Think neurodivergent

# Breaking down the barriers to create a neuro-inclusive world

Think neurodivergent is a service user forum for neurodivergent people, their carers, and professionals. It is designed for people based in the Buckinghamshire, Oxfordshire, and Berkshire West area.

# The key details

* Facilitated by neurodivergent people.
* For people aged 18 and over.
* Supported by the Buckinghamshire, Oxfordshire, and Berkshire West integrated care system (also known as BOB).
* A spaced to share lived experiences, challenges, and successes of neurodivergent people.
* Help people learn from each other, examine existing services, and develop more neuro-inclusive services.
* Where needed changes are identified by the forum, people who work in those services will be invited to attend.

# What we have been involved in

* Helped design the Reasonable Adjustment Service internet page.
* Recruited service users for Experience of Psychological Pathways research.
* Shared lived experience with the South Coast Ambulance Service to understand the neurodivergent experience and provide recommendations.
* Shared lived experience and suggestions for clinicians at the Sharing and Shaping Neuro-inclusive Practice conference.
* Created resources and guidance to support neurodivergent Expert by Experience in co-production.
* Supported the Thames Valley Specialist Dentistry Service with identifying reasonable adjustments for dentistry.

# Where and when the forum takes place

* The forum meets on the last Friday of every month.
* It is held virtually via Microsoft teams.
* The forum starts at 1pm and finishes at 3pm. There is a 10-minute break at 1.55pm.

# How to register

To join the forum if you live or work in the Buckinghamshire, Oxfordshire, or Berkshire email [bobicb.thinkneurodivergent@nhs.net](mailto:bobicb.thinkneurodivergent@nhs.net) to register your interest.