 27525. You can also ask for a referral at one of our Melo aND More Hubs.

Contact Us / Find Out More meloandmore@onside-advocacy.org.uk 01905 27525 onside.org.uk

scan the QR code