

# ADHD

# Resource

# Pack

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Positive mental health for young people



Oxford Health  
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Barnardos

beat  
beating eating disorders

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## Services



**Slough Family Information Service** offers support to parents to enable them to implement different strategies in an attempt to change their child's behaviour. Please see their website for more details or call 01753 476589

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/home.page>



**West Berkshire Council:** For information, help and resources available please visit their websites:

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/advice.page?id=v8tIpUF0A9U> or

[http://www.westberkssendiass.info/en/Family\\_Support](http://www.westberkssendiass.info/en/Family_Support)



**Bucks Family Network** offer Parenting Support, Child Psychotherapy, Family Mediation, Creative Therapy, Play Therapy, Child Centred Counselling, Cognitive Behavioural Therapy (CBT), Child Counselling and Therapeutic Workshops. Further information can be found via the following link:

<http://www.bucksfamilynetwork.co.uk/>



### **Buckinghamshire Family Information Service**

The Family Support Service is part of the Early Help offered to families in Bucks. It works together with families to make positive changes to their lives to prevent or reduce the need for services like children's Social Care. It works in partnership with other services so that the focus is on the whole family and aims to work with families before their problems become too difficult to manage. The service is based on the



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family wanting to work with them, so it is important that the family are fully aware of and are in agreement with the referral.

A professional or family can refer to the Family Support Service by completing a multi-agency referral form (MARF) preferably in consultation with the family and any agencies that may have more detailed information on the family's current circumstances. The referral form can be found on the Buckinghamshire Safeguarding Children Board website using the link [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org)



### **Buckinghamshire Family Information Service Parenting Groups**

The Family Support Service run evidence-based parenting groups and programmes that help parents apply positive parenting strategies to deal with problem behaviours and to support their children's emotional well-being.

Information on these free parenting courses, can be found on the Buckinghamshire Family Information Service Website:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

Please note that a family can self-refer to the parenting groups.



### **Buckinghamshire School Nursing Service**

We work in schools and the local community to support all children and young people with medical, emotional or educational needs.

Our aim is to support each person we care for to achieve their potential for physical, emotional and social well-being so that they can get the most from life and education and become responsible for their own health.

We work in partnership with children and young people, their families and other health and education professionals in a range of locations, including schools, clinics and family homes. We also work with colleagues in health, care and education services across Buckinghamshire to help shape children's services.

Our service is part of the Healthy Child Programme 0 to 19 which is a national framework, based on best evidence, to promote and protect the health of children as they grow.



<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=9Z-8bQNvA0E>



## **Youth Space (previously Buckinghamshire Youth)**

Buckinghamshire Youth is a service for young people aged 11- 19 years or up to 25 for young people with Special Educational Needs and/ or a Disability.

### Types of Support

- One to One Support: a safe space for young people to explore and work on a range of issues to improve their emotional well-being and increase their resilience to common life problems.
- Group Work: ongoing programmes for groups that encourage young people to develop new skills, to learn from each other to find solutions and overcome challenges.
- Street Based Youth Work: providing support and activities for young people in the community; for example in the streets, parks and other outside spaces where they are.
- Mentor Support: helping young people to overcome less intensive or single issues, for example support with confidence or work around motivation for those at risk of disengaging.
- Access to Youth Clubs and other universal opportunities: where possible supporting young people to access activities and opportunities within the local community.

You can find more information about the referral criteria and how to make a referral through the Youth Space Referrals page.

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id= AKCzSZdXn8>

Or contact them by phone - 01296 382583 or email - [Youthspacebucks@buckscc.gov.uk](mailto:Youthspacebucks@buckscc.gov.uk)



## **Contact a Family**



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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.

Call their free helpline on 0808 808 3555 or visit their website

<https://contact.org.uk/advice-and-support/health-medical-information/conditions/a/autism-spectrum-disorders-including-asperger-syndrome/??page=8&f=A>



### **Buckinghamshire Special Educational Needs and Disabilities Information, Advice, and Support Service (SEND IASS)**

All local authorities, by law, have to provide children and young people with SEN or disabilities, and their parents, with information and advice. Buckinghamshire SEND IAS Service is the information, advice and support service here. Our service is confidential and at arm's length from Buckinghamshire County Council.

