

PROMOTING  
INCLUSION IN..

MENTAL  
HEALTH,  
EDUCATION &  
EMPLOYMENT

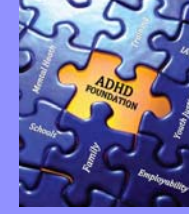
Place  
Stamp  
here



### ADHD Foundation

LCVS Building  
151 Dale Street  
Liverpool  
L2 2AH

**Tel: 0151 237 2661**  
Web: [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)  
Email: [info@adhdfoundation.org.uk](mailto:info@adhdfoundation.org.uk)



## ADHD Foundation

Tel: 0151 237 2551

Participation Activities



## Who are we and what do we do?

The ADHD Foundation provides a range of services for young people to help you to understand and manage ADHD. We offer a variety of learning programmes and fun activities to meet your individual needs empowering you to realise your full potential.

### → Young Peoples Skills Building Groups

The ADHD foundation provides skill building groups for young people to help up:

- to understand and manage your ADHD
- to plan and organise your learning helping you to manage better at school or college
- to set goals and gain the skills and confidence to achieve them
- to support you to access other activities for young people and to manage the transition to independent living

### → Young Peoples Participation Activities

We provide a range of participation activities for young people enabling you to have fun learning new skills, to experience a range of different activities including sport, art and dance and to gain accredited qualifications including the **Duke of Edinburgh Award Scheme**.



### → Connect 4 ADHD

Our Connect 4 ADHD tailored training helps you to meet the challenge of preparing for further education or employment and includes goal setting, coaching and mentoring, CV and interview preparation and personal organisation.

All of our training is delivered in schools, youth clubs and community centres across the North West.



### → Youth Forum

Our Youth Forum provides young people with an opportunity to voice your views about the services you believe should be provided for young people with ADHD. Special training will give you the skills and confidence to speak and represent young people with ADHD at conferences and events.