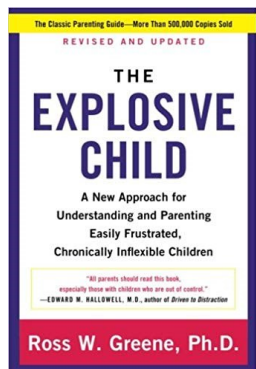
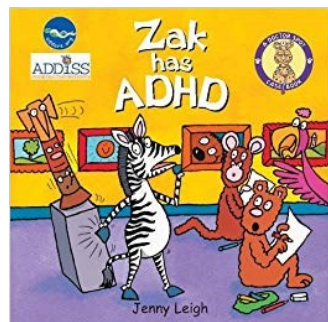
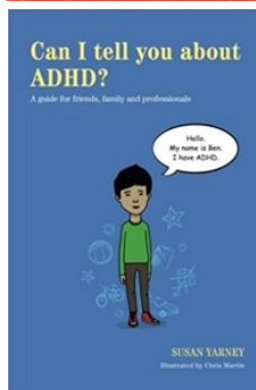
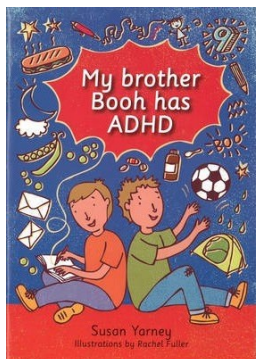
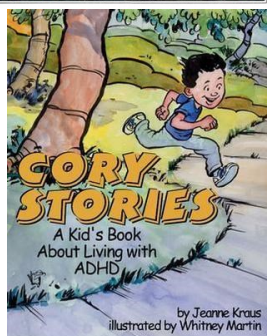
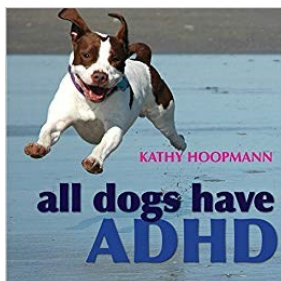
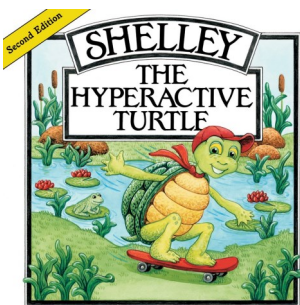


Books:



Norwich Community
Hospital:
Bowthorpe Road
Norwich
NR2 3TU

St James Clinic:
Extons Road
King's Lynn
PE30 5NU



Norfolk Community
Health and Care
NHS Trust

**Community Paediatric
Service**

**Attention Deficit Hyperactivity
Disorder (ADHD)**

**Helpful Resources
and
Services**

Websites:

ADISS – www.addiss.co.uk

ADISS provides information about ADHD, relevant resources as well as conferences and training which is available to help improve knowledge and skills relating to managing ADHD (this is for both parents and professionals).

There are ADDISS support groups across the country and a contact is provided through the website to identify if there is one local to you.

ADHD Foundation – www.adhdfoundation.org.uk

The ADHD Foundation website provides information for Parents, young people and professionals aimed at supporting ADHD.

The parent section includes information about Education and Health Care plans (EHCP's) as well as 'questions to ask your SENCO'. The document '25 things to love' highlights all the strengths of people with ADHD.

The UK ADHD Partnership (UKAP) – www.ukadh.com

Detailed information about symptoms of ADHD including prevalence in boys and girls and rates and impacts of school exclusions. The 'support groups' tab gives links to helpful website and support groups across the country (unfortunately the ones in London are for adults with ADHD).

Living with ADHD UK – www.livingwithadhd.co.uk

Has parent, teacher and teenager sections to the website. Provides information about interventions to manage ADHD including information around medication. It has a 'hints and tips' page for parents who have children with ADHD.

ADHD Voices – www.adhdvoices.com

This website has a selection of animated video clips answering common questions related to ADHD. The website was created following a study identifying what children think and feel about their ADHD, particularly in relation to medication.

The website has sections aimed at teenagers with ADHD and the animations may also be helpful to teens.

It also has a section around recent publications about ADHD.

