



Easter Newsletter 2019

Welcome to the Easter Newsletter 2019

Sadly its been all change at ADHD Solutions since Christmas. Julie & Zak left at the beginning of the year and Harks will be leaving before Easter. We would like to take this opportunity to thank Julie, Zak and Harks for all their hard work over the last few years. They have made a tremendous difference to the lives of countless children/young people and their families and will be greatly missed by us all.



GOOD
BYE &
GOOD
LUCK!

With all the changing weather we were really lucky to have such a warm half term and we packed it with lots of exciting activities here at the centre and a fun filled family trip to the snow dome in Tamworth where we all made up for the lack of snow outside and had great fun in the snow and on the ice!

We have more exciting activities for Easter so get booking now! See **pages 3,4 & 5** for upcoming activities including our rambling adventure, Easter family fun day and young peoples sessions. To book your places for any of the Easter activities contact the centre on 0116 261 0711.

MEMBERS PAGE - 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:

- Omega 3 & DHA article
- Easter Half Term Activities
- Upcoming Support Groups & Courses
- QB Check
- Function Rooms
- 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



Omega 3 & DHA



ESSENTIAL FATTY ACIDS - OMEGA 3 AND DHA

Living a healthy lifestyle is no secret, especially if you want to perform and function at your best. Dieticians advise that having two fish portions at least twice a week to assist the body getting a good source of Omega 3. Oily fishes recommended would include; Wild Salmon, Mackerel, Trout and Sardines.



Omega 3: Omega 3 fatty acids are essential for the body, however the body does not produce them naturally so they must be consumed through what we eat. The Omega 3 fatty acids are made up of two important acids **EPA** (Eicosapentanoic) and **DHA** (Docosahexanoic) which are known as **good fats**.

DHA Supports Brain Development and Protects Neurological Function. DHA is one of the major building blocks of the brain and is critical for optimal brain health and function at all ages of life.

We at ADHD Solutions highly recommend Equazen products due to the research and quality of the ingredients used. *Other brands are also available.*

However, as always, it is advisable to discuss with your GP/Dietician before taking this supplement to ensure it is suitable for you or your family members.



Rambling

Adventure

Monday 15th April 2019

Age - 8 +years
£15 - Members only
Beginners are welcome to come along

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

ADHD Solutions presents

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

16th April 2019

St Gabriel's Community Centre

Kerrysdale Avenue

Leicester

LE4 7GH

Sat Nav- LE4 6RG

Members- £3 per person

Non Members-£5 per person



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



Young People's Activity Session (8+ years)



8+ YEARS / ARTS & CRAFTS / SPORTS / COOKING
MAKING NEW FRIENDS / PLUS MUCH MORE

Wednesday 24th April 2019

AM Session: 10am-12.30pm

Cost: Members Only - £5

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

TO BOOK YOUR PLACES CONTACT US ON 0116 261 0711

**WE WILL BE VISITING THE AWARD
WINNING ATTRACTION IN THE HEART
OF THE NATIONAL FOREST**

CONKERS

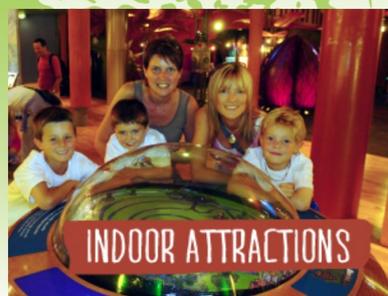
Date - Wednesday 29th May 2019

Cost - Under 3's £6.00
3-15 years £11.50
16+ and Adults £12.50

Time - Depart Leicester 10am
Arrive Leicester 4pm

**With over 120 acres and 100 interactive exhibits
you know you will have a great family day out.**

BOOK NOW BY CALLING 0116 261 0711



CONKERS

**ENTER A WORLD OF ADVENTURE & DISCOVERY
AT THE HEART OF THE NATIONAL FOREST**



National
SEA LIFE
Birmingham



TWO OUTINGS IN ONE DAY!

A combi ticket giving you access to both the National Sea Life Centre and Legoland Discovery Centre (100 metres apart) for the whole family to ENJOY!

DATE: WEDNESDAY 16TH OCTOBER 2019

COST: UNDER 3'S

3-18 YEARS

ADULTS

TIME: DEPART LEICESTER 9 AM

ARRIVAL LEICESTER 4:30 PM

CALL US ON 0165 2610711 TO BOOK!



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 so there is always advice and support on hand.

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.

****UPDATE Loughborough Support Group****

Just to let you know the Loughborough support group will run on the **1st THURSDAY** of the month at the new venue **Shelthorpe Tesco Community Room**. This will be run jointly with the Hope group who are a parent run SEN support group that is supported by SLF.

