



## Winter Newsletter 2017

Welcome to the Winter Newsletter 2017

We hope those of you that have joined us for our Autumn activities have enjoyed them. We had a fantastic Celebration Evening—it is always really exciting to see so many young people come up on stage and receive recognition for all their achievements. We also celebrated our Volunteer of the Year, and this year it went to Lauren Parsons. Lauren has been brilliant throughout the summer activities, attending the youth club week in week out and supporting us with admin and day to day jobs. We are really grateful for all the volunteers we have throughout the year and want to thank them all for their commitment and hard work.



**MEMBERS PAGE** is now up and running so check out exclusive articles.

You can now access our members page online by going on [www.adhdsolutions.org](http://www.adhdsolutions.org) and following these next steps:

1. **Click on Members login**
2. **User name-** Will be the email you have registered with us
3. **Password-** Membership number which can be found on the electronic membership card sent to you or call the centre to find out on 0116 261 0711.

If you would like to unsubscribe from any information we send out please let us know by either emailing us at [info@adhdsolutions.org](mailto:info@adhdsolutions.org) or calling the centre on **0116 261 0711**.

### In this month's newsletter:

- Top Tips surviving Christmas
- Christmas Activities
- Upcoming Support Groups
- Upcoming Courses
- QB Check
- Fundraising
- Membership

ADHD Solutions CIC  
St Gabriel's Community Centre,  
Kerrysdale Avenue,  
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LE4 7GH  
0116 261 0711



[www.adhdsolutions.org](http://www.adhdsolutions.org)



[info@adhdsolutions.org](mailto:info@adhdsolutions.org)



ADHD Solutions UK



@ADHDSolutionsUK



# Top Tips for Surviving Christmas



## Tis the Season to be Jolly!!!



In the films and on adverts, the holidays are a quiet time of peace, love and togetherness. However, it never seems to turn out quite like that! Children with ADHD can find holidays and family occasions over-stimulating beyond their tolerance level. Knowing this, you can better understand your families difficulties and begin employing a few simple strategies that will help make the holidays a happier time for everyone.

## Preparing For Specific Problems

Set aside time before visiting with family to review with your child what your expectations of their behaviour include. Depending on the children's developmental level, some reminders of polite behaviour that are specific to your family can help. For example, "Aunt Sue loves to give you big kisses, but you did not like that last time. Instead, ask her for a big hug." Or "Grandma really likes your please and thank you words. What could I do to remind you?"



## Making a "Plan B"



Before the holiday begins you may want to work out a back up plan. If you know your child can't make it though a long meal, pre arrange for a sibling, cousin or other relative to excuse themselves and the child to another room for a book or game. To prevent potential meltdowns, develop some cues for your child to tell you when they are feeling overwhelmed or impulsive. When they give the signal, quietly remove them from the party or gathering to help talk to them or calm them down.

If they are unable to recognise or communicate their over-stimulation, and their behaviour becomes painfully difficult to witness or control, you and your spouse may work out a plan to leave early. At best, if you plan for the worse case scenario, you may end up pleasantly surprised; or at worst, you won't be caught "off guard" by the meltdown.

### When Relatives Just Don't Understand

The most difficult part of having a peaceful holiday may be your relatives. It is difficult even for parents who know about ADHD to really understand what degree of self control a child may have. This is complicated by the fact that many children may have more than one area of difficulty.



- Tourettes children may not be able to suppress tics for a long time.
- Children with OCD (obsessive-compulsive disorder) may not be able to put down the DS when you're about to sit down to dinner.
- Verbal blurting may not be easily corrected when inappropriate language occurs.
- In addition, depending on their medication levels or on how tired, hungry, or worried you or your child may be, the situation may spin out of control.



### Be Prepared

Imagine how hard it is for grandparents, aunts, uncles, cousins, or friends to understand exactly why your child does not "behave." Some relatives may know a lot about ADHD, but others may simply not understand.

Depending on their receptiveness, some comments and instructions before visiting can help. For example, you may say, "John has some trouble calming down at times so if we leave the table, please go on and we will return when able." If necessary, you may want to use the doctor or your coach as the one responsible for the intervention. It may be acceptable if you say, "the doctor or John's Coach has said to talk to him in private if he has a problem."



