



ACC Liverpool

Many thanks to **ACC Liverpool** for hosting our annual conference, and for providing the following information and services:

REGISTRATION - open from **8am**, and located by the ground floor's **Galleria** entrance.

CLOAKROOM - available from **7am**. You may leave your coat and belongings here for **£1 per item**.

CAR PARKING - available at **Liverpool Waterfront Car Park**, at **£10 for 9 hours**, and **£15 for up to 24 hours**, with cash and card payment options available. Disabled parking spaces available.

CONFERENCE - in the **Keynote Hall**, which will start promptly at **9am**. Please ensure you have taken your seat in plenty of time.

CATERING - lunch and refreshments will be served in the **Lunch and Refreshments Hall** (exception for delegates attending the **Takeda Pharmaceuticals Symposium**, see our **Conference Programme** for more information).

If you have not informed us of your dietary requirements, please visit one of our **Information Desks**, or speak with a **Centreplate staff member** for support. If you have stated your dietary requirements in advance, please speak with a **Centreplate staff member** to be served. There will also be **Allergy Champions** (wearing green aprons) available for more information.

EXHIBITION - in the **Exhibitor Hall**, and within the **Keynote Hall**.

PRAYER / QUIET ROOM - located on the **1st Floor**, in **Room 15**.

WI-FI - available throughout **ACC Liverpool**, and named **Free_Wifi SSID**. Once connected, browse to a web site of your choice, and you will be re-directed to the **ACC Liverpool Landing Page**. Click on the **Free Wi-Fi Access** button, and the web page of your choice will then load.

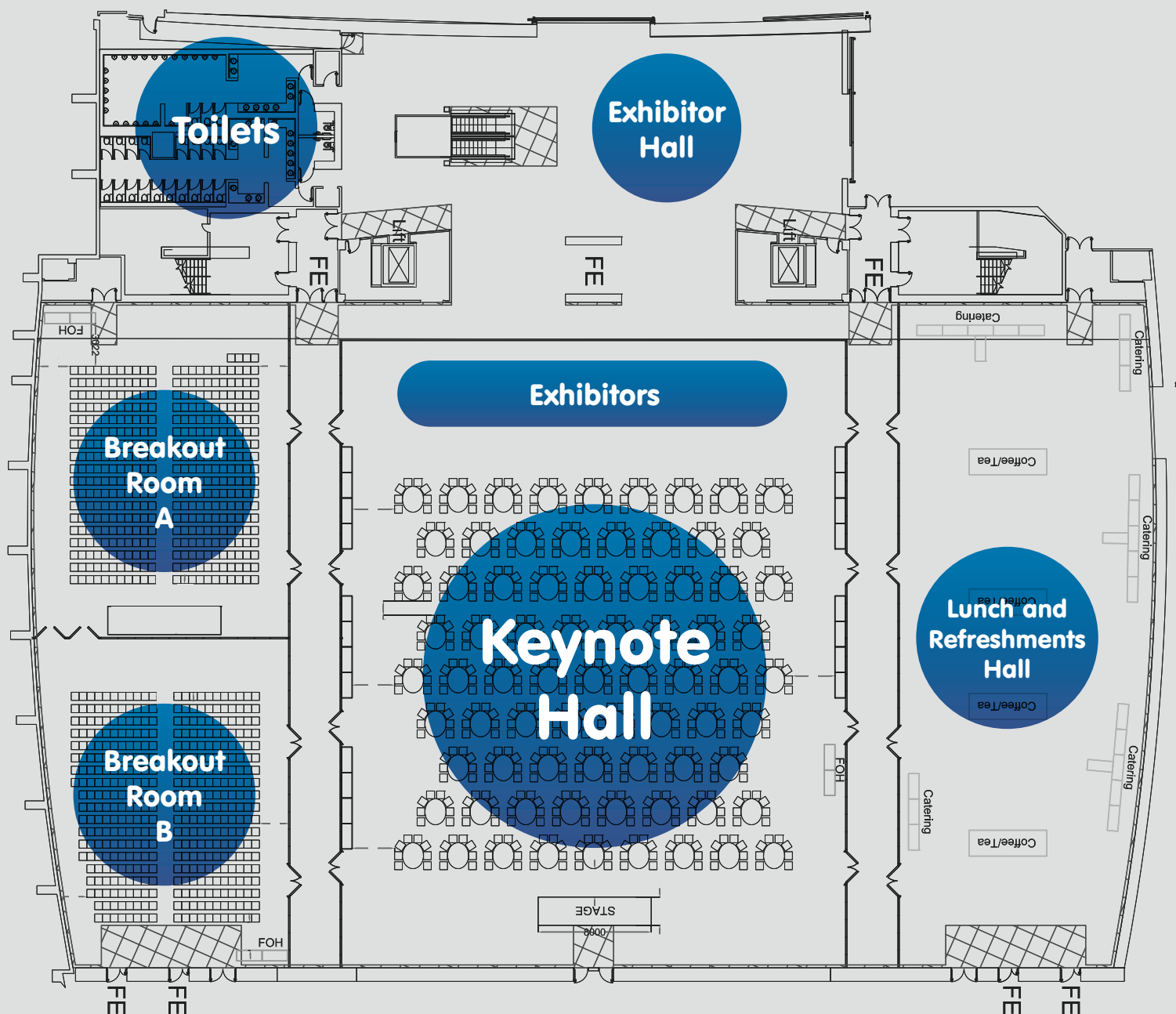
If you have any questions or need additional information or support, please visit one of the ADHD Foundation's **Information Desks** (located at **Registration** and the **Exhibitor Hall**), or speak with an **ACC steward**.