Open: Monday to Friday 9am to 4pm (Term time only)

Address: Annex A, Walton Street, Aylesbury, Buckinghamshire, HP20 1UX

Telephone: 01296 383 754 (Answerphone available)

Email: [sendias@buckscc.gov.uk](mailto:sendias@buckscc.gov.uk)

<http://www.buckscc.gov.uk/education/bucks-send-ias>



### **Cerebra**

Cerebra is a national charity that strives to improve the lives of children with neurological conditions (which includes ASD/Autism), through research, information and direct, on-going support.

Support services:

- information and advice on a number of topics, over the phone or via the website



- face to face support through a network of Regional Officers who can help with form filling and letters, completion of the Disability Living Allowance form, meetings, specific local information and activities
- a sleep service to give advice and support to families on a wide range of sleep issues
- grants of up to 80% of the cost of equipment and services to make life easier and more enjoyable
- a free postal lending library for books and sensory equipment
- a free telephone counselling service
- a holiday home
- a Wills and Trusts scheme
- 'Personal Portfolios' to help introduce children to new people they meet
- an innovation centre who design bespoke equipment to meet family's needs
- a monthly e-newsletter full of informative articles and stories
- regional family support forums

Tel: 01267 244200 [enquiries@cerebra.org.uk](mailto:enquiries@cerebra.org.uk)



### Parenting Special Children

Parenting Special Children run workshops These workshops are open to all parents/carers who live, or whose child attends a school, in Berkshire and who:

These workshops are open to all parents/carers who live in the Berkshire, who:

- Have a child who is on the waiting list to be assessed for ADHD *or*
- Have a child who has just been diagnosed as having ADHD *and*
- Have NOT previously attended a Time Out from ADHD course with Parenting Special Children (PSC)

Parents/carers must attend the Introduction to ADHD workshop first, and it is recommended that parents attend both workshops in the series.

Topics covered include: Introduction to ADHD, Anxiety and ADHD, Managing ADHD Behaviours



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Please note these workshops are run in Berkshire but are available to parents outside the county at a charge of £15 per workshop. If your child is in school in Berkshire this charge is not applicable.

To contact Parenting Special Children, please call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk) or visit their website:

<https://www.parentingspecialchildren.co.uk/contact-us/>

<http://www.parentingspecialchildren.co.uk/courses/pre-and-post-assessment-workshops-adhd/>



## Chiltern Music Therapy

Chiltern Music Therapy offers a variety of services for adults, young adults and children with autism. We see people across the spectrum of the condition, including those who have recently been diagnosed, to those with ADHD. Our approach is tailored to each individual person or group, supporting them to make changes in any areas of life where they feel they have difficulties. The main objective of our work is to firstly assess and see whether Music Therapy could be of benefit to the client and then look at how best we can transfer benefits and abilities we see in the Music Therapy Sessions, into everyday life.

For children, we focus on improving understanding of social situations and interactions as well as looking at cognitive and learning skills and any emotional or behavioural issues.

For Post 16: Chiltern Music Therapy are also able to offer sessions as part of the transitions services within post 16 Buckinghamshire SEN provisions. Please do get in touch with us to find out more about this service.



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For adults, we focus on assisting with learning and life skills, including difficulties with communication or social interaction to help clients take up employment, education, or volunteering opportunities, as well as providing psychological support at times of particular need. Where: we can offer one to one or group sessions at home, in the community, in supported living, or at schools and colleges.

Just join in! Our let's sing group takes place in Queen's Park Art Centre, Aylesbury or Amersham Free Church.

You can self-refer (by visiting our website to make a direct referral) or be referred by a parent, carer, GP, or other healthcare or education professional.

