



Our Mission, Vision & Values

Mission Statement

Our mission is to provide sustainable, long-term access to non-clinical, peer-led support for Neurodivergent people. As an organisation led by and for the Neurodivergent Community, we are grounded in lived experience, mutual understanding, and collective empowerment.

We create an inclusive space where individuals feel seen, valued, and supported — not as people to be fixed, but as people to be understood. Through connection, shared knowledge, and peer solidarity, we work to build a future where neurodivergent voices are central, respected, and celebrated without judgement.

Our Vision

We envisage a world where Neurodivergent people have lifelong access to community, connection and peer-led support — where no one feels isolated, pressured to mask, or excluded from belonging.

Our Values

1. Lived Experience Leadership

We are led by Neurodivergent people. Our approach is shaped by lived experience, not assumptions. We trust the expertise that comes from navigating the world as Neurodivergent individuals.

2. Peer Support & Mutuality

We believe in the power of peer connection. Support is shared, not prescribed. We create a space where people feel understood without needing to mask, explain, or justify who they are.

3. Long-Term, Consistent Community

We are committed to sustainable, ongoing support — not short-term interventions. Community and trust take time, and we prioritise continuity and stability.

4. Creativity as Connection

Creative and therapeutic practices are central to how we build relationships, regulate emotions, and express identity. Creativity is not an add-on — it is a pathway to belonging and growth.

5. Authenticity & Psychological Safety

We create a space where people can show up as their whole selves. We actively reduce pressure to mask and cultivate environments rooted in respect, consent, and compassion.

6. Strengths-Based Perspective

We recognise Neurodivergence as a form of difference, not deficit. We celebrate strengths, support challenges with care, and centre dignity in everything we do.