

2-Year Impact Report 2024 – 2026

Two years of neurodivergent-led delivery across Cheshire East & West – reaching people, building partnerships, and demonstrating what community-centred support can achieve.



What We've Delivered

Two years of sustained, neurodivergent-led delivery across Cheshire East & West – in numbers.


30
InSight Programmes

Delivered across Cheshire East & West, including 7 under the West Cheshire VCFSE contract.


~225
Participants Reached

Neurodivergent adults supported through group programmes over two years.


25
Referrals Made

To 8 partner organisations, with a clear upward trend peaking in April 2026.


2,200
Service Accesses

1,920 through group sessions and 280 one to one sessions.

The InSight Programme

An 8-week group programme supporting neurodivergent adults to understand themselves better, develop practical strategies, and build confidence.


Delivery Model

- ✓ 8 weekly group sessions of 2 hours each
- ✓ Groups of up to 8 participants
- ✓ Delivered by neurodivergent facilitators with lived experience
- ✓ Hybrid offer: in-person and online
- ✓ One-to-one catch-up sessions available throughout
- ✓ Next-step session at programme end


What InSight Covers

- ✓ Understanding your neurodivergent profile
- ✓ Sensory processing and environment
- ✓ Executive function and daily routines
- ✓ Emotional regulation and distress tolerance
- ✓ Communication and relationships
- ✓ Strengths, identity, and self-advocacy
- ✓ Planning next steps and accessing support


Locations

Winsford · Chester · Ellesmere Port · Neston · Frodsham
Macclesfield · Crewe · Congleton · Nantwich · Tarvin

Outcomes

Self-reported improvements from our 7-group dataset, representative of wider delivery.

97%



Communication

Better able to navigate communication more effectively.

76%



Emotional Regulation

Better able to regulate emotions.

67%



Trigger Recognition

Better able to recognise their own triggers.

60%



Interceptive Awareness

Improved awareness of internal body signals.

50%



Thought Control

Feeling more in control of thoughts.

48%



Self-Acceptance

Improved self-acceptance and sense of identity.

How People Find Us

People reach us through a growing network of routes, reflecting strong community, VCSE and NHS engagement.



NHS

36 people referred



Social Prescribers

23 people referred



Community Organisations

31 people referred



Family & Friends

Word of mouth continues to be a key source



Self-Referral

People can contact us directly



ThinkADHD

10 people referred

Our Partnership Network

We work alongside 8 partner organisations across mental health, fitness, arts, and disability-led services to reach neurodivergent adults across the region. Referral momentum is growing – partners are proactively recommending InSight to clients and commissioning further cohorts.

“

Participant T came to InSight with significant anxiety and limited understanding of how ADHD affected daily life. Through the programme, T developed practical strategies for emotional regulation and communication. Post-programme, T reported reduced NHS service use, improved social functioning, and greater confidence in managing their own wellbeing.”

Case Study

Reduced NHS Demand, Improved Wellbeing

Beyond InSight



GP & Professional Training

Delivering neurodivergent awareness sessions to primary care teams, helping GPs better identify and support ND patients before crisis point.



Trip-C

A therapeutic intervention programme for complex presentations – providing structured, longer-term support for participants with higher levels of need.



Youth Federation Partnership

Working with Youth Federation to extend ND-informed support to younger people and strengthen pathways into adult services.

What Comes Next

1

Expand InSight Delivery

Increase cohort capacity and reach more ND adults across the region.

2

Grow Team

Increase and develop our team to support scaling, meet growing demand and reach more communities.

3

Develop Trip-C

Scale therapeutic provision for those with the most complex presentations.

4

Deepen NHS Partnership

Work with ICB and NHS partners to embed ND-informed approaches into system-wide planning.

ND Directed remains committed to building a neurodivergent-led, evidence-informed ecosystem – one that reduces demand on crisis services, improves lives, and demonstrates lasting value to commissioners and communities alike.