



## Autumn Newsletter 2018

### Welcome to our Autumn 2018 Newsletter

We hope you have had a great summer ? We definitely have, spending time doing exciting things with your fantastic young people! They have amazed us with their creativity, willingness and sense of adventure. The empathy and support shown towards each other especially during the more challenging tasks was outstanding. We have loved all the positive comments made by outside activity staff and members of the public about their behaviour and enthusiasm. We are looking forward to seeing you all at our celebration event on **Friday 28th September** where certificates will be given out see **page 6** for more details. Don't forget October half term is coming soon see pages 7 & 8 to see what activities we have on.



**MEMBERS PAGE** - 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:

- Mindfulness
- Celebration Evening
- October Half term Activities
- Upcoming Support Groups & Courses
- QB Check
- Function Rooms
- Fundraising
- Quiz Night!
- Membership

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



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



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



ADHD Solutions UK



@ADHDSolutionsUK



# Mindfulness



People with ADHD will often describe a head that is full of all sorts of lists, jobs, ideas and spend their whole life with their mind wandering and careering from one thing to another without taking the time to stop and take stock.

Mindfulness resonates for many people, but especially those with ADHD. Because a mindfulness practice can help us pay attention better, resist distractions, be less impulsive, remember what we are doing in the moment, prevent mind wandering and regulate our own emotions, it is helpful whether we have ADHD or not. But it holds special interest for those with ADHD.

Most of us will spend our lives thinking/worrying about yesterday today or tomorrow! Work on automatic pilot rarely live in the present and don't pay attention to the moment.

### ASK yourself a QUESTION

- When you drive to work or home how much of the journey do you remember? What were you thinking about on the journey?
- When you take a shower or bath how aware are you of what you are doing? What were you thinking about?

By taking time out to understand what is going on around you can make better choices. Mindfulness helps us to recognise feelings without becoming caught up in them and to live in the present not the past or the future!

Evidence shows that after 8 weeks of Mindfulness (in adults):

- *brain composition has changed*
- *consistent attentional focus is increased*
- *Sensory processes are enhanced*



Mind Full, or Mindful?

### 15 Things Mindful People Do Differently

- 1 They don't believe their thoughts - and they don't take them all that seriously
- 2 They don't try to avoid or deny emotions
- 3 They understand that all things come and go
- 4 They do one thing at a time
- 5 They turn everyday tasks into mindful moments
- 6 They practice being curious
- 7 They get outdoors and embrace the beauty of nature
- 8 They enjoy every bite when they eat
- 9 They slow down when reading and truly take the information in
- 10 They are fully present when listening without trying to control or judge
- 11 They take mini-breaks every hour or so when working or studying.
- 12 They laugh at themselves
- 13 They focus on what they're doing
- 14 They challenge existing beliefs
- 15 They nourish their bodies

## The benefits of Mindfulness include

- Helping individuals to:
- Reduce mind wandering
- Recognise, slow down or stop automatic and habitual reactions.
- Respond more effectively to complex or difficult situations.
- See situations more clearly
- Become more creative
- Achieve balance and resilience at school/work and at home
- Mindfulness can support development of Life skills for CYP
- Teach children and young people to sooth and calm themselves
- Help people pay attention and reflect on their actions and relationships
- Give a practical set of skills

People with ADHD have patterns that need breaking, for instance you are invited to go camping for the weekend

**Choice** – who would like to come camping – immediate yes

**Panic** – realizes what that means – 3 hrs in the car each way, 2 nights away, lots of people

**Auto Pilot** – goes along with the plans, doesn't want to let people down

**Overwhelmed** – what to wear, what to say, where staying, journey, who will be there

**Experiences** – lots of people, what if I say the wrong thing

**Expectations** – everyone will know each other, they will all know how to camp,

**Comparison** – will I be as good as x.



Mindfulness can help separate fact from fiction and make decisions based on fact. The aim is to be in control of thoughts and feelings – not them controlling you.

Mindfulness can help support children and young people (and the adults) with:

- Attention skills
- Concentration skills
- Vocabulary development
- Emotional literacy
- Self-awareness
- Self-esteem
- Self- regulation
- Being happy and experiencing new things
- 

**Look out for a Mindfulness workshop in a future Evening Support group !**

# A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

**S**  
**Stop**

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

**N**  
**Notice**

What is happening within and around you?

**A**  
**Accept**

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

**C**  
**Curious**

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

**K**  
**Kindness**

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

*By Carla Naumburg, PhD (carlanaumburg.com)*

## Moving from Doing to Being

### Doing

- Thoughts: **Overthinking, emotional quicksand**
- Feelings: **Anxious, fearful, angry**
- Sensations: **Exhausted, panic attacks**
- Behaviour: **avoidance, over busy, repeat unhelpful patterns**
- Result: **continue to worry, stay in a rut, depression/anxiety continues**

### Being

- Thoughts: **suspend judgement, observe and accept**
- Feelings: **turn towards them, meet with compassion**
- Sensations: **focus moment to moment on what happening in the body**
- Behaviour: **mindfulness practice habit releasers**
- Result: **living that is 'moment rich', better decision making, explore new avenues**



# Mindfulness Exercises You Can Try Today

## 1. Mindful Breathing

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. If you can sit down in the meditation (lotus) position, that's great, if not, no worries.