# Christmas Party!

**SATURDAY 9TH DECEMBER**

**2PM-5PM**

**£7 per child (Gift + Entry)**

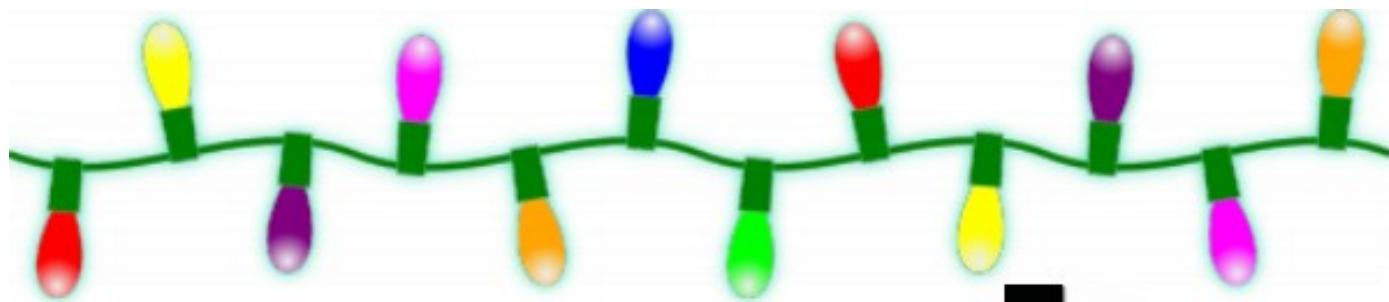
**£2 Entry Fee**

**St Gabriel's Community Centre  
Kerrysdale Avenue  
Leicester  
LE4 7GH**

**Join us for our party this year for all  
the family with a disco, party  
games, raffle, bar and not forgetting  
Santa's grotto!**

**Please bring along a plate of food to  
share.**

**To book contact us on 0116 261 0711**



# Christmas Family Funday

**GAMES/ ARTS & CRAFTS/ CAFE**

**Thursday 21st December 2017**

**10am-2pm**

**St Gabriel's Community Centre**

**Kerrysdale Avenue**

**Leicester**

**LE4 7GH**

**Members £2 / Non Members £5**



**To book contact us on 0116 261 0711**





**YOUNG PEOPLE'S  
ACTIVITY SESSIONS**

Friday

**DECEMBER 22ND**

Members £3 / Non Members £5

8+ Years / Arts & Crafts/Sports

Cooking/Making New Friends/ Plus More

**10AM TO 12.30PM**

St Gabriel's Community Centre

Kerrysdale Avenue

Leicester

LE4 7GH

To book contact us on 0116 261 0711



# YOUTH

## CLUB

ADHD SOLUTIONS

New Friends | Games |

Sports | Outings

If you are in Year 7 aged 11+

**Monday's (Term Time Only)**  
**6:00PM till 8:00PM**

**Kerrysdale Avenue, Leicester, LE4 7GH**  
**£2 for Members/£4 Non Members**  
To contact us call us on  
**0116 261 0711**

# SUPPORT GROUPS

Out and about in the community



Our ADHD support groups provide a great opportunity to meet other people and families going through similar experiences. Pre school children are welcome at daytime groups and the evening group gives children 8yrs and over the opportunity to make new friends (see below for details). They are run by our ADHD Specialist Coaches and Coach Assistant so there is always advice and support on hand.

We have eleven support groups each month covering the Leicestershire region and you are welcome to attend multiple if you choose (see below). If transport is a problem PLEASE speak to your coach as we are able to help.

The groups run during term time and then we provide other activities during the school breaks. Join us via our mailing list and Facebook and you'll receive a reminder about all of our groups.

For more information about our support groups, please call 0116 261 0711 or speak to your coach.

## Leicester Daytime Group

At ADHD Solutions, St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH.

**3<sup>rd</sup> Wednesday of every month: 10am to 12noon. Next meetings: 15th November, 20th December & 17th January**

## Leicester Evening Group

At ADHD Solutions, St Gabriel's Community Centre (see above).

