



Let us introduce ourselves...

ADHD Solutions is a non-profit charitable company that supports children, young people and adults diagnosed or suspected of having ADHD (Attention Deficit Hyperactivity Disorder) their families and anyone that supports them or works with them.

ADHD Solutions CIC Aims:

To improve the life chances of people with Attention Deficit Hyperactivity Disorder (ADHD), by delivering a quality service that supports and empowers children/young people, adults and their families to take control of their situation, develop strategies for use at home, school and the work place and aid them in identifying critical times and preventing crises occurring.

ADHD Solutions CIC



What our members say...

I have done 1-2-3 Magic and a parent volunteer's course, been to support groups as a parent and as a volunteer and have received support at home and in school. The work they do is amazing, the kids and I love it because we can be ourselves and I no longer feel alone, they are always there and the school were very grateful too.

The trips and activities give my son the confidence and freedom to express his own personality, plus the whole family gets quality time together as well as making friends with other families. It's helped to us become closer as a family!

Having the support from experienced people who listen and guide you the right way forward was very important. They give a 100% to you and your child where others have failed to listen and understand our needs. It is vital we have ADHD solutions for our children's future and the future of other children and their parents.



info@adhd-solutions.org



www.adhd-solutions.org



[@ADHDSolutionsUK](https://twitter.com/ADHDSolutionsUK)



[Adhd SolutionsCIC](https://www.facebook.com/AdhdSolutionsCIC)

ADHD Solutions CIC
St Gabriel's
Community Centre
Kerrysdale Av
Leicester
LE4 7GH
0116 261 0711



LOTTERY FUNDED



ADHD Solutions CIC

Provides advice and support to children young people and adults with ADHD and their families in a number of ways.

At home

We can work in the home to develop coping strategies for:

- Parents/carers, siblings and extended family to make day-to-day life better.
- Help with time-management and organisational skills.
- Provide social skills and anger management strategies.
- Self-esteem building.
- Improve knowledge and awareness of ADHD.
- Provide telephone advice and support.
- Support families by attending meetings / appointments where appropriate.

ADHD Coaching

We aim to enable people with ADHD to take charge of their life and to reach their full potential. It is not a therapy, however, it can be very therapeutic. Coaching is not easy, it is a partnership between coach and client that requires commitment to change which can be difficult.



At school

We work with schools to enable teachers/ learning support assistants to work with young people with ADHD in a positive and productive way.

This can be done by a combination of:

- Whole school training for staff on ADHD to raise awareness of the condition.
- Advice on general strategies for use in both the classroom and the playground.
- 1:1 advice and support to staff around an individual child to reduce stress and prevent 'crisis' situations, including exclusions.

ADHD Support Groups

We run a range of support groups for parents/ carers and adults with ADHD. These provide the ideal opportunity to meet other people who have the same experiences as you.

We run daytime groups in Leicester, Melton Mowbray, Loughborough, Coalville, Hinckley, Lutterworth, Wigston and Nottingham and Evening groups in Leicester. Telephone the centre on 0116 2610711 for more information.

Activities

We provide a range of activities including family trips and activities e.g. outings, picnics, Christmas parties plus activities for children and young people e.g. outdoor pursuits, Youth Club, and holiday activities.

Information and resources

We have a range of books, games, sensory and safety equipment available for you to borrow.

Courses

ADHD Awareness

- ADHD Awareness for parents and carers to learn all about ADHD and how it affects both you and your child.
- ADHD awareness training and an introduction to '1-2-3 Magic' training for professionals across all statutory and voluntary agencies to help improve knowledge and understanding of ADHD.

Behaviour Management

Our programmes are written specifically for children and young people who have ADHD.

- '1-2-3 Magic' (created by Thomas W Phelan, PhD) is ideal for children aged 2 to 12. It is delivered in 3 sessions.
- 'Parenting Challenging Teens' is geared towards the 13+ age group. It is delivered in 4 sessions, along with one session for the young people themselves.

Both courses guide you through step-by-step, with the support of the Coach and each other and have a very high success rate.

Young People's courses

'RAPID' and 'Why Try' programs both support children/young people to develop self-esteem, social and emotional resilience and self management strategies. Bespoke packages are also available.

Adults course

'Get A Grip' programme is a 10-week course to help adults manage the core symptoms of their ADHD and develop strategies to support them at home and in the workplace.