

Spring Newsletter 2018

Welcome to our Spring 2018 Newsletter

We packed February half term with lots of activities. Our young people's sessions offered arts and crafts including lantern decorating for the Chinese new year, alongside sports and making pancakes for pancake day. Followed by our family trip to Twinlakes in Melton Mowbray. It was definitely a fun filled day for our families and staff who went.

We have more exciting activities for Easter so get booking now! See **pages 4-7** for upcoming activities including our rambling adventures, Easter family fun day, young peoples session and our family trip to Think Tank Museum in Birmingham. To book your places for any of the Easter activities contact the centre on 0116 261 0711.



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 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 or calling the centre on **0116 261 0711**.

In this month's newsletter:

- Transition Article
- Easter Activities
- Upcoming Support Groups
- Upcoming Courses
- QB Check
- Love Blaby Lottery
- Fundraising
- Membership

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



www.adhdsolutions.org



info@adhdsolutions.org



ADHD Solutions UK



@ADHDSolutionsUK



Transition



Moving from one year group to another and especially moving up to secondary school can be a very challenging time for your child – and for you! Here are some things to think about to help make transition as smooth as possible.



Make sure that your child has had ample opportunity to visit their new classroom/school. Ask for additional visits to ensure that they are familiar with where they are going.

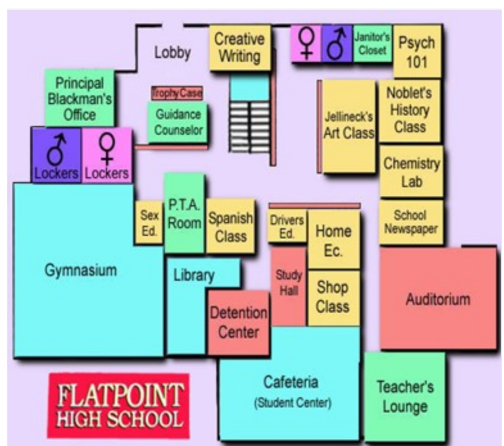
Ask for photographs of the school so that you can make a social story book - include photographs of the entrance, toilets the playground and dining room

Is the school easy to get around? Do they provide a map or a guide to help your child find their way? Ask what is the policy if your child gets lost and is late for a lesson – remember it will take much longer for them to find their way around the building than other children. Ask for a map so that you can practice and talk about where the key areas are and plan routes. Is there a buddy system they could access?

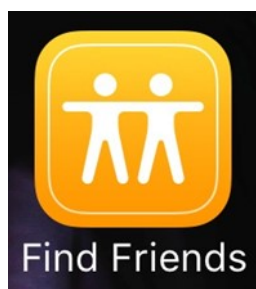


Make sure you have all their uniform, school bag and equipment in plenty of time so they don't panic about not being ready. Spend some time allowing them to wear their uniform in the summer so they can get used to putting it on, the feel and textures. If there are any issues then it gives you the opportunity to cut out labels, wash with softener or purchase seam-free under garments to try and deal with these sensory issues.

It is important to start talking to the school about your child as early as possible.



Provide staff with as much information as they need to build their understanding of your child and strong relationships from the off.



Practice the travelling-to-school drills. Many children will have to negotiate buses and trains on their own for the first time. Talking through some of the scenarios they may face, reminding them of how to keep safe and taking them on some dummy runs over the summer holidays is strongly advised.

The strategic use of mobile phones can be particularly helpful here e.g. Apps like 'Find Friends'



Create a homework station. Make sure your child can easily access a computer (and ideally a printer), digital camera and craft materials. Lunchtime or after-school homework clubs can help kids get into the homework habit and provide helpful resources. An hour of homework in the school setting, with appropriate support from staff who know the subject could actually take an hour! At home, that hour could well be extended much longer, to everyone's frustration.

Organise a space at home specifically for your child to focus on study and store their not-inconsiderable number of books. Get up earlier during the last week of the holidays so that early starts for school aren't a shock to the system.

Get a copy of your child's timetable. These can sometimes look very complicated. Go through the timetable with your child, breaking it down, colour coding and talking about how it works.



Talk about the time of lessons and how best to get from one place to another. Encourage them to start wearing a watch - digital is best to start with.

This is much easier when you also have that map of the school.

Monday	Tuesday	Wednesday	Thursday	Friday
A101 English 2	B102 Math	B009 German 1	B102 Math	A050 German 1
A101 English 2	B102 Math	B009 German 1	B102 Math Gym Spor	A101 English 2
	B302 Biology	A050 English 2	B103 Religion	A050 History
	B302 Biology	A050 History 1	B103 Religion	

Attach a picture of you here!

