

Lunchtime Learning: Supporting Neurodiverse Families with Dr Gemma Goodliffe

During the afternoon of 11th September, a small group of staff gathered in the Nancy Rothwell Building for something a little different—a relaxed, welcoming event aimed at supporting those caring for neurodiverse family members.

The event kicked off with lunch and informal chats, giving everyone a chance to connect and share stories. Then came the main event: a talk by Dr Gemma Goodliffe, who brought knowledge and a wealth of experience as both a paediatrician and a Health, Wellbeing and Neurodiversity Coach.

Gemma's talk contained plenty of practical advice and thoughtful insights. She explored how we can better support the neurodiverse people in our lives, touching on everything from sleep and diet to emotions, routines, and creating environments that help people thrive. She also reminded us of something many carers forget: looking after yourself is just as important. For those supporting older children or university students, Gemma shared tips on revision and exam techniques. She also introduced her coaching practice and pointed attendees toward helpful local and national support services.

Throughout the event, the atmosphere was open and engaging, providing 'safe' space for people to share their thoughts. There were also plenty of questions for Gemma and several conversations spilling over after the talk. It was clear that this kind of event really resonated with people—and there's definitely an appetite for more.

So, if you're caring for a neurodiverse family member, keep an eye out for future sessions. You're not alone, and there's a growing community here to support you!



Martin Simmons and Matthew Foulkes

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