



## Health Update (2026)

The Leeds Parent Carer Forum (LPCF) meets monthly with NHS colleagues to share your voices and experiences. We currently work with partners from the ICB\* and Leeds Community Healthcare Trust, and hope to welcome Leeds Teaching Hospitals soon. As we step into 2026, we're taking a moment to reflect on the great work from last year and share updates on our focus areas: Neurodisability, ARFID, and Sleep. Thank you for being part of this journey - your input truly makes a difference.

**\*what is the ICB?** Integrated care boards (ICBs) are NHS organisations responsible for planning health services for their local population.

### Neurodevelopmental Assessment and Support e.g. autism and ADHD

We understand how difficult it can be to access the right support, diagnosis, and medication, and we truly value the experiences you've shared with us. Your voices are helping shape the conversations we have with health partners. Throughout 2025 we've been asking ICB colleagues for updates on new providers, waiting lists, and plans for existing providers providing diagnosis and medication for ADHD. While this is a complex area with many pathways, health colleagues have committed to sharing a communication with parents early in 2026. Please know we'll keep championing these issues throughout the year—your input matters and makes a real difference.

In the meantime, the Mindmate website contains information about autism and ADHD (neurodevelopmental ND) assessment and diagnosis for children and young people in Leeds.

[ND assessment and diagnosis - MindMate](#)

Further information is also available here about Right to Choose and frequently asked questions. [Patient Choice \(Right to Choose\) :: West Yorkshire Health & Care Partnership](#)

### Health Workshops

In October the Leeds Parent Carer Forum hosted an online workshop with the Leeds Teaching Hospitals Learning Disability and Autism Team. This team plays a vital role in supporting children and adults with a diagnosis of Learning Disability or Autism when they need hospital care. The session gave parents and carers practical advice on:

- How the team can support your child during hospital visits
- The importance of **Health Passports**. <https://www.leedsth.nhs.uk/services/learning-disability-and-autism/health-passport/>

- The role of the **Play Team** in reducing stress and anxiety


A link to the recorded youtube video is available here [Health workshop 09 10 25](#)

[Preparing for Hospital Visits: Advice from Leeds Teaching Hospitals LD & Autism Team – Leeds Parent Carer Forum](#)



Join us for our next **Health Workshop on Tuesday 10 February, 11:00–12:00 via Microsoft Teams**. We'll be looking at NHS services that support SEND families in Leeds and giving an overview of the different organisations involved. The NHS can feel overwhelming, so this session is designed to make things clearer and easier to navigate. Colleagues from the Community Healthcare Trust and Leeds Teaching Hospitals will be joining us. Please find more information here [Health workshop for parents and carers: overview of health care services](#).

Workshop for parents and carers





The session will cover:

- How Health Services work.
- Health providers in Leeds.
- Health services in Leeds and where to find out more information about services.
- Transition to adult services within health

Book your free place

https://surveys.leeds.gov.uk/s/HealthWorkshop/

We will be recording the session, if you are unable to attend but would like to submit a question please complete the booking form

## **Avoidance Restrictive Food Intake Disorder (ARFID)**

\*ARFID (Avoidant/Restrictive Food Intake Disorder) is much more than “picky eating.” It can be linked to sensory sensitivities, anxiety, or other factors, and finding the right support isn’t always easy. While there’s no national pathway yet, local services such as speech and language therapy, dietetics, and occupational therapy may help.

Throughout 2025, we’ve been listening to parent voices and sharing feedback with health providers. We also hosted two popular sessions—one with CAMHS at the Leeds Local Offer Live event and another with Juniper Tree at the Vinery Centre—both packed with families eager for guidance.

Thank you to everyone who completed our recent ARFID survey! Your views will help shape future support in Leeds as we work with partners and push for clearer pathways. We’re planning more sessions in 2026, so watch this space and keep sharing your experiences—they really do make a difference

[Leeds PCF ARFID Coffee Morning: Sharing Knowledge – Leeds Parent Carer Forum](#)

## **Did you know? Schools and families can refer children directly to Occupational Therapy**

If you know a child who could benefit from support with everyday activities, like dressing, using cutlery, or joining in at school - referrals can be made straight from school or home. Families know their children best, and are often best placed to make a referral.

However, a GP referral is needed in cases where there are clear health concerns or a noticeable decline in skills that should be checked by a doctor.

You can find the referral form and helpful strategies on the Leeds Children’s Occupational Therapy website: 🖱️ <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/integrated-childrens-additional-needs-service-ican/referrals>

## **What will be happening in 2026?**

- We will be hosting further workshops with Health.
- We’ll be sharing a report with the ICB that includes the ARFID feedback you’ve provided. In addition, we’re planning further support workshops with Juniper Tree to offer guidance and resources for parent carers.
- We’re preparing to launch a Sleep Survey to gather more insights from you. Similar to ARFID, there is currently no dedicated sleep support available in Leeds — and we’re determined to change that!

**Thank you to everyone involved. A small group of parent carer volunteer help support the Health Workstream within the PCF. If you would like to be involved please do contact us!**