**Last Wednesday of every month: 7pm to 8.45pm. Next meetings: 29th November & 31st January**

There are supervised activities for children, places are limited and booked on a first come, first served basis, but they need to be aged 8 or over. If you'd like to book please call 0116 261 0711. There is no limit on the number of places for adults.

## Adult Support Group (20+ years)

ADHD Solutions, St Gabriel's Community Centre (see above)

**1st Wednesday of every month 7pm-9pm: 6th December & 7th February**

**\*Adult Support group will be charging £5 per person**



# SUPPORT GROUPS

Out and about in the community



## Coalville

Coalville Children & Family Centre, High Street,  
Coalville, Leicestershire, LE67 3EA

**2<sup>nd</sup> Thursday of every month: 10am - 12noon.**

**Next meeting: 9th November, 14th December &  
11th January**

## Hinckley

Hinckley Children & Family Centre, Granville  
Road, Hinckley, LE10 0PP

**1<sup>st</sup> Thursday of every month: 10am - 12noon.**

**Next meeting: 7th December &  
1st February**

## Wigston

The Record Office for Leicestershire, Leicester &  
Rutland, Long Street, Wigston Magna, LE18 2AH

**3<sup>rd</sup> Wednesday of every month 9.30am - 11.30am.**

**Next meeting: 15th November, 20th December &  
17th January**

## Melton Mowbray

Birch Woods I, Grange Drive, Melton Mowbray,  
LE13 1HA

**2<sup>nd</sup> Thursday of every month: 9.30am - 12noon.**

**Next meeting: 9th November, 14th December &  
11th January**

## Lutterworth

Lutterworth Children's Centre (on the leisure centre  
site), Coventry Road, Lutterworth, LE17 4RB

**1<sup>st</sup> Wednesday of every month: 10am - 12noon.**

**Next meeting: 6th December &  
7th December**

## Loughborough

Second Step Studio, Unit 8C, 30 Meadow Lane,  
Loughborough, LE11 1JU

**Last Thursday of every Month: 10am to 12 noon.**

**Next meeting: 30th November , 25th January &  
22nd February**

## Market Harborough

The Satellite Youth Centre, Coventry Road,  
Market Harborough, Leicestershire, LE16 9BX

**2nd Wednesday of every month: 9.30am - 11.30am**

**Next meeting: 8th November ,  
\*Monday 11th December &  
10th January**

## Rutland

Jules House, 1 Cold Overton Road, Oakham,  
LE15 6NT

**Last Wednesday of every month: 9.30am-12noon.**

**Next meeting: 29th November , 31st January &  
28th February**

## New Parks—Leicester

New Parks Children's Centre, Pindar Road,  
Leicester, LE3 9RN

**2nd Tuesday of every month: 10am - 12noon.**

**Next meeting: 14th November, 12th December &  
9th January**

## Nottingham

South Glade Children's Centre, South Glade Road  
Nottingham NG5 5GU

**2nd Tuesday of every month: 9.30am to 12noon.**

**Next meeting: 14th November, 12th December &  
9th January**



Claire Greasley



Jo Alesbrook



Ian Hall



Julie Allen

# EVENING SUPPORT GROUPS



Date	Workshop	What does this cover?
29th November 2017 (7pm-8.45pm)	<i>Scripted Language</i>	<b><u>Do you feel that your children never listen to you?</u></b> We will show you how using positive language can help your child listen and also do what you ask them to do. Learn how to use words as power tools and how to respond to your child in a positive way.
31st January 2018 (7pm-8.45pm)	<i>Diet</i>	<b><u>Are you concerned about your child's weight?</u></b> ADHD friendly diet advice and simple recipes for you to follow as well as which foods to avoid.
28th February 2018 (7pm-8.45pm)	<i>Sleep</i>	<b><u>Do you have problems getting your child to bed or keeping them in bed?</u></b> Come along and discuss bedtime routines and strategies for a restful nights sleep.
25th April 2018 (7pm-8.45pm)	<i>Medication</i>	<b><u>Would you like to know find out more about the different kinds of ADHD medication?</u></b> Medication can offer your child a window of opportunity. Come along and discuss any concerns and anxieties you may have
27th June 2018 (7pm-8.45pm)	<i>Social Media</i>	<b><u>Do you know what your child is viewing or signing up to?</u></b> Tips and advice on keeping your child safe when using technology.

