



Newsletter

for professionals working with children, young people and adults with ADHD, and their families and carers.

Summer 2018

Issue 1

Welcome to our Summer 2018 Newsletter

ADHD Solutions is an organisation set up to provide information, help and support for children, young people, and adults with ADHD - Attention Deficit Hyperactivity Disorder - their families and anyone who supports them or works with them. We work in Leicester City, Leicestershire, Rutland and Nottinghamshire.

We offer training and support to schools, colleges, universities and other organisations that work directly with families or work in areas such as housing with service users who have ADHD. By accessing our training and events staff become more able to develop strategies within the workplace; children, young people and adults and families have more support through the training staff receive and as an organisation we are able to generate income to then go on to support more families.

In this issue you will see what is coming up for professionals and see what support families can access.

Activities for children, young people and families

To find out about our activities for children, young people and families please go to our newsletter on the resources page of our website <http://cmsms.adhdsolutions.org/index.php?page=resources> and for our summer activities please use the link below : <http://cmsms.adhdsolutions.org/uploads/SUMMER%20BROCHURE%20>

UPDATED REFERRALS FORM

Our new referral form includes consent to contact parents to meet the new GDPR requirements.

REFERRALS -You can access our referral form online by going on www.adhdsolutions.org and following these next steps:

1. Click on Resources on the left-hand search bar
2. Go to AGENCY REFERRAL FORM.doc

Our membership for families is £40 per year and gives access to a variety of courses, groups, activities and other useful resources. Please see the membership section of our website for more information.

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**.

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LE4 7GH
0116 261 0711



www.adhdsolutions.org



info@adhdsolutions.org



ADHD Solutions UK



@ADHDSolutionsUK



We have a fantastic opportunity for you to attend our ADHD Conference at our centre on 6th July 2018. There will be a celebration of the ADHD Solutions Kitemark for Primary Schools with schools attending who have been through the process to talk to, workshops on a variety of subjects and a chance to hear Fintan O'Regan talk about working with pupils with ADHD in schools.

adhd conference and celebration of kitemark

"This conference is for everyone working within the Education system who are passionate about supporting children and young people to reach their full potential." - Christine Jarvis, CEO of ADHD Solutions CIC

Venue

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

Date

Friday 6th July 2018

Time

9 am - 3:30 pm

Cost

£100

Price includes refreshments
and lunch.

Guest Speaker Fintan O'Regan MA (Management), PGCE, BSc Hons

"Fintan is one of the leading behaviour and learning specialists in the UK. He is currently an SEN and Behaviour Consultant for the Schools Network and an associate lecturer for Leicester University, the National Association of Special Needs, Tribal Education and the Institute of Education."

He is currently the Vice Chairman of UKAP and a member of the European ADHD Alliance. He has been the chairperson of the European ADHD Taskforce, and is a current member of the Special Education Consortium and the SpLD Assessment Standards Committee."



To book please contact us on

Telephone: 0116 261 0711 or

Email: info@adhd-solutions.org



The first round of our ADHD Solutions Kitemark for Primary Schools in Nottinghamshire has now finished and we are now working with Leicester City and Leicestershire Schools as well as some more Nottinghamshire schools. The feedback has been excellent and an evaluation will be presented at our ADHD Conference on 6th July. We are now looking at our round 3 availability so please contact us on 0116 2610711 to discuss signing up for this in-depth and thorough ADHD Kitemark.

“The staff really enjoyed the training. They thought, like I did that they knew about ADHD but had a massive wake up call to the impact it has on children and also the inattentive children as they are a group we have been slowly starting to worry about but had been labelling it as ‘something’ is going on with them.” - Head Teacher that has undertaken the Kitemark for their primary school.



ADHD Solutions

ADHD solutions aims to provide training and support to your school to enable them to achieve the Kitemark and make a real difference to those pupils with ADHD traits.

- Knowledge
- Confidence
- Progress
- Reduction in exclusions
- Better understanding of ADHD
- Improved relations between home and school
- Increase in self esteem and confidence

Currently £1,700 per school or
£1,500 per school for 10 schools
signing up together



Contents of the Kitemark

There are 5 elements to the ADHD Solutions Kitemark for Primary Schools to develop staff in working with young people with ADHD. This is a year long process to embed the following skills and outcomes:

- Knowledge
- Confidence
- Progress
- Reduction in exclusions
- Better understanding of ADHD
- Improved relations between home and school
- Increase in self esteem and confidence

1 Initial visit and questionnaires completed

2 3 hours of Core Training-Understanding ADHD and ADHD Strategies to use within school. This includes looking at what ADHD is, understanding how the ADHD brain works and recognising ADHD traits. Also strategies to use within the classroom and unstructured times. Looking at all areas of executive functions and how best to support children.

Training can be delivered as part of a staff meeting, inset day, during the school day or after the school day. This can be discussed during the initial visit and sessions can be booked in for the year. If there are specific issues schools would like support with we can also discuss those.

