



ADHD Support pack:

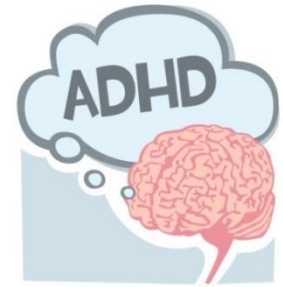


For children, young people, parents and carers.



ADHD Support Pack: for children and young people

When you had your assessment in CAMHS, you were given a diagnosis of ADHD. This booklet will help you find out more about what ADHD is, what this means for you, and some places you can go for advice and support.

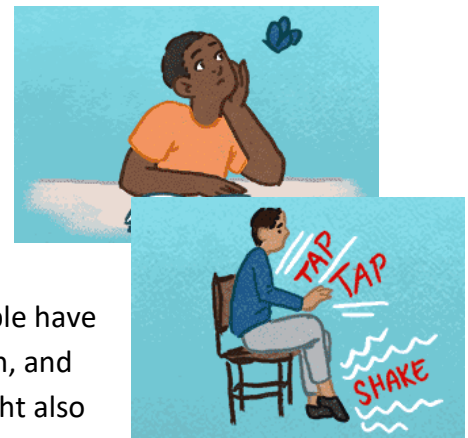


What is ADHD?

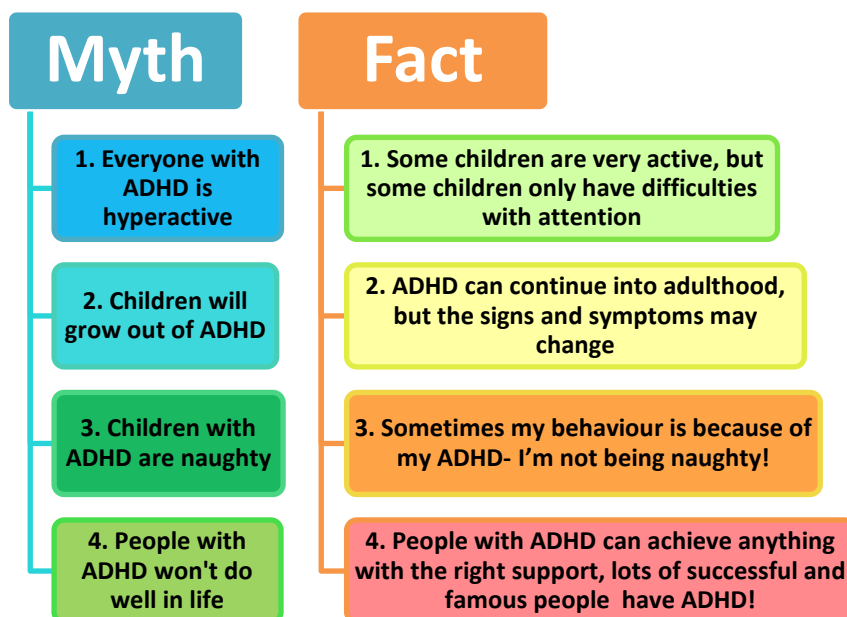
ADHD stands for Attention Deficit Hyperactivity Disorder. The ADHD foundation has a great guide for young people to explain all about ADHD: [Young-Persons-Guide_FINAL.pdf \(adhdfoundation.org.uk\)](https://www.adhdfoundation.org.uk/Young-Persons-Guide_FINAL.pdf).

ADHD means that people have difficulties with:

1. **Paying attention and concentrating**
2. **Sitting still**
3. **Controlling impulses** (doing things without thinking, even if you know you aren't meant to)



Some people have difficulties with **all 3 things**, but other people have a type of ADHD where they only struggle with paying attention, and not with sitting still or being impulsive. People with ADHD might also struggle to **stay organised, follow instructions or get their work done on time**. About **5%** of children (or 1 in every 20) has ADHD – that's **1 or 2 children in every classroom**. Lots of people with ADHD also see it as an advantage- they are curious, passionate, enthusiastic and driven. Now that we know you have ADHD we can help support you, and so can your parents, carers and teachers.



Medication

Some people with ADHD take medication. If you want to try medication for ADHD, you can see one of our doctors in CAMHS. Medication helps people to focus in school so it is easier for you to learn. There are a few different types of medication, so if you don't like the first one you try, you can usually try a different one.