Either way, all you have to do is be still and focus on your breath for just one minute.

1. Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
2. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
3. Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
4. Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.

Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

If you are someone who thought they'd never be able to meditate, guess what? You are half way there already!

If you enjoyed one minute of this mind-calming exercise, why not try the one below?

## 2. Mindful Observation

This exercise is simple but incredibly powerful because it helps you notice and appreciate seemingly simple elements of your environment in a more profound way.

The exercise is designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or hopping on and off trains on the way to work.

1. Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.
2. Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows.
3. Look at this object as if you are seeing it for the first time.
4. Visually explore every aspect of its formation, and allow yourself to be consumed by its presence.
5. Allow yourself to connect with its energy and its purpose within the natural world.



# CELEBRATION EVENING

Friday 28th September  
6.45pm to 9pm

£2  
Per Person

At ADHD Solutions

Evening to celebrate our young people's achievements throughout the summer activities. Certificates will be given for all those who took part. Cost contributes towards the buffet.

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



Contact us on:  
0116 261 0711  
To book your places!



# Rambling

## Adventure

Monday 15th & 22nd October

Derbyshire

Age - 8 +years

Beginners are welcome

£15 -Members / £20- Non Members

The length of the walk will be approximately 8 miles. 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 0116 261 0711



# Young People's Activity Session



**Tuesday 16th + 23rd October 2018**

**Thursday 18th + 25th October 2018**

**AM Sessions only 10am-12.30pm**

**Members- £3**  
**Non Members-£5**

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

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

**Book now!**

**0116 261 0711**





# YOUTH

## CLUB

ADHD SOLUTIONS

New Friends | Games |  
Sports | Outings

**Mondays (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. They are run by our ADHD Specialist Coaches and our Coach Assistant so there is always advice and support on hand.

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, or if transport is a problem PLEASE speak to your coach as we are able to help or call 0116 261 0711.

## 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: \*Friday 28th September (Celebration Evening), 31st October**

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: 3rd October & 7th November**

# SUPPORT GROUPS

Out and about in the community



## Melton Mowbray

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

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

**Next meeting: 11th October &  
8th November**

## Nottingham

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

**2<sup>nd</sup> Tuesday of every month**

**Next meeting: 9th October (9.30am-12 noon) &  
13th November (12.30pm-2.30pm)**

## 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: 3rd October &  
7th November**

## Coalville

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

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

**Next meeting: 11th October &  
8th November**

## Market Harborough \*\* New Day of the Week\*\*

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

**Tuesdays: 9.30am - 11.30am**

**Next meeting: Tuesday 9th October,  
Tuesday 20th November &  
Tuesday 11st December**

## Hinckley

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

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

**Next meeting: 4th October &  
8th November**

## Rutland \*\* New Day of the Week\*\*

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

**Last Tuesday of every month: 9.30am-11.30am**

**Next meeting: 25th September (1pm-3pm),  
30th October & 27th November**

## Loughborough

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

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

**Next meeting: 27th September &  
22nd November**

## Wigston

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

**2<sup>nd</sup> Wednesday of every month 9.30am - 11.30am**

**Next meeting: 10th October &  
14th November**

## Leicester

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

**3<sup>rd</sup> Wednesday of every month: 10am - 12noon**

**Next meeting: 19th September,  
17th October &  
21st November**



Julie Allen



Jo Alesbrook



Claire Greasley



Ian Hall

# EVENING SUPPORT GROUPS



Date	Workshop	What does this cover?
<b>Friday 28th September 2018</b>	<b>Celebration Evening</b>	<u><b>Celebrating our young people's achievements</b></u>  It's an evening for families of children who will take part in the summer activities to celebrate with us the achievements of their children and young people.
<b>Wednesday 31st October 2018</b>	<i>Planning and Organisation</i>	<u><b>Planning and organisation an issue?</b></u>  We will show you some strategies to help you help your child become more organised and have better time management, using planning tools and understanding how the ADHD brain affects these areas.
<b>Wednesday 28th November 2018</b>	<i>Scripted Language</i>	<u><b>Do you feel that your children never listen to you?</b></u>  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.

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.**

## 1-2-3 Magic

Our 1-2-3 Magic courses have been developed especially for children and young people with challenging behaviour. We all know that for our children, you need a different kind of approach to managing behaviour, so this is a great opportunity to learn some different techniques, where you'll be guided through step by step, with support from one another and a member of our team. 1-2-3 Magic is not easy but it is simple and practical. We will guide you through to ensure that you are able to put in to practice the easy to follow steps for disciplining your children without arguing, shouting or getting upset.