During the conference, we will be encouraging you to engage with each other through social media, as well as networking in person.

The hashtag we will be using today is **#ADHDConf**

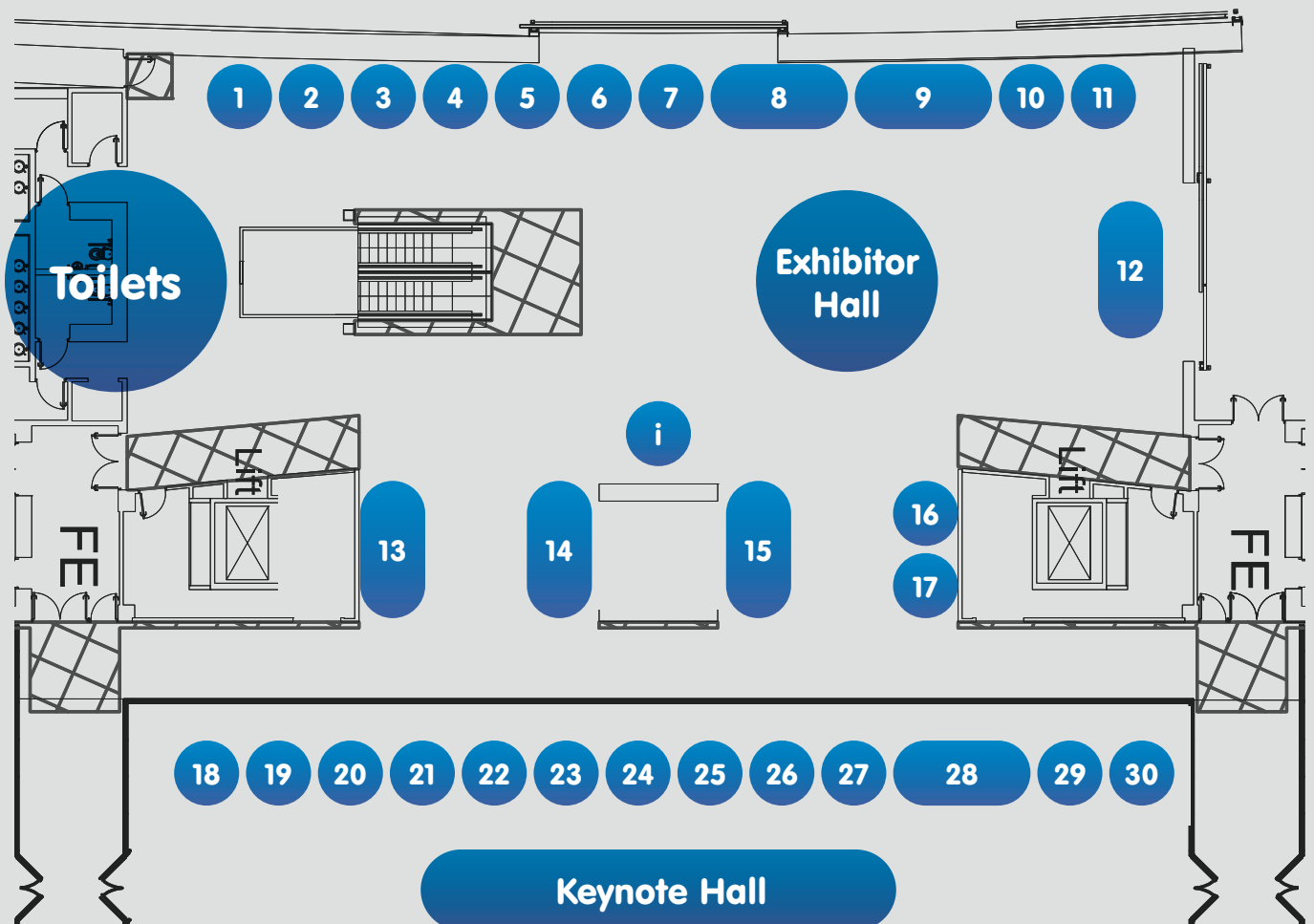
Conference Map



The majority of our conference takes place on the lower level of **ACC Liverpool**. The **Takeda Pharmaceutical Symposium (for Clinicians only)** will take place on the **1st Floor in Room 12**.

If you have any questions or need additional information or support, please visit one of the ADHD Foundation's **Information Desks** (located at **Registration** and the **Exhibitor Hall**), or speak with an **ACC steward**.

Exhibition Plan



- | | | | |
|---------------------------------|-----------------------|---------------------------------|------------------------|
| 1 Fitness and Funbees | 9 Enabling Technology | 17 Janssen | 25 ADHD Surrey |
| 2 Phonak | 10 Flynn Pharma | 18 Yellow Sun | 26 Connections in Mind |
