



**17<sup>th</sup> April 2025**

## **Inclusion North News**



Inclusion North will share an important news story or tell you about their work every 2 weeks.

The Owl Centre Charity has started a new online service called the WaitingWell.

It has been set up to support people waiting for an autism diagnosis and supports people nationwide.



Current waiting times for an Autism or ADHD assessment are very long.

Some people have been told they will have to wait for many years for an assessment.



Waiting a long time can lead to anger, stress and worry about the results.

WaitingWell has been made with help from:

- neurodivergent people on an assessment waiting lists
- healthcare professionals
- advocacy groups





The Head of therapy at The Owl Centre is called Nicola Lathey.

She said WaitingWell was created to make sure "no one falls through the cracks".



She said: "We're at breaking point, with thousands of people up and down the country in an autism and ADHD diagnosis limbo - without hope, guidance or support.



All people get is a letter to tell them they are on the waiting list.

The NHS does not offer clear support on how to handle these waiting lists.



WaitingWell helps people to get through long waiting times healthcare, assessments, and services.

The online system offers free emotional and practical support for people and their families.



Their goal is to support people's wellbeing and give them help them in different ways like:

- sharing information
- self-care tools
- having a supportive network