



# Your Voice Neurodiverse Agenda

Thursday 5<sup>th</sup> March 2026



## Ground Rules for the group



We want everyone to feel comfortable. If it enables you to feel more comfortable please do turn your camera and microphone off and feel free to put your comments in the chat.

## Welcome



The meeting will start at 6.00pm. Sammy and Sophie from the Your Voice team will welcome everyone to the meeting. We would like everyone to introduce themselves and tell us something about this quick question: what are you looking forward to in 2026

## Final Your Voice Social

This is our last meeting feel free to bring snacks and just hang out for one last time  
Just for our closing social media we would like you to think about these two questions

1. How would they describe the network in one word or phrase?
2. How have they benefited from being part of the network?



## 7.20 Any other business

Are there any good experiences you want to share with us?



## 7.25 – Wellbeing check in

To close the meeting what is something nice you are doing for yourself to look after yourself after this meeting