



Who are we and what do we do?

The ADHD Foundation works in partnership with children, young people, parents/carers and adults living with ADHD and all those who support them to promote inclusion within mental health, education and employment.

We provide a range of services to better support you in your work with children, young people and families living with ADHD.

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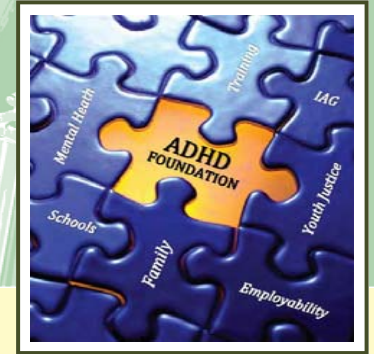


ADHD Foundation

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ADHD Foundation

CHILDREN & PARENTS SKILL BUILDING GROUPS



The missing piece of the puzzle

Promoting inclusion in..

Mental Health
Education &
Employment

Registered Charity No: 1120898

Information, Advice and Guidance

We offer information, advice and guidance for professionals working with families living with ADHD.

The Missing Piece of the Puzzle

ADHD is the missing piece of the puzzle in promoting health, resilience, achievement and reducing dependency. We can provide you with the skills and knowledge to make a genuine and lasting difference to the lives of those living with ADHD. Many professionals achieve outstanding results once they have identified and understand ADHD as the root cause of challenges faced by their service users.

Skill Building Groups

This service is delivered by skilled staff many of whom have direct experience of living with ADHD in their own families. They will listen to your concerns, answer questions you might like to ask about medication or how to support your child's learning in school. They will also offer you information on the menu of services we offer.



Our programmes promote emotional well being and resilience with the aim of reducing dependency on other services by equipping parents and carers with the knowledge and skills they need to support themselves and their families

Topics covered include:

- Understanding Medication
- Supporting Learning and Positive Behaviour
- Working in Partnership with Schools and Teachers
- Parenting skills to meet the above-average parenting needs of Children and Young People with ADHD
- Healthy Lifestyles



This photo was taken of two girls at the completion of the six week Children's Skill Building Groups



The ADHD Foundation aims to empower those service users who access our service by sharing knowledge and skills around ADHD management so that they are not disadvantaged by their ADHD. We aim to encourage them to grow in knowledge and confidence in their ability to thrive and achieve their life plan.

Supporting families in making positive changes to their child's behaviour

We encourage service users living with ADHD to take personal responsibility for their families health, learning and behaviour. Offering the right type of support and working in partnership with parents, teachers and clinicians means that every child with ADHD can enjoy a happy, healthy childhood and family life and achieve their full potential.