Simply call us on 01442 780541 or e-mail [info@chilternmusictherapy.co.uk](mailto:info@chilternmusictherapy.co.uk)

[www.chilternmusictherapy.co.uk](http://www.chilternmusictherapy.co.uk)

## Groups and clubs



### **Space Support, Chesham**

SPACE Support (Chesham) is a South Bucks support group for parents and carers of children with ADHD, Autistic Spectrum Disorder & Challenging Behaviour. SPACE is a parent-led group that meets monthly for a friendly coffee morning with speakers & discussions and informal evening meetings

Call us on our Voicemail Helpline - 07960 066632 - leaving your name, number & the best time to phone you back, or email at [spacechesham@aol.com](mailto:spacechesham@aol.com)



### **Thames Valley Adventure Playground-Taplow**

For adults over the age of 16. Every Friday from 10am – 5pm. Use of equipment and crafts. Woodwork sessions available on request. Contribution – £8 per user. Sensory room available for additional £5 per half hour.



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Contact: 01628 628599. <http://www.tvap.co.uk/index.php?page=home>



### **Chesham Moor End Play Area (Chesham)**

The play area on Moor Road was totally refurbished in 2010 and is specifically designed to have equipment accessible for children with disabilities.

Moor Road, Chesham, Buckinghamshire HP5 1SD

Website [Chiltern District Council](http://www.chiltern.gov.uk)



### **Taplow Tadpoles at Thames Valley Adventure Playground**

Wednesdays: 9:30am to 11am

An integrated fun group for toddlers aged 5 and under, with or without a special need. A great opportunity to enjoy the facilities of the Adventure Playground, including Soft Play and Sound Room, crafts, toys, games and outdoor play in a supported, friendly and relaxed environment.

Bath Road, Taplow, Maidenhead, Buckinghamshire SL6 0PR

Contact: 01628 628599. <http://www.tvap.co.uk/index.php?page=home>



### **Horses Helping People**

Therapeutic horsemanship benefits a wide range of adults and children, including those with behavioural issues, mental health problems and learning difficulties. It helps to improve mental and physical wellbeing and social skills.

It is also beneficial for anyone looking for a new way to improve confidence and self-awareness, or for a relaxing break from routine.

At Horses Helping People the focus is on building a trusting partnership between horse and human. It's not all about riding, although some clients may ride as part of their activities.



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Horses Helping People is located near Mentmore on the Bucks/Beds borders.

01525 377688 or 078155 47668 or 07710 465818 or [info@horseshelpingpeople.co.uk](mailto:info@horseshelpingpeople.co.uk)

<http://horseshelpingpeople.co.uk/>



### **Clearly Speaking, Buckingham**

Clearly Speaking is an approachable, professional, caring support service for families and front-line professionals for help and specialist support for free, with services and intervention for those families living with special needs Autistic Spectrum Disorders (ASD), Asperger's Syndrome and all other associated difficulties like D.A.M.P, ADHD, global development disorder, specific learning issues like Dyslexia as well as Tourette's syndrome, EDS, Fibromyalgia to name a few. Janet Nicks, the project director, can also offer additional specialist help such as autism (ASD) diagnosis, customised therapy and CBT along with Salt, disability benefit applications/appeals and advice in accessing local agencies to support your further need where you might be struggling to contact.

We run many activity groups throughout the year, including weekends and after school. Our current activity groups to name a few include: Cookery Group, a Gardening Club (March to October), a Girls Support group (8 to 18 years), Dungeons and Dragons, Youth Clubs, volunteering opportunities, holiday activities and a special needs/disability Young People's Forum, board game cafe, Knit and Chat for parents and carers, Adult social groups for those over 18+ on the Autism spectrum. All these facilities and services can be applied for via our website.

Janet Nicks also personally does a variety of regular support services including: the National Arts Award, curriculum based training and support sessions, work experience training, specialist support sessions and courses, support at meetings with schools, agencies and when appropriate SEN tribunals, individualise support and resources for children, young people and their families and a "One Stop Shop".

#### **Who to contact**

Contact Name: Janet Nicks or her senior volunteers

Telephone: 01280 824871

E-mail: [info@clearlyspeaking.org.uk](mailto:info@clearlyspeaking.org.uk)



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Website: [www.clearlyspeaking.org.uk](http://www.clearlyspeaking.org.uk)

Address: Clearly Speaking, London Rd, Buckingham, MK18 1AS

### **Venue Notes**

Situated between Buckingham Ssecondary School and Swan Pool Leisure Centre. Buses to and from Aylesbury, Milton Keynes, Oxford and Bicester stop directly opposite the centre.

