

NHS Support Group for Healthcare Professionals with Neurodiversity

My name is Dr Adrian Lamb, and I am facilitating a support group for Healthcare Professionals who have:

- A diagnosis of Neurodiversity
- Work within the Yorkshire and Humber Region for the NHS

The session will be held on a Saturday morning once a month for three hours with a 30-minute break.

9:30am to 11am and 11:30am to 1pm

The Saturday dates for your diary in 2022 are as follows:

18th June
16th July
20th August
10th September
15th October
19th November
10th December

The venue is a lovely space that feels safe and welcoming. The group will have a maximum of eight participants, and I hope to start running sessions when I have a minimum of four people suitable and ready to take part.

It would be great to chat with you, and a link to arrange a meeting - ideally by zoom is below:

<https://calendly.com/adrian-lamb/30-minute-meeting>

This is a video that gives a flavour of what it is like to be part of a support group:



The purpose of the group is to facilitate peer support and personal development. My role is to offer reflections and explore the material discussed to deepen the group's self-awareness and psychological flexibility.

People usually stay within a slow open group for 30 sessions or more, but there is no set time limit. There will be people joining and leaving the group, which is an excellent dynamic to experience.

My expectations of people taking part are:

- To attend the meetings on time and provide notice as early as possible when unable to make a session.
- When the time feels fitting to end, to discuss leaving with the other participants in the group
- Contact me with any queries or concerns about the meetings so we can explore how to bring these issues back to the group.
- Use the group sessions as the principal contact with other members and report any external meetings or conversations to the group. I will explain the reasons for this when we have a chat.
- To respect confidentiality

You can expect me to:

- Hold professional boundaries
- Maintain confidentiality
- Undertake group supervision for my role
- Have appropriate indemnity

I look forward to seeing you soon!

If you know anyone else who may be interested in joining - please share my details with them. They will need to be working in the Yorkshire and Humber Region, have a diagnosis of Neurodiversity and work within the NHS.

Warmly

Adrian
GMC 4398932
adrian.lamb1@nhs.net
Mobile: 07730941337