

Newsletter

Sensory 'icks'?

Most people have some sort of extreme sensory sensitivity to something. It's not a phobia or an allergy, it's just something that prompts that reaction of sensory overwhelm. It's more than just a strong dislike, it's extreme and it's like that 'scraping fingers down the blackboard' type reaction.

This can happen for anyone, neurotypical and neurodivergent.

Here are some of those 'icks' that people have shared with us over the last year.

Some you may recognise but some are very unusual. I wonder what you could add to this list" ?



For most of us, most of the time, we can manage life by avoiding these sensory triggers. We can avoid the touch of velvet, the smell of tomatoes or the sight of glitter. But what if you couldn't avoid it, either by not being able to tell anyone, or it's just something that is too common?

That would lead to sensory overload, and a sensory meltdown.. When we see a meltdown that we can't understand, maybe sometimes it due to an extreme sensory overload.?

Helplines:

Professionals:

If you are a professional in Fife who has concerns about a child who is developing differently and want to think about ways to support the child, please call the Children and Young People's Professional Enquiry Line for advice and support: 01383 674055 on Tuesdays 10am-12pm or Wednesdays 2-4pm.

Parents/carers:

If you are a parent or carer in Fife looking for advice and support, please call the Parent Advice Line: 01592 226699 on Tues 10am-12pm or Weds 2-4pm.

Welcome to the third edition of the newsletter from the Neurodevelopmental Pathway Team in Fife.

This newsletter includes thinking about extreme sensory responses.

Any ideas about content for future editions are welcome
info@theautismnetwork.co.uk



Parent club information on Neurodivergence

Parent Club offers excellent practical advice for explaining neurodivergence to children through activities and focusing on strengths



Parent Club is a Scottish Government-backed website and resource hub designed to support parents, carers, and families across Scotland. It offers practical, trustworthy, and non-judgmental advice on a wide range of parenting topics—from pregnancy and early years to adolescence.

<https://www.parentclub.scot/articles/children-and-neurodiversity>

Sensory maps

Several of Scotland's main museums and galleries have now produced sensory maps. Sensory maps are becoming more common in Scotland and are an excellent accessibility tool for neurodivergent visitors. A sensory map is a visual guide to a museum (or gallery/venue) that helps visitors understand what sensory experiences they might encounter in different areas.

They typically will include information about:

- Noise levels (e.g. “loud,” “quiet,” “echoey”)
- Lighting levels (e.g. “dim lighting,” “bright lights,” “flashing screens”)
- Smells or tactile features (e.g. cafes, interactive exhibits)
- Quiet zones or breakout spaces
- Toilets/changing places locations

These are now available for

- National Museum of Scotland (Edinburgh)
- Riverside Museum (Glasgow)
- Dundee Science Centre
- V&A Dundee

[Link to each museum's website for details.](#)



News from the Scottish Government:

The Health, Social Care and Sports Committee have launched an inquiry into ADHD & Autism pathways and support. They want to hear the experience of individuals, families and professionals. The inquiry aims to:

- Understand why waiting times for diagnosis and management of ADHD and ASD are so long
- Understand how these conditions are diagnosed and managed;
- Examine the impact of high demand and delays on individuals and healthcare staff;
- Explore solutions to improve capacity of services, referral pathways and support.

To contribute to the enquiry and ensure that your experiences are heard, get in touch:

<https://engage.parliament.scot/group/31500>

And finally:

Remember there are lots of resources and useful links on the Fife Neurodevelopmental Hub webpages:

<https://www.moodcafe.co.uk/welcome-to-fife-s-neurodevelopmental-hub>