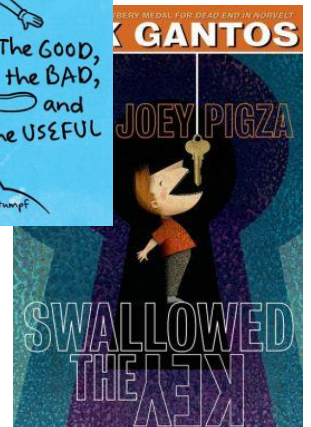
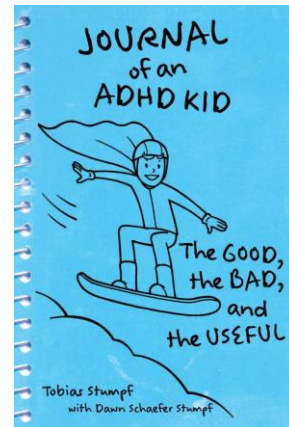


Other support in CAMHS

Your CAMHS worker will let you know about other support we have in CAMHS that might be useful for you. For example, we run an online relaxation group which you can ask your CAMHS worker about if you want to find out more.

Books

1. This book can help explain what ADHD is: [All Dogs Have ADHD by Kathy Hoopmann | Waterstones](#)
2. This book is about a boy with ADHD: [Joey Pigza Swallowed The Key by Jack Gantos, David Tazzyman | Waterstones](#)
3. This is a book with information and advice, written by a boy with ADHD: [Journal of an ADHD Kid by Tobias Stumpf | Waterstones](#)

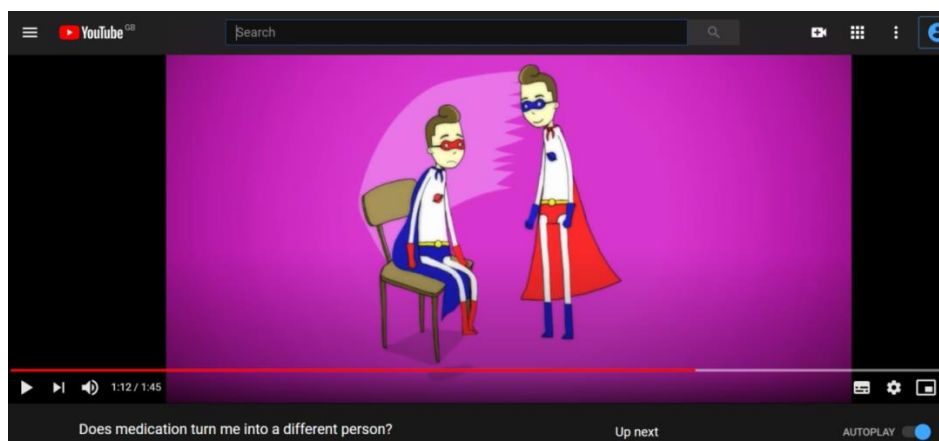


Websites

There are some good videos to help explain what ADHD is and how medication can help.

1. **ADHD Voices:** this website has lots of good videos to explain what ADHD is and why medication can be useful. Children and young people with ADHD give their opinion on different topics.

Website: <http://www.adhdvoices.com/adhdvideos.shtml>



2. **ADHD and you:** This website has lots of information and advice on topics including: moving to a new school, telling others about your ADHD and dealing with stress.

<https://www.adhdandyou.co.uk>

Local Services

Brooks Farm Outdoor Learning Centre: City farm located in Leyton, open Tuesday to Sunday (and Bank Holiday Mondays) from 10.00am until 4.00pm.

Website: <http://www.brooksfarm.co.uk/>

Tel: 020 8558 8537

Address: Brooks Farm Outdoor Learning Centre
Skeltons Lane Park
Leyton
E10 5BS



Boxing4Life: a boxing club for 8-18 year olds, in Leytonstone and Waltham Forest. A club where children and young people can learn to box, develop social and emotional skills and meet others.

Website: <http://boxing4life.org/>

Tel: 07966 623 449

Email: info@boxing4life.org



Coping through football: Coping Through Football is a project which uses football to engage with and improve the wellbeing of young people and adults. Ages 12-17.

Website: www.copingthroughfootball.org

Tel: 07538 101450

Email: Sonia.smith@nelft.nhs.uk

Love Life Generation: A charity working with young people providing training, volunteering and social action projects.

Website: www.lovelifegeneration.org/

Tel: 07956 876 444

Address: 2 The Crescent Walthamstow, London, Greater London, England E17 8AB

Leaders Academy – arts and drama: Free and low cost performing arts courses for young people.

Website: www.leaderscommunity.org

Tel: 07831 224 510

Address: The Big Creative Academy, Clifton Avenue, E17 6HL

The Man Den: A space for boys (aged 8-16 years) and men in our community to connect and have fun playing board games!