Your name:
D.O.B:



Medication:

Allergies:

Things people like about me:

I am good at:

How I would like to be supported:

Creating a one page profile is a really helpful and something we use for the children and young people who join in with our summer activities. It is a great opportunity to share key information in a user-friendly and easily shareable way.

Typically this would include:

- Name & photo
- Diagnosis / medication
- What I'm good at / Things I find difficult
- Ways you can support me

It is important to discuss and give a copy of this to the SENCo at the school.

Summer Activities 2018 will run from 23/07/2018 to 17/08/2018.

Keep a look out on our Facebook page and our next newsletter for all the exciting details!

Rambling

Adventure

Monday 26th March &

Friday 6th April 2018

Age - 8 +years

£15 -Members / £20- Non Members

Beginners are welcome to come along on Friday 6th April Walk

Monday 26th March 2018- This will be a longer more adventurous walk for those that have walked with us before.

Friday 6th April 2018- This will be along the Monsal Trail in Derbyshire. Beginners are welcome. If your child would like to come on camp please book them on a walk.

Children will need to make sure they wear walking shoes or boots, bring a pack lunch, water bottle and waterproofs just in case.

Places are limited, so book quickly to avoid disappointment by phoning us on 0116 261 0711

Summer Activities 2018 will run from 23/07/2018 to 17/08/2018.

Keep a look out on our Facebook page and our next newsletter for all the exciting details!

ADHD Solutions presents

E A S T E R F A M I L Y
FUNDAY

28th March 2018

St Gabriel's Community Centre

Kerrysdale Avenue

Leicester

LE4 7GH

Sat Nav- LE4 6RG

Members- £3 per person

Non Members-£5 per person



****Easter Chocolate Hamper Raffle****

To book your places contact us on: 0116-261 0711

Summer Activities 2018 will run from 23/07/2018 to 17/08/2018.

Keep a look out on our Facebook page and our next newsletter for all the exciting details!



Young People's Activity Session



Thursday 29th March 2018
AM Session 10am-12.30pm/
PM Session 1.30pm-4pm

Members- £3
Non Members-£5
St Gabriel's
Community
Centre,
Kerrysdale
Avenue,
Leicester,
LE4 7GH

Our Activities:
Arts+ Crafts,
Sports, Cooking,
Making New Friends
and More!

Book now!
0116 261 0711

Summer Activities 2018 will run from 23/07/2018 to 17/08/2018.

Keep a look out on our Facebook page and our next newsletter for all the exciting details!

**ADHD Solutions
Family Trip
to**

thinktank

Birmingham Science Museum

**Thursday
5th April 2018**

**Depart: 9am from
Leicester, Abbey Street**

**Return: 5pm (Leaving
thinktank for 4pm)**

Adults- £15

cost: 3-19years- £10

Under 3's- Free

* there is a cost for the Planetarium, tickets can
be purchased at the ticket office on the day.



**Have fun
learning science &
technology!**

**From Steam engines, talking Robots,
the science garden & much more !!
It has over 200 hands on displays to
get involved with!**

**Call to book on:
0116 261 0711**



thinktank
Birmingham science museum



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 our Coach Assistant so there is always advice and support on hand.

We have ten 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.

If it's your first time attending a support group it is free but there on after there are charges if you're not a member. **Members- Free or Non Members- £5 per person**

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 Evening Group

At ADHD Solutions, St Gabriel's Community Centre Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH
Last Wednesday of every month: 7pm to 8.45pm. Next meetings: 25th April, 27th June & 22nd August (Family Picnic in the Park)

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)

Our adult support group is for adults who are diagnosed with, or who suspect they may have ADHD. It's a really nice supportive group with new members joining all the time.

There is a [charge of £5 to attend](#) (but free the first time you come along).

For more info please call Ian on 0116 261 0711.

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

1st Wednesday of every month 7pm-9pm:

7th March , 2nd May & 6th June

SUPPORT GROUPS

Out and about in the community



Coalville

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

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

**Next meeting: 8th March, 12th April,
10th May & 14th June**

Hinckley

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

1st Thursday of every month: 10am - 12noon.

**Next meeting: 1st March, 3rd May &
7th June**

Wigston- ** NEW DATES**

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

Wednesday of every month 9.30am - 11.30am.

**Next meeting: 21st March, 11th April &
9th May**

***From April it will be 2nd Wednesday of every month**

Melton Mowbray- **NEW VENUE**

Venture House Youth Centre, Asfordby Road,
Melton Mowbray, LE13 0HN

2nd Thursday of every month: 9.30am - 12noon.

