

Support Services for Parents and Carers of Children and Young People with ADHD

There are a number of established websites, as well as local agencies which are also of great benefit and support to families with ADHD. These are as follows:

Websites:

ADDISS – www.addiss.co.uk

ADDISS 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 ADHD Foundation also hold conferences open to parents and professionals.

The UK ADHD Partnership (UKAP) – www.ukadhd.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).

Training opportunities also indicated on the website.

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

Jessica Brunet, Clinical Nurse Specialist in ADHD (June 2017)

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 diagnosis' 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.

Facebook:

There are a number of resources on Facebook. Helpful pages to Like include:

'How to ADHD'



CHADD



ADDitude



Hackney services:

The following information has been collated from the Hackney Local Offer website www.hackneylocaloffer.co.uk which is where up to date information can be found around current events in Hackney.

***HIP Hackney: Hackney's Independent Parents Forum:** [www. Hiphackney.org.uk](http://www.Hiphackney.org.uk)

This is a local forum to support parents who have children with Special Educational needs or disabilities or additional needs. Their aim is to get the voices of families heard and liaise with social care, education and health professionals as well as organize events and trainings. They also try to support families to get in touch with the professionals they may need.

***Contact (previously Contact a Family):** [www. Caf.org.uk](http://www.Caf.org.uk)

Address: 209 - 211, City Road, Hackney, London, EC1V 1JN

Contact is a UK wide charity who provide information, advice and support to parents who have children with disabilities or additional needs. They provide links to parent support as well as financial advice related to your child's condition.

***Short Breaks:**

E-mail: shortbreaks@hackney.gov.uk

Hackney Learning Trust, 1 Reading Lane, Hackney, London, E8 1GQ

Telephone: 020 8356 6796

Website: <http://www.shortbreakshackney.com/>

Short breaks is available to families who live within the borough of Hackney and in receipt of middle – high rate DLA for their child or PIP at an intermediate or advanced rate. Short breaks is available for children and young people with a wide range of needs age 5-18, of which ADHD is included. They provide activities tailored to different age ranges and aimed at the individual child or the whole family can benefit (depending on the activity). If the application is accepted, your child will be allocated a certain number of hours they are able to use on activities with the short breaks team throughout the year.

***Hackney Ark Resource Centre**

Email: resourcecentre@homerton.nhs.uk

Address: Downs Park Rd, Hackney, London E8 2FP 9am-5pm, Monday-Friday (Lunch 1pm-2).

Telephone: 020 7014 7005/6

The Resource Centre is a one stop shop for information, advice and support welcoming professionals, parents/carers of children with disabilities and SEN. They also have leaflets, library books and can support the filling in of the DLA (Disability Living Allowance) form.

***Family Action Hackney:**

Website: <https://www.family-action.org.uk/>

Address: 24 Angel Gate, City Road, London, EC1V 2PT

E-mail: [hackney.cs@family-action.org.uk, info@family-action.org.uk]

Telephone: 020 7254 6251

Family action provides a wide range of family support to holistically meet the needs of families within the borough. This ranges from SEND support including for families where someone has a diagnosis of ADHD and also Young Carer's which may be beneficial to siblings who provide a lot of support at home. They also provide parenting and advice services, the full details of which can be found on their website.

***Hackney SENDIAGS (SEND Information, Advice and Guidance Service):**

Address: 1-13 Triangle Road, off Westgate Street, Hackney, London, E8 3RP

E-mail: SENDIAGS@learningtrust.co.uk

Telephone: 020 7275 6036 Helpline hours: 10am-3pm (Monday –Thursday) and 10am – 1pm (Friday)

SENDIAGS is a local independent and confidential services for families of children with special education needs. They are able to consider with you your role within an assessment, law and legislation in relation to educational needs, provide information around support groups, preparing for meetings as well as advice an information about EHCP (education and health care plan) applications (please note, they do not complete the applications). They provide drop in sessions which are routinely advertised on their website.

***Young Hackney: www.younghackney.org**

Young Hackney has four youth hubs. The Edge (near Manor House tube), Stoke Newington, Forest Road near Dalston Junction tube and Concorde on Kingsmead Way in Homerton (see website for individual contact details). Each center has slightly different activities which can include sports, music, drama, cycling hub, cooking and homework clubs to name a few activities.

They also provide advice on pertinent issues affecting young people as well as hosting the Youth Parliament, Youth forums and youth leadership programme.

Further information is provided on their web site.