Email: themanden@gmail.com

Address: The Epicentre, 41 West Street, Leytonstone E11 4LJ



Salaam Peace: A community organisation in Waltham Forest providing sport and recreation for all young people irrespective of financial wellbeing, race, faith and ability. £2-£5 per session.

Website: www.salaampeace.org/

Email: contact@salaampeace.org

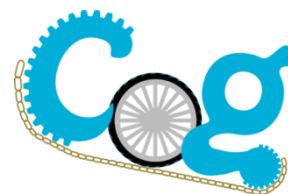


COG Cycling: Community Outdoor Group (COG) is a community cycling and bike maintenance project based at Higham Hill Hub in Walthamstow. Saturdays 1-5pm, £2 donation.

Website: www.cogcycling.co.uk/

Email: info@cogcycling.co.uk

Address: Higham Hill Hub Walthamstow, London E17 5QT



MVP Workshops: Social development programs in the creative arts for young people (age 10- 24) to build vocational skills and to improve self-image.

Website: www.mvpworkshops.co.uk/

Email: admin@mvpworkshops.co.uk

Tel: 07719 170 017

The Mill: A community centre with groups, activities and a playroom. They host a Chill Out Zone on a Friday after school, which is a group for young people aged 10-16. Check online to see what other activities they have going on.

Website: www.themille17.org/

Tel: 020 8521 3211

Address: 7-11 Coppermill Lane, Walthamstow, London, E17 7HA



WF Arts in Education Network: An organisation delivering workshops in dance, poetry, film-making, puppetry, drama, visual arts, and music making to young people in the borough. Sign up online for free membership.

Website: www.wfaen.org.uk

Tel: 020 8531 9231

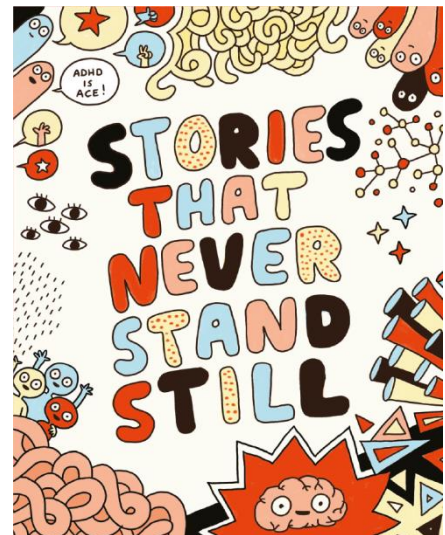
Address: South Chingford Foundation School, Rushcroft Road, London, E4 8SG

National Services

1. **The ADHD Foundation** has lots of information for young people and adults:
<https://www.adhdfoundation.org.uk/>
2. **Young Minds** is a website with information and support around mental health and wellbeing: <https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/>
They have a crisis text line for young people:
Text: YM to 85258

Resources

1. **Born to be ADHD:** ADHD drawings and stickers:
<https://borntobeadhd.co.uk/memes/>
2. **Stories that never stand still:** This is a magazine with stories, cartoons and poems written by young people with ADHD: <https://borntobeadhd.co.uk/wp-content/uploads/2019/10/Stories-That-Never-Stand-Still.pdf>
3. **Tips for students:**
<http://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Website-Study-Skills.pdf>
4. **ADHD Alien:** comics about life with ADHD – they also have an Instagram with the same name adhd-alien.com – [Comics about the daily struggle with ADHD \(adhd-alien.com\)](http://adhd-alien.com)
5. **Living with ADHD:** This website has support guides for teenagers including an activity guide and a ‘Stop and Think’ guide for planning ahead and managing difficult situations <https://www.livingwithadhd.co.uk/teenagers/resources.html>




ADHD Support Pack: for parents and carers

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that starts in childhood and continues on into adulthood. The main symptoms are:

- Difficulties **paying attention and focusing**
- Difficulties **controlling impulses**
- **Hyperactivity** (over-activity)


Some people with ADHD have difficulties in **all 3 areas**, but some people have difficulties in **one area** more than the others e.g. only inattention. It is thought that around **5%** of children (1 in 20) have ADHD. That means that 1-2 children in every classroom will have ADHD.




ADHD
AWARENESS MONTH
OCTOBER 2020

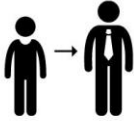
*COMMON QUESTIONS
RELIABLE ANSWERS*

How common is ADHD in children and adults?


 Many studies have been done around the world to estimate how often ADHD is present in children.

Averaged across these studies, it is estimated that approximately 5.3% of children worldwide have ADHD.