- Wednesday 24th October & Wednesday 7th November 2018 (9.30am-2.30pm)

**Venue:** Hinckley Children & Family Centre, Granville Road, Hinckley, LE10 0PP

- Saturday 3rd November & Saturday 17th November (10am-2.30pm)
- Wednesday 14th November & Wednesday 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**

## All About ADHD

This is a fantastic opportunity to gain some knowledge, answers and strategies in a few hours of learning and meet other people who understand the challenges you face.

What you will learn on the course:

- The sorts of things those with ADHD are likely to struggle with and why,
  - How the ADHD brain works,
  - Executive functions and,
  - Diagnosis and medication.
- Wednesday 10th October 2018 7pm-9pm

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

**Cost– Members -Free**

**Non Members- £10 per person**

**If you are interested in the above courses 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**

# Sensory Companion

Does your child have difficulty sitting still on car/bus journeys, on the train or plane? Or generally when they need to wait?

The sensory companion has been put together to use while the family is on the move. Sized just right for children. Its contents will keep even the most active child busy for hours, it contains—



- Rucksack
- Weighted lap blanket
- Ear defenders
- Fidget toys
- Crayons
- Activity book

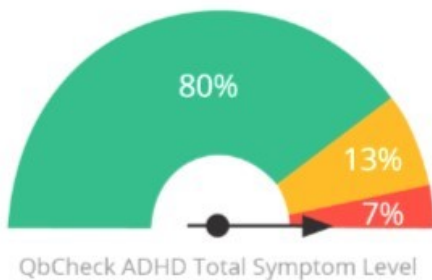
Order yours today or call 0116 2610711

£45.00 or

£50.00 with ear defender covers



# 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



# FUNCTION ROOMS AVAILABLE TO HIRE

BUSINESS MEETINGS  
CELEBRATION PARTIES  
WEDDINGS  
WAKES  
TRAINING  
FREE CAR PARK  
LICENSED VENUE  
SPORTS



CONTACT US TODAY TO BOOK YOUR EVENT AT:

ST GABRIEL'S COMMUNITY CENTRE, KERRYSDALE AVENUE,  
RUSHEY MEAD, LEICESTER, LE4 7GH

TELEPHONE: 0116 2610711 or EMAIL: [INFO@ADHDSOLUTIONS.ORG](mailto:INFO@ADHDSOLUTIONS.ORG)





# FUNDRAISING 2018 — 2019

## A MASSIVE THANK YOU!

We are very pleased to announce that the fundraising efforts of parents, volunteers and staff; donations of money, clothes and raffle prizes; and sales of Blaby Lottery tickets has raised a massive **£12,961.73** from September 2017 to August 2018.

We are extremely grateful for all the support. We are looking to raise £15,000 this year to go towards the work we do with children, young people and families, so if you have any ideas please get in touch and we will advertise this for you.

In the pipeline....

**Quiz Night**—Friday 12th October. See page 19 for more details.

**Disco in Lutterworth**— another great disco night with music, bar and raffle on Friday 9th November 2018. Keep your eyes open on Facebook and at support groups for further information.

**Chef and Spice evening**—Tuesday 5th February 2019. More details coming - we had a great night last time so come along and join us.



### BUY...

some tickets for our Love Blaby Lottery. We get 50p for each £1 per ticket bought! You can win up to £25,000 so it's really worth supporting ADHD Solutions and having the chance to win!



### DONATE...

your old clothes, shoes and bedding. We have a clothes bank in our car park for unwanted clothes. You can give them to one of the coaches at support groups and workshops or drop them into our centre.



LOVE YOUR COMMUNITY?  
**BLABY**  
LOTTERY

supporting



## Play Blaby Lottery and Support our Cause!

- 60% of all tickets sold goes to good causes in the Blaby District.
- Win prizes of up to £25,000!
- Tickets only cost £1 per week!
- Buy your tickets from our page and we get 50%!
- Anyone in the UK can play!

To start supporting, visit:

**[www.blabylottery.co.uk](http://www.blabylottery.co.uk)**

and search for: **ADHD Solutions**

Supporters must be 16 years of age or older



# QUIZ NIGHT

*Charity*

**FRIDAY 12th OCTOBER**  
**7:00pm** **16+ years**

St Gabriel's Community Centre  
Kerrysdale Avenue  
Leicester  
LE4 7GH  
Sat Nav LE4 6RG

- \* Entry Fee £15 per person includes Supper
  - \* Teams of 4-6 people
  - \* Fish & Chips Supper  
(Veg Option available please notify in advance)
  - \* Soft drinks, tea/coffee provided
  - \* You are welcome to bring your own alcohol
  - \* Raffle
  - \* All proceeds in aid of ADHD Solutions
- To book your places contact us at  
ADHD Solutions on 0116 261 0711**



# 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 slot pre booked)	FREE	£50
*Adult Support Group	£5	£5
<b>Courses</b>		
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.