### **Cost Description**

We charge a small amount per activity group to pay for art and craft materials or tuck shop. We encourage everyone who uses diagnosis or tribunal services to donate towards costs of paper, ink, Janet's time, travel costs or volunteer if you are financially struggling. We will not ever directly ask for money towards any services except for our activity groups where discounts are available to those on benefit, retired or have more than one child attending.

### **Age Ranges**

Junior Activities From Birth to 12 years

Senior Activities From 13 years to 16 years

Adult groups from 16 years and over

**Referral** Yes

### **Referral Details**

You can be referred by local services and your GP if you prefer. We encourage everyone however to self-refer by either completing our online form located on our website [www.clearlyspeaking.org.uk](http://www.clearlyspeaking.org.uk) or emailing us directly with your enquiry to [info@clearlyspeaking.org.uk](mailto:info@clearlyspeaking.org.uk)

### **Social Media Links**

Facebook: <https://www.facebook.com/clearlyspeakingssupport?fref=ts>

Twitter: <https://mobile.twitter.com/ClearlyCoolClub>



**Action for children - advocacy and support to parents with child with disabilities**

Every child should grow up safe and happy. That's why we provide support to help them thrive - and step in to help when times get tough.

**Phone: 0300 123 2112 (open 9.00am to 5.00pm, Monday to Friday)**



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Email: [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

<https://www.actionforchildren.org.uk/what-we-do/children-young-people/support-for-disabled-children/>



### **Bucks Activity Project**

We provide fun services for disabled children and families in Buckinghamshire


Contact information: 201 Buckingham Road, Aylesbury, Bucks HP19 9QF

Get in touch by telephone 01296 438230 or

Email [bucks.activity@actionforchildren.org.uk](mailto:bucks.activity@actionforchildren.org.uk)


<https://services.actionforchildren.org.uk/bucks-activity-project/>

## **Useful links and Online resources**


 ADHD Foundation has large number of resources around a range of difficulties including sleep, anger, routine.

 <https://www.adhdfoundation.org.uk/information/young-people/>

 **ADHD Foundation** - [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

 Resources relating to ADHD on **Educational Psychology Buckinghamshire**  
<https://www.buckscc.gov.uk/services/education/educational-psychology/resources/>

 Living with ADHD <https://www.livingwithadhd.co.uk/>

 The UK's Leading Private Adult and Child ADHD Assessment and Treatment Service <https://www.adhdcentre.co.uk/the-adhd-centre-buckinghamshire/>


 ADHD kids: <http://adhdkids.org.uk/adhd-resources/>

 YoungMinds Supporting your child with ADHD  
<https://youngminds.org.uk/find-help/conditions/adhd/>

Information around Challenging behaviors:




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 Overview of the approach of positive behaviour support in relation to managing challenging behaviours - <https://www.youtube.com/watch?v=epjud2Of610>


 <https://www.challengingbehaviour.org.uk/>


<http://www.challengingbehaviour.org.uk/learning-disability-files/03---Positive-Behaviour-Support-Planning-Part-3-web-2014.pdf>

 <https://www.teachertoolkit.co.uk/2018/11/05/behaviour-adhd/>

 Information related to understanding behaviours  
<https://www.autism.org.uk/about/behaviour.aspx>

 Guidance to understanding challenging behaviours:  
<https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx>

 ABC behaviors charts (please see documents in separate folder) These can be used to better understand the triggers for behaviours.

 SPACE Support (Chesham) is a South Bucks support group for parents and carers of children with ADHD, Autistic Spectrum Disorder & Challenging Behaviour. SPACE is a parent-led group that meets monthly for a friendly coffee morning with speakers & discussions and informal evening meetings

Call us on our Voicemail Helpline - 07960 066632 - leaving your name, number & the best time to phone you back, or email at [spacechesham@aol.com](mailto:spacechesham@aol.com)

## Books:

[ADHD at your fingertips: A Guide for Teenagers](#) by Dr C R. Yemula (Author), Dr R H. Kathane (Author)

[My doctors says I have ADHD: A Child's Journey](#) by Dr C R. Yemula (Author)

[Help my child in causing Chaos!: Hyperactive or creative?](#) By Helena Bester (Author)

[A new view of AD/HD: Success Strategies for the Impulsive Learner](#) by Eric Jenson (Author)

[Taking Charge of ADHD: The Complete, Authoritative Guide for Parents](#) (Third Edition) By Russel A. Barkley, discusses causes and effective treatment strategies for



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ADHD. It suggests ways to improve children's behaviour and school performance and enhance their self-esteem. (2015) Guilford Press.