 Research findings indicate that roughly 22% of children with ADHD have no ADHD symptoms when they reach young adulthood.

For a long period, only children got a diagnosis of ADHD. Currently, ADHD is believed to be present in 2.8% - 4.4% of adults.



This poster is from the website:

<https://adhdawarenesmonth.org/>

Medication

Some people with ADHD take medication. This is used to help children and young people focus whilst in school. The NHS website explains about different medication for ADHD:

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/treatment/>

- Spanish translations of information on ADHD and medication:
<https://www.rcpsych.ac.uk/mental-health/translations/spanish>
- Arabic translation of information on ADHD and medication:
<https://www.rcpsych.ac.uk/mental-health/translations/arabic>

Other support in CAMHS

We offer different post-diagnosis support depending on what is agreed with your clinician and what could be the most helpful for you and your child. Your CAMHS clinician will speak to you about this and suggest the support that is most appropriate. This may include:

- ADHD Psychoeducation morning for parent/carers and school staff
- Parenting programme
- Online relaxation group for young people

Books

There are a number of books on helping a child with ADHD available to buy or borrow from your local library which are recommended by Great Ormond Street Hospital (GOSH):

- **Step by step help for children with ADHD: a selfhelp manual for parents** by Cathy Laver-Bradbury (2010)
- **Helping kids and teens with ADHD in school: a workbook for classroom support and managing transitions** by Joanne Steer and Kate Horstmann (2009)
- **Can I tell you about ADHD? A guide for friends, family and professionals** by Susan Yarney (2013)

Websites

1. **ADHD and you:** This website has information and advice including: looking after yourself, practical tips for home, visual calendar downloads, things to ask at school.

Website: <https://www.adhdandyou.co.uk>



2. **ADHD Pages:** Website containing comprehensive listing of information, support groups and web links regarding Attention Deficit Hyperactivity Disorder.



Website: www.adhd.org.uk/

3. **ADHD Europe:** This website has information on ADHD myths and facts with translations in French, Spanish, Italian, Greek and Hungarian

Website: <https://adhdeurope.eu/awareness/myths-and-facts/>

Local Services

1. **ADD UP:** Add up is a local charity, support and action group in North East London and Essex run by parents and carers of children with ADHD.



Website: <https://www.addup.co.uk/>

2. **The Waltham Forest Parent Forum** is a group of parents and carers of children with special educational needs and disabilities. They have information, advice and support on their website and Facebook groups.



Website: <https://www.walthamforestparentforum.com/>

3. **Waltham Forest SENDIASS:** Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS) for children, young people, parents and carers within the Waltham Forest area.



Website: [Waltham Forest :: Home \(walthamforestsendiass.org.uk\)](http://Waltham Forest :: Home (walthamforestsendiass.org.uk))

National Services

1. **ADDISS ADHD information service:** ADDISS provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder. It has a wide range of resources about all aspects of ADHD and associated conditions, with special sections for parents, children, teenagers and professionals.



Telephone: 020 8952 2800

E-mail: info@addiss.co.uk

Website: www.addiss.co.uk/

- 2. Contact a Family:** Contact a Family is a UK-wide charity providing advice, information and support to the parents of disabled children – no matter what their health condition. The service also enables parents to get in contact with other families, both on a local and a national basis. Open to parents/carers Mon to Fri 10.00 am to 4.00 pm and Mon Evening 5.30 – 7.30 pm.



Website: <http://www.cafamily.org.uk/>

- 3. IPSEA:** Independent parental special education advice – offering free legally based information, advice and support.



IPSEA

Website: <https://www.ipsea.org.uk>

- 4. YoungSibs:** UK-wide online support service for siblings under 18 who have a brother or sister who is disabled or has special educational needs or conditions including ADHD

Website: <https://www.youngsibs.org.uk/>

Resources for home

- The ADHD foundation has lots of resources, including a guide for parents and carers and a guide for breakfast tips: <https://www.adhdfoundation.org.uk/parents/>
- The NHS website gives some advice for supporting a child with ADHD: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with/>
- Living with ADHD have resources for parents including an activity guide and a guide on travelling with ADHD medication: <https://www.livingwithadhd.co.uk/parents/resources.html>
- This website contains free resources that cover managing emotions, friendships, online learning and fun activities to do at home or in school: [Free Resources Archives - ELSA Support \(elsa-support.co.uk\)](https://www.elsa-support.co.uk/)

Resources for school

- This leaflet provides advice and support for schools and teachers: https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Teaching-and-Managing-Students_FINAL.pdf
- This website has a booklet for parents on 'Returning to school': <https://adhdrichmond.org/free-publications-3/>