While parents/ carers attend the workshop the young people (8+ years) will be able to come along and take part in supervised activities. This will give them the opportunity to make new friends, and if your family is new to our service give them the opportunity to meet the staff team and get them used to coming to the centre ready for the school holiday activities.

They will—have fun, improve their social skills and interaction with their peers, have the opportunity to chat with the coaching team, learn things about ADHD and gain strategies for managing different situations.

These places are available for children diagnosed or suspected of having ADHD and their siblings, places are limited and **MUST** be booked. They are offered on a first come first served basis. Please contact us on 0116 261 0711 to book your places.

# Complete ADHD Toolkit (CAT)



To meet the requirements of the NICE guidelines for ADHD, we offer an intensive 6 session programme for parents plus an appropriate young people's session to support families where there is a child or young person diagnosed with, or suspected of having, ADHD.

## Initial assessment

Families will receive an initial assessment from a specialist coach to identify the level of need and an explanation of the course

## Session 1

All About ADHD - Parents/Carers to gain knowledge around how ADHD works and how it impacts on executive functions

## Sessions 2 and 3

Behaviour Management Strategies - Using ADHD Solutions to Behaviour parents/carers are provided with age appropriate strategies and advice to manage their child/young person's behaviour in a positive way

## Session 4

Review, Communication and Talking about ADHD to Young People - Review of strategies used so far; parents/carers will look at how to communicate effectively and how to talk to their child/ young person about ADHD

## Session 5

Sleep, Diet and Medication- Parents/Carers will be given advice to improve their child/young person's well being around ADHD and Parents/Carers will have the opportunity to discuss FAQ's around medication

## Session 6

Review, Self-Esteem and Confidence - Parents/Carers will review the course and obtain advice on how to raise self-esteem and confidence for themselves and their child/young person

## Young Person's Session

Young Person's Session - a session appropriate to the Individual child's/young person's needs

## Follow up Support

Parents/Carers to access support through 1:1 drop in sessions and support groups within local communities. 3 and 6 month review sessions with an ADHD specialist coach

If you are interested in the above CAT Course please contact your coach or ring the centre on 0116 261 0711

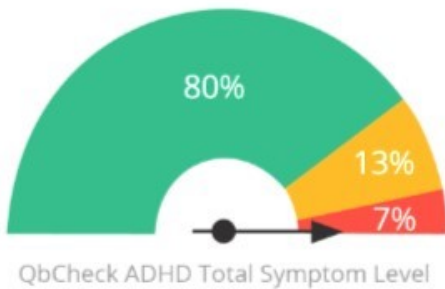
### All About ADHD

Coalville- Tuesday 16th January 2018- 9.30am-11.30am-Venue TBC

Cost- Members -Free

Non Members- £10

# QbCheck



**MEASURE** efficiently and cost effectively add objective data to ADHD assessments.



**COMPARE** performance to people of the same age and gender as the test taker both with and without ADHD.



**ACT on ADHD** Get reliable data that can strengthen your referral or diagnostic process.

**QbCheck** is a great scanning tool that is quick and reliable. It can be used for test takers aged between 6-60 years of age.

Contact **Harks Flora** on **0116 2610711** to book your QbCheck.

**£75 - Members**

**£100 - Non Members**



# FUNDRAISING 2017/2018

**Thank you and well done to everyone who has helped raise funds for ADHD Solutions so far.**

Our total from 1<sup>st</sup> September until going to print is **£995.74**. This has been raised through a sponsored run, Halloween Café, company fundraising, round pound appeal, loose change donation, Local Giving and Celebration Evening Raffle. Our fundraising target for September 2017-August 2018 is **£10,000** so please support the events below and/or organise a fundraising event yourself!

Please look out for our upcoming events:

**#mumdisco** – a fundraising disco in Lutterworth in November – all tickets have been sold without advertisement! Watch this space and Facebook to see how much is raised!

