

Your voice
matters. Make it
heard by joining

Young Start

mindroom

A Participation & Rights Project for Neurodivergent Children and Young People

What is Young Start?

A youth-led project that brings together neurodivergent young people **aged 8 to 25** from across Scotland to connect, share experiences and lead change.

Through **schools, children and youth groups, creative activities and peer support**, participants will explore the barriers they face and work together to develop ideas and actions that promote understanding and meaningful change in society.

When and Where?

- Each group will meet **once a month** in-person or online.
- **In-person groups** will take place at Mindroom at Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ.
- **Online groups** will be facilitated on Microsoft Teams.

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Participation & Rights Youth Groups



Young Group

2nd Wednesday
of each month
4.30 – 6 pm

In-person

For neurodivergent
young people
aged 12 – 14



Connect Group

3rd Wednesday
of each month
5 – 6.30 pm

Online

For neurodivergent
young people
aged 13 – 16



Teens Group

4th Wednesday
of each month
4.30 – 6 pm

In-person

For neurodivergent
young people
aged 14 – 18

Starting in October 2025 - join anytime

Get in touch

For more information or
to join one of the groups:

Phone or text **07341 264 045**

Email **sima@mindroom.org**

Website **www.mindroom.org**