Leicester Evening Group

At ADHD Solutions, St Gabriel's Community Centre Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH (Sat Nav LE4 6RG)

Last Wednesday of every month: 7pm to 8.45pm. Next meetings: 27th March & 26th June

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 April, 1st May, 5th June &

10th July

SUPPORT GROUPS

Out and about in the community



Blaby **** NEW GROUP****

Acorn Room, Blaby Civic Centre, 22-24 Leicester Road, Blaby, LE8 4GQ

1st Thursday of every month: 9.30am-11.30am

Next meeting: 4th April, 2nd May & 6th June

Coalville

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

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

Next meeting: 11th April, 9th May & 13th 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: 3rd April, 1st May & 5th June

Hinckley **** New Day & Time of the Week****

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

Last Thursday of every month: 10am - 12noon

Next meeting: 28th March & 27th June

Market Harborough **** New Venue****

Harborough Community Church, 121 Bath Street, Market Harborough, LE16 9JL

(There is parking at the church or on the road but not in front the houses opposite the church)

1st Tuesday of every month: 9.30am– 11.30am

Next meeting: 7th May & 4th June

Loughborough **** New Day, Time & Venue****

Community Room, Tesco, Park Road, Loughborough, LE11 2EX

1st Thursday of every Month: 10am to 12 noon

Next meeting: 4th April, 2nd May & 6th June

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: 26th March, 30th April, 28th May & 25th June

Melton Mowbray

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

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

Next meeting: 11th April, 9th May & 13th June

Wigston

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

3rd Wednesday of every month: 9.30am - 11.30am

Next meeting: 20th March, 15th May & 19th June

Leicester

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

2nd Wednesday of every month: 10am - 12noon

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



Christine Jarvis



Jo Alesbrook



Claire Greasley



Ian Hall

EVENING SUPPORT GROUPS



Date	Workshop	What does this cover?
Wednesday 27th March 2019 (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>
Wednesday 26th June 2019 (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>

Venue for the above: ADHD Solutions, St Gabriel's Community Centre Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH (Sat Nav LE4 6RG)

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

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.

Feedback comments from parents/carers who have attended the course:

“Excellent course, Insightful and great that we can access this without a diagnosis.”

“I think all parents with children with ADHD should complete this course. “

*“Thank you. I feel lighter already! **

“Presented clearly with good humour. Great "equipping" course for families with ADHD.”

***If you are interested in the All About ADHD workshop give us a call on
0116 261 0711.***

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.

***If you are interested in the 1-2-3 magic courses give us a call on
0116 261 0711.***

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



QbCheck®

FDA cleared and CE marked



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.

QB Check is a great scanning tool that is quick and reliable. It can be used for test takers aged between 6 ½ -60 years.

Contact the Centre on **0116 2610711**

to book your QB Check.

COST PER CHECK

£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



FUNDRAISING 2019

HELP US REACH OUR TARGET OF £15,000 FOR THE YEAR SEPTEMBER 2018 TO AUGUST 2019

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. Funding does not cover all of the services we offer so fundraising is very important way to help us provide our services.

Thank you to everyone who supported our Chef & Spice fundraiser in February. A good time was had by all, and raised a brilliant **£567.00**.

Please keep them clothes bank donations coming - **£180** raised since October. Thank you.

If you have any ideas to help us raise much needed funds then please contact the office and we will advertise your event. It does not need to be a large event because every little really does help and get used to support our families.



YOU CAN 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!



OR 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.



Don't forget to get the amazing EASY FUNDRAISING app that allows you to donate a percentage of your purchase to ADHD Solutions!



Shop online. **Raise** donations. For **free**.

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

and search for: **ADHD Solutions**

Supporters must be 16 years of age or older



Membership

We need to do everything we can to help maintain the support that we offer, especially as we now have over 4,000 families on our database. We currently have very little external funding, so by joining our membership it helps contribute towards us being able to continue providing our services but also valuing what we do to support you and the family.

Costs just £60 per year when you join or renew your membership which is for the whole family (this equates to just £1.15 per week)

Benefits you will receive from joining our membership :

- ⇒ **Access to Courses**
- ⇒ **Regular Newsletters by Post and Email**
- ⇒ **Discounted Activity days + Youth club Sessions**
- ⇒ **Members Access on our website**
- ⇒ **Discounted Venue hire**
- ⇒ **Use of the sensory room—£5 per hour**

Ways to join:

- Telephone the Centre on 0116 261 0711
- At your local Support Group
- Sending us a cheque (*ADHD Solutions CIC*)
- If you would like to pay by Card please contact us at the centre on 0116 261 0711

Payment methods are as follows:

- **CASH**
- **CARD** (Telephone card payments can be taken)
- **CHEQUE** (Made payable to ADHD Solutions CIC)
- **PAYPAL** (Includes a £2 charge to cover costs = £62)
- **GoCardless**- Monthly instalments of £5.00

For more information go on our website www.adhdsolutions.org or contact us at the Centre on 0116 261 0711.



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.*