**Loughborough Christmas Market stall** on Saturday 16<sup>th</sup> December – please come along to support us.

**Christmas Party** on 9<sup>th</sup> December at the centre

**Family Fun Day** on 21<sup>st</sup> December at the centre

**Chef & Spice fundraising dinner and raffle** on 6<sup>th</sup> February 2018, £15 per ticket and £9 is donated back to ADHD Solutions!

One of our young people is organising fundraising events so please keep an eye on Facebook to support him.

## Lovely Christmas Presents with donations to ADHD Solutions!

**Box Clever Press** – [www.boxcleverpress.com](http://www.boxcleverpress.com) - will donate **40%** of any orders over £100 to ADHD Solutions. There are some fantastic diaries, calendars and organisers for busy parents. Have a look at the website and then please order through Kerry Norton:

**07967595337** [kerry.norton@hotmail.co.uk](mailto:kerry.norton@hotmail.co.uk) for us to receive the donations.

Pay by cash, bank transfer or paypal.



**ORDER BY 30<sup>TH</sup> NOVEMBER**



**ADHD Solutions  
Fundraising Meal  
& Raffle at Chef & Spice**

**Tuesday 6th February 2018  
7pm for 7.30pm**

**Chef & Spice will donate £9 back to ADHD Solutions from the cost of the ticket! So come along and help us raise some money!**

*£15 per person (aged 16+ only)*

*Buffet-style meal -  
vegetarian options available.*

*Raffle prizes.*

**Chef & Spice, 1 Andrewes Street, Hinckley Road, Leicester**

**LE3 5PG**

**Contact us on 0116 2610711 to book tickets!**



# Vote for us in the Aviva Community Fund



<https://community-fund.aviva.co.uk/voting/project/view/17-4306>

## **PLEASE VOTE FOR ADHD SOLUTIONS FOR THE AVIVA COMMUNITY FUND**

We have put in a bid for funding of between £10,001 to £25,000 to run Get a Grip courses for young people 16+. Please follow the link below to vote for our project - we need as many votes as possible, so please share this with as many people as possible and encourage them to vote. This would make a big difference to ADHD Solutions and the young people we support.

<https://community-fund.aviva.co.uk/voting/project/view/17-4306>

This course helps young people with ADHD to understand their ADHD, and covers: Self Esteem and Relationships, Time Management, Organisation and Planning, Money and Finance, Healthy Lifestyles, Addictions, Communication and Social Skills, College, Employment, CVs and Interviews.

**Votes close on Tuesday 21st November 2017**

Thank you

# Membership

From April 2016 to access our services for free we need everyone—existing and new families to join our membership which is for the whole family for the whole year. Costs just £40 per year when you join or renew your membership .

You pay a one off payment using the following methods: **Ways to join:**

- **CASH**
- **CARD** (Telephone card payments can be taken)
- **CHEQUE** (Made payable to ADHD Solutions CIC)
- **PAYPAL** (Includes a £1 charge to cover costs- £41)
- Telephone the Centre on 0116 261 0711
- At your local Support Group
- Sending us a cheque
- If you would like to pay by Card please contact Trisha on 0116 261 0711

**Benefits you will receive from joining our membership :**

OUR SERVICES	Members for only £40 (Single payment for 12 months)	Non Members
Facebook (ADHD Solutions UK)	✓	✓
Regular Newsletters by Post or Email	✓	Only via our Website
All our Support Groups	FREE	£5
One to one Drop In (1 Hour pre booked coaching)	FREE	£50
*Adult Support Group	£5	£5
<b>Courses</b>		
1-2-3 Magic	✓	£30
Step Up	✓	£20
PCT	✓	£40
Workshops	✓	£10
Trips @ a discounted rate	✓	X
Discounted Activity Days	✓	X
Get a Grip Course	FREE	£50
Youth Club	£2	£4
Sensory Room (per hour)	£5	£10
Sensory Toys & Book Library	✓	£2 an item
10% off Venue Hire for birthday parties, functions and events @ the Centre	✓	X

Speak to your coaches or call the centre for more details or to join with us TODAY!

\*Adult Services are completely separate and NOT included in family membership. Adults will be classed as anyone aged 20 years or older.

