



## Winter Newsletter 2019

### Welcome to our Winter Newsletter 2019

We hope those of you that joined us for our Celebration Evening had a fantastic time. It is always really exciting to see so many young people come up on stage and receive recognition for all their achievements. A huge congratulations to our 2019 volunteer of the year Lucy Isard and a special recognition for our young person volunteer Casey Kennedy. We want to thank all the volunteers throughout the year, you all have been amazing and we are really grateful for your time and support.

We are really grateful for all the volunteers we have throughout the year and want to thank them all for their commitment and hard work. Don't forget we have our annual

**Christmas party on Saturday 7th December** see page 4 for all the details!



**MEMBERS PAGE** -You can now access our members page online go to [www.adhdsolutions.org](http://www.adhdsolutions.org) and follow 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:

- **Top Tips for Christmas**
- **Christmas Party**
- **Family Funday**
- **Upcoming Support Groups & Courses**
- **QB Check**
- **Fundraising**
- **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**



# Top Tips for Surviving Christmas



## Tis the Season to be Jolly!!!

In the films and on adverts, the holidays are a quiet time of peace, love and togetherness. However, it never seems to turn out quite like that! Children with ADHD can find holidays and family occasions over-stimulating beyond their tolerance level. Knowing this, you can better understand your family's difficulties and begin employing a few simple strategies that will help make the holidays a happier time for everyone.



## What about technology?

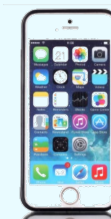
Lots of children will be receiving gifts this Christmas that are technology based. It may be a new game, console or phone. We know that children with ADHD hyper focus on things and it can be difficult to get them off their 'gadgets' so make sure that there is a plan for how long they can use them and what has to be done/who has to be seen before screen time is allowed. Sticking to your normal routine can be difficult but an agreed plan before the festivities begin can avoid children missing out on family time for screen time.

## Preparing For Specific Problems

Set aside time before visiting with family to review with your child what your expectations of their behaviour



include. Depending on the children's developmental level, some reminders of polite behaviour that are specific to your family can help. For example, "Aunt Sue loves to give you big kisses, but you did not like that last time. Instead, ask her for a big hug." Or "Grandma really likes your please and thank you words. What could I do to remind you?"



## Making a "Plan B"

Before the holiday begins you may want to work out a back up plan. If you know your child can't make it through a long meal, pre arrange for a sibling, cousin or other relative to excuse themselves and the child to another room for a book or game. To prevent potential meltdowns, develop some cues for your child to tell you when they are feeling overwhelmed or impulsive. When they give the signal, quietly remove them from the party or gathering to help talk to them or calm them down.

# Top Tips for Surviving Christmas



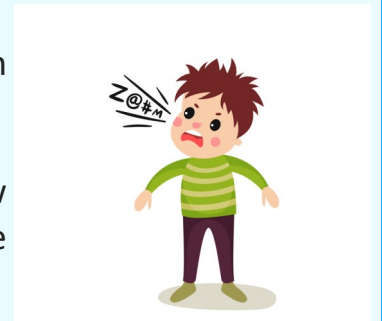
If they are unable to recognise or communicate their over-stimulation, and their behaviour becomes painfully difficult to witness or control, you and your partner may work out a plan to leave early. At best, if you plan for the worst case scenario, you may end up pleasantly surprised; or at worst, you won't be caught "off guard" by the melt-down.

## When Relatives Just Don't Understand

The most difficult part of having a peaceful holiday may be your relatives. It is difficult even for parents who know about ADHD to really understand what degree of self control a child may have. This is complicated by the fact that many children may have more than one area of difficulty.



- **Tourettes** children may not be able to suppress tics for a long time.
- Children with **OCD** (obsessive-compulsive disorder) may not be able to put down the DS when you're about to sit down to dinner.
- Verbal blurting may not be easily corrected when inappropriate language occurs.
- In addition, depending on their medication levels or on how tired, hungry, or worried you or your child may be, the situation may spin out of control.



## Be Prepared

Imagine how hard it is for grandparents, aunts, uncles, cousins, or friends to understand exactly why your child does not "behave." Some relatives may know a lot about ADHD, but others may simply not understand.

Depending on their receptiveness, some comments and instructions before visiting can help. For example, you may say, "John has some trouble calming down at times so if we leave the table, please go on and we will return when able." If necessary, you may want to use the doctor or your coach as the one responsible for the intervention. It may be acceptable if you say, "the doctor or John's Coach has said to talk to him in private if he has a problem."

**Use the enclosed Planner to help with a less stressful Christmas and New Year**





# Christmas Party!

**SATURDAY 7TH DECEMBER 2019**  
**2PM-5PM**

**£8 per child (Gift + See Santa)**  
**Free Entry - Members ONLY**

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

Join us for our party this year for all the family with a disco, party games, raffle, bar and not forgetting Santa's grotto!