Young Minds – www.youngminds.org.uk

Young minds provides information on mental health and neurodevelopmental differences which affect children and young people.

They have fact sheets on ADHD but also a parent line for support (Parents helpline - 0808 802 5544). The parent line is not ADHD specific.

Norfolk services:

ADHD Norfolk: www.adhdnorfolk.org.uk / 01263 734808

ADHD Norfolk is a service set up to support families and adults with a diagnosis of ADHD. They provide interventions such as parenting programmes, coaching and therapeutic intervention (prices of which are available on their website). They also provide free drop in sessions, based in Norwich and Great Yarmouth for anyone affected by ADHD – the details of upcoming dates can be found on their website. The option for email enquiries is provided on their website as well as a number of downloadable resources.

Norfolk SEND Partnership:

www.norfolksendpartnershiass.org.uk / 01603 704070

Norfolk SEND is a free and impartial advice service available for free for any family affected by SEND (Special Educational Needs or Disability). Their service includes providing advice on legal requirements around SEN law, applying for EHCP's (Education and Health Care Plans), support with preparing for attending meetings, reading reports and much more linked to getting support for your child's special educational needs. Their website provides a number of resources, including the option to book a face to face appointment or send an email enquiry.

Family Action Norfolk (Swaffham Community Centre):

www.family-action.org.uk / 01760 720302 (ask for Susan or Mary)

Taken from their leaflet – Family Action are a national charity working in partnership with local health services to provide support to the families of children awaiting assessment for or recently diagnosed with ASD and ADHD. They run course in positive behaviour strategies, family support work as well as signposting to other supportive services.

Norfolk SEN Network: www.norfolksennetwork.org / 01603 300178

Norfolk SEN Network is a local charity that supports parents of children with SEN aged 0-16 and helps young people aged 16-25 represent themselves. They provide support around applying for EHCP's, support with annual reviews or provide advice if there have been exclusions from school. In addition, they provide training for parents (prices on website) and also free membership options.

Norfolk Early Help: www.norfolk.gov.uk/children-and-families/early-help-and-family-support/

Norfolk early help provide support to families when they are concerned about difficulties within the family or worried about children. Difficulties can include mental health needs, domestic violence, your child not going to school, struggling as a lone parent or housing problems. The contact details for your local early help team can be found on their website.

Supporting smiles: www.ormiston.org/what-we-do/mental-health-and-wellbeing/support-for-children-and-young-people/supporting-smiles/

This is a service providing support for infants, children and young people experiencing early signs of mental health and emotional problems. They have a lot of information on their website about seeking additional support. Referrals can be made directly by individuals.

More Norfolk services:

Just One Number : <https://www.justonenorfolk.nhs.uk>

Children and Young People's Health Service Norfolk . This website offers a range of resources and support. Services include text messaging services for young people to access health professionals for support, parent support services and online parenting courses.

SENSational Families: <https://www.sensationalfamilies.org.uk/>

This small charity is based in Norfolk and provides a range of support services and training to parents who a child with a disability or special educational need.

Nansa: <http://www.nansa.org.uk/>

Nansa provides support, education, training and advice to people of all ages and disability levels. It is one of a few UK disability charities to provide conductive education services for young people with disabilities (pre-school aged 0-5 and their families).

Sleep East: <http://www.sleepeast.com/>

Videos:

Let's talk about ADHD: https://www.youtube.com/watch?time_continue=251&v=YeamHE6Kank&feature=emb_title

ADHD Video: What's it like to have ADHD?: <https://www.youtube.com/watch?v=HI7Ro1PUJmE>

How to ADHD: https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcqy_95Q

Additude: <https://www.youtube.com/user/additudemag>

ADHD/ADD - causes, symptoms & pathology: https://www.youtube.com/watch?v=vQRh_VMA7Vc

There are also a series of TEDx talks on ADHD:

https://www.youtube.com/watch?v=mEI_39C5E2o

https://www.youtube.com/watch?v=uU6o2_UFSEY

<https://www.youtube.com/watch?v=JiwZQNYIGQI>

Facebook:

There are a number of resources on Facebook.

Helpful pages to Like include:

- ◆ **How to ADHD**
- ◆ **ADDitude**
- ◆ **CHADD– Children and Adults with ADHD**