[ADHD: The Facts Series \(2<sup>nd</sup> Edition\)](#) By Mark Selikowitz is a book that explains the major characteristics of ADHD, outlines the range of available treatments and discusses how ADHD impacts on self-esteem and social skills. (2004). Oxford University Press.


[ADHD: How To Deal With Very Difficult Children](#) was written by an ex-principal Alan Train. This book shows how to help children with ADHD develop self-control. (2004). Souvenir Press.


[Rethinking ADHD: Integrated Approaches to Helping Children at Home and at School](#) provides a thorough and balanced approach to the contributing factors, diagnosis and treatment of ADHD. Practical recommendations are also included. By Ruth Schmidt Neven, Vickie Anderson & Tim Godber. (2002). Allen & Unwin

## Apps:

 [Rescue Time \(iPhone and Android\)](#) – This app like the others helps you set priorities and manage your time, but it also provides you reports on how you are spending your time! The cold, hard data right there for you to see.


 [Nag \(iPhone and Android\)](#) – The name pretty much says it all. Some reviewers call it a glorified timer, but with follow-up reminders until you finally acknowledge the reminder alarm. It is also particularly appealing because of its simplicity!


 [You Need A Budget \(YNAB\) \(iPhone and Android\)](#) – This app is a little different than the others because it helps with money management and stopping impulse buys, both frequent challenges for adults with ADHD. The app provides tools to get out of debt and more effectively manage money and expenses.


 [Coach.me \(previously Lift\) \(iPhone and Android\)](#) – Not to be confused with Lyft. Lift changed its name to Coach.me. Either way, the app helps implement




and track healthy personal habits, like providing resources to follow through on exercise, healthy eating, and the like. It also tracks your progress toward reaching your personal goals.


 [Epic Win \(iPhone\) and Task Hammer \(Android\)](#) – both of these apps use a role- playing adventure game strategy to help users manage and complete tasks and to-do lists. As you complete your tasks, your character earns points and reaches higher levels


 [SAM \(iPhone and Android\)](#) Self-help for Anxiety Management – a self-help app to learn to manage anxiety.











 [For Me \(iPhone\)](#) Wherever you are and whatever life throws at you, Childline is now easier to access than ever before. 'For me' is the brand-new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.

- Get access to self-help advice and support on a huge range of issues
- Watch videos to help you feel better
- Create your own mood tracker and have your own private locker space that's just for you
- Chat to other young people about whatever you want on our lively and supportive message boards
- Call, or email a Childline counsellor

 [What's up? \(Android\)](#) What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

 [Headspace \(iPhone and Android\)](#) Meditation made simple. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

 [Optimism \(iPhone and Android\)](#) A mood charting apps for managing depression, bipolar and anxiety disorders to keep a journal and chart recovery progress.

-  [Relax Melodies \(iPhone and Android\)](#) Select sounds and melodies to help you sleep.
-  [Mindshift CBT \(iPhone and Android\)](#) An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it.
-  [Moodtrack Diary \(iPhone and Android\)](#) Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, posttraumatic stress and your general well-being.
-  [Grief: Support for Young People \(iPhone and Android\)](#) This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.
-  [CALM \(iPhone and Android\)](#) Relax with Calm, a simple mindfulness meditation app
-  [Mandala \(iPhone and Android\)](#) Colour app that allows practise of mindfulness by focussing on colouring but can allow you to make changes and correct mistakes.
-  [Visual schedules \(iPhone and Android\)](#) Apps for develop visual structures and timetables
-  [Camp Discovery \(iPhone\)](#) Autism learning games
-  [ABA Flash Card and Games – Emotions \(iPhone\)](#) Able to develop flash cards specific to young person e.g. personalised visuals for different emotions.
-  [Kids in Story Book Maker \(iPhone\)](#) Create and share customized picture storybooks with photos of your child or others as the main character