



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
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Phone: 01727 833963

NEWSLETTER
Spring
2022

At ADD-vance we are passionate about understanding, embracing and celebrating neurodiversity!

That's because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands the needs of neurodiverse families better than parents and carers who 'walk the walk' every day! Sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family so that everyone can thrive.

Get in touch to find out more about our range of services in Hertfordshire.

**Need someone to talk to
about ADHD or Autism?**



Please call the ADD-vance
Telephone Helpline
01727 833963

For parents and professionals

Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Need information or support right now?



You can post anonymously on the
ADD-vance Private Facebook Page
and get ideas from over 5000
parent and professional members of ADD-vance!

To join the group click:
<http://www.add-vance.org/parents/>
and follow the Facebook link.
(You'll be asked 3 simple questions to check your identity)

The group is moderated by
Specialist Family Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

Want to understand your child better?



Please sign up for one of our
FREE ONLINE Six-Week Courses
generously funded by Hertfordshire County Council.

Ten courses will be running during the Spring Term
including one specifically for dads/male carers
one for parents/carers of girls
one for parent/carers of pre-school children
and three for parents/carers of teens.

Courses will be delivered via Zoom with
a maximum of 12 participants per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Worried about your child?



Please join us for our weekly
FREE ONLINE Support Groups
via Zoom

We have separate groups for:
Parents/carers of primary-aged children
Parents/carers of secondary-aged children
Parents/carers of young people aged 16-25 yrs

Maximum 10 participants (plus two coaches) per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

We are delighted to announce our complete programme of

FREE ONLINE Workshops for Parents/Carers

will be running throughout Spring Term 2022 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

'I feel so much better prepared for what lies ahead'

THE SEND JOURNEY

Identifying ADHD and/or Autism in your child
Caring for your Neurodiverse Child (and yourself!)
Working in Partnership with School to support your Neurodiverse Child
Applying for an EHCP for your Neurodiverse Child
Preparing for an EHCP Annual Review for your Neurodiverse Child
Supporting Siblings
Support for Dads
Managing the Transition to Primary School
Managing the Transition to Secondary School
Preparing for Adulthood
Thinking about College?
Thinking about University?

PSYCHOEDUCATION WORKSHOPS

Understanding ADHD
Understanding Autism
Understanding Pathological Demand Avoidance (PDA)
Understanding Sensory Differences
Understanding ADHD in Girls
Understanding Autism in Girls
Understanding Challenging Behaviour
Understanding Anxiety
Understanding Neurodiverse Teens

'I have some great new ideas to try at home'

SKILL-BUILDING WORKSHOPS

Tips and Tools to Build Self-Esteem
Tips and Tools to Manage Sensory Differences
Tips and Tools to Support Communication
Tips and Tools to Teach Emotional Literacy
Tips and Tools to Manage Everyday Transitions
Tips and tools to Support Learning (Executive Function)
Tips and tools to Teach Social Skills
Tips and Tools to Manage Anxiety
Tips and Tools to Manage Anger
Tips and Tools for Positive Behaviour
Tips and tools for Toileting
Tips and tools for Sleep
Tips and Tools for Puberty
Tips and Tools to Manage Self-Harm

'I finally understand my child!'

Wondering if you or your child has ADHD?



Please book in for a **QbCheck at ADD-vance**

This online test measures the three core symptoms of ADHD.

It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with our **EHCP Specialist Advisors**

Email coaching@add-vance.org for more information and costs.

Did you know that ADD-vance does not receive any regular statutory funding?

DONATE

We rely on the passion and goodwill of private donors and fundraising activities to help us reach even more families in Herts!

Please support us by organising a fundraising activity, shopping online using Amazon Smile or Easy Fundraising, making a text donation or using our QR code:

To donate £1, text ADDV to 70201
To donate £3, text ADDV to 70331
To donate £5, text ADDV to 70970
To donate £10, text ADDV to 70191



Donations are vital to our work and we REALLY appreciate all contributions, no matter how small.

* Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org.

Thank you!

Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward visit <https://www.add-vance.org/parents/coaching/> for more information and to download the referral form.