**Please bring along a plate of food to share.**  
**All places MUST be booked to attend**  
**Contact us on 0116 261 0711**





# Christmas Family Funday

**GAMES/ ARTS & CRAFTS/CAFE**

**Monday 23rd December 2019**

**10am-2pm**

**St Gabriel's Community Centre**

**Kerrysdale Avenue**

**Leicester**

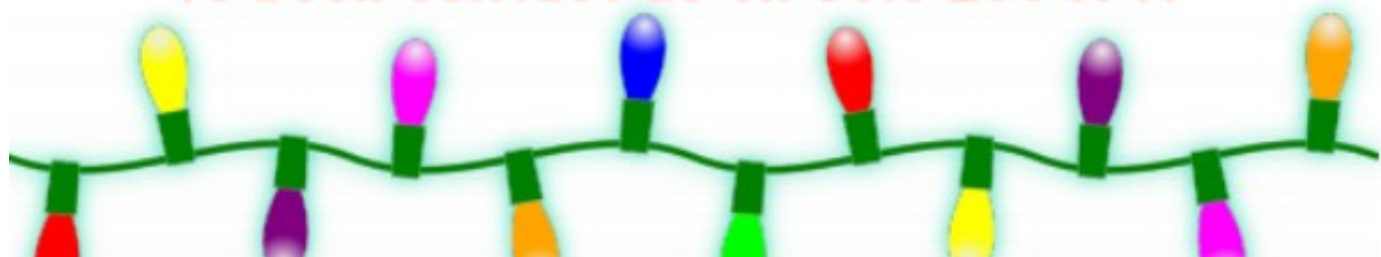
**LE4 7GH**

**Members £3 per person**

**Non Members £5 per person**



**To book contact us on 0116 261 0711**



# Coach Areas



Claire will cover **Charnwood, North West Leicester & Melton :**  
(07545 502 290 / Claire@adhd solutions.org)

Ian will cover **City :** (07739 460 786 / ian@adhd solutions.org)

Jo will cover **Blaby, Oadby & Wigston and Rutland :**  
(07876 865 677/ jo@adhd solutions.org)

Tony will cover **Hinckley and Harborough :** ( 07876 865 678/ tony@adhd solutions.org )

## 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.

### 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—30th October, 27th November & 29th January 2020**

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.

### Adult Support Group (20+ years)

Our adult support group at our centre 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.

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

**1st Wednesday of every month: 7pm to 9pm— 6th November, 4th December & 8th January (due to New Years) & 5th February 2020**

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.



# SUPPORT GROUPS

Out and about in the community



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

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

**Last Wednesday of every month: 10am - 12noon**

**Next meeting: 30th October, 27th November & 29th January 2020**

## Coalville

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

**Last Thursday of every month: 10am - 12noon**

**Next meeting: 31st October, 28th November & 30th January 2020**

## Lutterworth

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

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

**Next meeting: 6th November, 4th December & 5th February 2020**

## Melton Mowbray

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

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

**Next meeting: 10th October, 14th November, 9th January 2020 & 13th February**

## Market Harborough

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: 5th November, 3rd December 7th January 2020 & 4th February**

## Loughborough

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

**1st Thursday of every Month: 9.30am to 12 noon**

**Next meeting: 7th November, 5th December & 6th February 2020**

## Blaby

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

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

**Next meeting: 7th November, 5th December & 6th February 2020**

## Rutland

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

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

**Next meeting: 26th November, 30th January 2020 & 27th February**

## 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 November, 18th December & 15th January 2020**

## 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: 13th November, 11th December, 8th January 2020 & 12th February**



Tony Delve



Jo Alesbrook



Claire Greasley



Ian Hall

# EVENING SUPPORT GROUPS



Date	Workshop	What does this cover?
Wednesday 30th October 2019  (7pm-8.45pm)	<i>Planning and Organisation</i>	<b><u>Planning and organisation an issue?</u></b> 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.
Wednesday 27th November 2019  (7pm-8.45pm)	<i>Scripted Language</i>	<b><u>Do you feel that your children never listen to you?</u></b> 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.
Wednesday 29th January 2020 (7pm-8.45pm)	<i>Diet</i>	<b><u>Are you concerned about your child's weight?</u></b> ADHD friendly diet advice and simple recipes for you to follow as well as which foods to avoid.
Wednesday 26th February 2020 (7pm-8.45pm)	<i>Sleep</i>	<b><u>Do you have problems getting your child to bed or keeping them in bed?</u></b> Come along and discuss bedtime routines and strategies for a restful nights sleep.

*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 for the above workshops.**



## 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**





# FUNDRAISING 2019

HELP US REACH OUR TARGET OF £15,000 FOR THE YEAR  
SEPTEMBER 2019 TO AUGUST 2020

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.

**Quiz Night** on Friday 11th October 2019, the Soroptimist ladies raised **£552** with additional **£280** from Hilary's lunch.– 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**.

# 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***
- ⇒ ***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*)

## Payment methods are as follows:

- **GoCardless-** Monthly instalments of £5.00  
*For more information go on our website [www.adhdsolutions.org](http://www.adhdsolutions.org) or contact us at the Centre on 0116 261 0711.*
- **CASH**
- **CARD** (Telephone card payments can be taken)
- **CHEQUE** (Made payable to ADHD Solutions CIC)
- **PAYPAL** (Includes a £2 charge to cover costs = £62)



**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.***