**Next meeting: 15th March, 12th April,
10th May & 14th June**

Lutterworth

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

1st Wednesday of every month: 10am - 12noon.

**Next meeting: 7th March, 2nd May &
6th June**

Loughborough

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

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

**Next meeting: 22nd March, 26th April,
24th May & 28th June**

Market Harborough

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

2nd Wednesday of every month

**Next meeting: 14th March (1pm-3pm) , 11th April,
9th May & 13th June (9.30am-11.30am)**

Nottingham

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

2nd Tuesday of every month

**Next meeting: 13th March & 12th June (12.30pm-2.30pm)
8th May & 10th July (9.30am-12noon)**

Rutland

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

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

**Next meeting: 25th April, 23rd May &
27th June**

Leicester

St Gabriel's Community Centre, Kerrysdale Avenue,
Rushey Mead, Leicester, LE4 7GH

3rd Wednesday of every month: 10am - 12noon.

**Next meeting: 21st March , 18th April,
16th May**

*** Notice we will no longer be running the New
Parks Support group from 1st February 2018**



Claire Greasley



Jo Alesbrook



Ian Hall



Julie Allen

EVENING SUPPORT GROUPS



Date	Workshop	What does this cover?
25th April 2018 (7pm-8.45pm)	<i>Medication</i>	<p><u>Would you like to know find out more about the different kinds of ADHD medication?</u></p> <p>Medication can offer your child a window of opportunity. Come along and discuss any concerns and anxieties you may have.</p>
27th June 2018 (7pm-8.45pm)	<i>Social Media</i>	<p><u>Do you know what your child is viewing or signing up to?</u></p> <p>Tips and advice on keeping your child safe when using technology.</p>

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.

All About ADHD

Wednesday 21st March 2018 (7pm-9pm)

Venue: St Gabriel's Community Centre, Kerrysdale Avenue, Leicester , LE4 7GH (Sat Nav: LE4 6RG)

Cost- Members -Free

Non Members- £10

Tuesday 8th May 2018 (12.30pm-2.30pm)

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

Cost- Members -Free

Non Members- £10

If you are interested in the CAT course below or any other courses please contact your coach or ring the centre to find out more information about dates and venues on 0116 261 0711

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

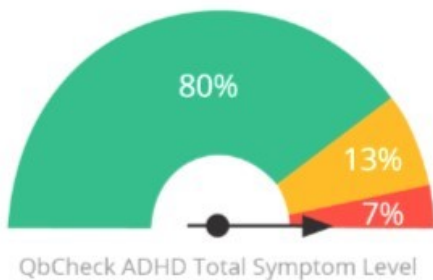
Young Person's Session

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

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.

Cost of the Qb Check will be effective from 1st January 2018

£100





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

LOVE YOUR COMMUNITY?
LOVE BLABY
LOTTERY

supporting



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a Love Blaby Lottery page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other good causes in Blaby District!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

To Start Supporting, Visit:
www.BlabyLottery.co.uk

And Search For:
ADHD Solutions



Supporters must be 16 years of age or older

FUNDRAISING 2018

THANK YOU to everyone who has helped raise funds for ADHD Solutions so far!

Since Christmas we have raised over £2000 towards our target of £10,000. This is on top of **£5379.25** that we raised from September to December! This has included donations and our fundraising meal and raffle at Chef & Spice. Thank you so much to everyone that bought tickets and/or donated raffle prizes to raise a fantastic **£1800**. We had a great night and look forward to the next one!

Love Blaby Lottery!



Don't forget our Love Blaby Lottery. It's already started and so far we have sold 52 tickets. This means that we will receive £1352 for the year from January. Just from you buying lottery tickets!

You can win up to £25,000 so it's really worth supporting ADHD Solutions and having the chance to win! Go to <https://www.blabylottery.co.uk/support/adhd-solutions-cic> to register and buy your tickets.

Please help! We need your old clothes

ADHD Solutions needs your old clean clothing, paired shoes, bed linen and blankets (not quilts/pillows though thanks), handbags and belts for our clothing bank. It's situated in our car park and we receive 50p per kg of items. Many thanks to everyone who's donated items.

Please bring them to the centre or to any support group. If you need us to collect them from you, please call us on 0116 261 0711.



WE NEED YOUR FUNDRAISING HELP

If you have any fundraising ideas to help raise money for ADHD Solutions please let us know so that we can advertise your event.

We really appreciate your support to help us continue our work of supporting children, young people and adults with ADHD, their families and anyone who works with them.



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
Courses		
1-2-3 Magic	✓	£30
Step Up	✓	£30
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.*