3 5 x 2 hours of joint training around the elements of the Kitemark

Each school will identify at least 2 representatives who will be expected to attend the 5 joint working sessions over the year.

The 5 elements are:

1. The Environment
2. Training and Support
3. Teaching and Learning
4. Communication
5. Home-School Partnership

4 Portfolio and ADHD Toolkit - Each school will information for their portfolio in line with the framework and ADHD solutions will provide resources to create your ADHD toolkit.

5 10 hours of individual training or coaching. In addition to the core training you will be allocated 10 hours of individual school training. This can be used either in the format of workshops or observations and strategies for individual children/support staff/teachers.

On completion of the Kitemark there will be a presentation and celebration event. This will be followed by a review visit one year later.

ADHD Solutions provides training to schools and other organisations based on the number of people and the different levels of training required.

We have behaviour management workshops and other services available in our ADHD Solutions CIC Training & Support Packages brochure. The brochure can be accessed online or call our centre on 0116 2610711 for one to be emailed to you.

[ADHD Solutions Training package 2017-2018.pdf](#)

Please see below for costs of our ADHD Awareness and Strategies packages of training.

ADHD Awareness & Strategies Packages

ADHD Solutions can offer you 3 different packages;

Awareness Package 1:

Awareness Training for ADHD and brief general strategies for

Participants	Duration	Cost
Up to 30 people	2 Hours	£375
Over 30 people	2 Hours	£750

Awareness Package 2:

An introduction to ADHD and specific management strategies for your organisation (4 hours)

Participants	Duration	Cost
Up to 30 people	4 Hours	£500
Over 30 people	4 Hours	£1000

Awareness Package 3:

An in-depth training package of ADHD, co-morbidities, specific management strategies and a suitable behaviour management programme for your organisation (Full day)

Participants	Duration	Cost
Up to 30 people	Full Day	£600
Over 30 people	Full Day	£1200

ADHD Solutions provides a day's training for individuals from organisations working with children and/or families of children with ADHD. This is a great opportunity to meet other professionals and improve knowledge and skills. This is appropriate for school staff, family support staff and any other professional that would benefit from this comprehensive training.

MULTI-AGENCY TRAINING

adhd awareness and practical strategies

Would you like to know more about ADHD and how to manage children, young people and families affected by the condition?

The training will give the attendee an introduction to ADHD, all about the condition, how it is diagnosed and the impact it can have on children/young people and their families.

Up to date practical strategies on how to manage challenging behaviours associated with ADHD to use at school, in the community and at home.

An introduction to research proven behaviour management programmes such as; "1-2-3 Magic" and "Parenting Challenging Teens".

The training is for anyone who works with children/young people suspected or diagnosed with ADHD and/or their families.

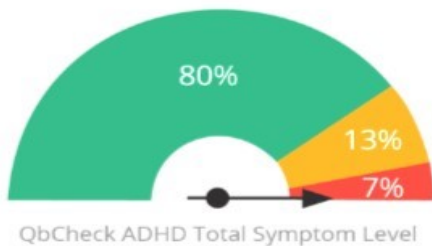
- **Friday 5th October 2018 9.30am-3.30pm - Early Years MAT**
- **Friday 2nd October 2018 9.30am 3.30pm - MAT**
Both £100 per delegate at our centre in Leicester
- **Monday 1st October 2018 9.30am—3.30pm - MAT**
£150 per delegate at Institute of Mental Health, Nottingham University, Triumph Road, NG7 2TU

We can arrange training in your area at a cost of £150 per delegate—please contact us to discuss your requirements or register your interest in a specific training day—details of training days will be on our website.



ADHD Solutions is licensed to carry out the Qb check which is suitable for children and adults aged 6-60. The report can be used in a number of ways: to support a clinical decision by a GP to refer, or not, for a full assessment of the child's/adult's symptoms by community Paediatrics, CAMHS or Adult Mental Health Services; to support a school's decision to make a SPA referral, ; parents can take the report to their GP to support their request for an assessment referral for their child; adults can use the test to decide whether or not to pursue a diagnosis and to take the report to their GP to support their request for an assessment. A copy of the report can be included with referrals.

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



ADHD Solutions provides workshops and courses for parents and carers.

All About ADHD provides an insight into how a brain with ADHD works, the effect on the executive functions and the positive attributes of ADHD. This two hour workshop gives parents and carers the opportunity to meet with other parents and ask relevant questions.

Our 123 Magic courses are positive parenting courses over two separate days, both days need to be attended. This course looks at how to manage a child's behaviour using positive strategies. The benefit of doing this in a group is that parents can gain knowledge and ideas from each other and develop strategies for use in the home and elsewhere.

1-2-3 Magic

Tuesdays 18th September & Tuesday 2nd October (9.30am—2.30pm)

Saturdays 8th & 22nd September (10am-2.30pm)

Wednesdays 14th & 28th November (9.30am-2.30pm)

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

Cost— Members -Free

Non Members- £30 per person

Parents need to book onto the above course by calling 0116 2610711.

Tel: 0116 2610711 Email: info@adhsolutions.org