| 3 LivPaC | 11 Nuance Hear | 19 Creased Puddle | 27 Language Box |
| 4 Isabella Trust | 12 Witherslack Group | 20 School Improvement Liverpool | 28 SPACE Herts |
| 5 Liverpool Hope University | 13 Equazen | 21 psychologist.uk | 29 Novus |
| 6 ADHD Foundation | 14 Takeda | 22 I Want a Standing Desk | 30 Wisepress |
| 7 Neurodiversity Clinic | 15 Qbtech | 23 The Children's Sleep Charity | i Information Desk |
| 8 West Kirby School and College | 16 Ethypharm | 24 TakeTen | |

Conference Programme

Time	Activity	Speaker	Location
8:00 - 9:00	Registration and Refreshments		
9:00 - 9:15	Welcome and Opening Address	Dr Tony Lloyd	Keynote Hall
9:15 - 10:00	Keynote 1	Dr Ned Hallowell	Keynote Hall
10:00 - 10:30	Keynote 2	Professor Amanda Kirby	Keynote Hall
10:30 - 10:55	Refreshments and Exhibitors		
11:00 - 11:30	Keynote 3	Rory Bremner	Keynote Hall
11:30 - 12:00	Keynote 4	Shaun Fenton	Keynote Hall
12:05 - 12:40	Breakout 1	Dr Emma Derbyshire	Breakout Room A
	Breakout 2	Jon Spiers	Keynote Hall
	Breakout 3	Dr Ruairi Gallagher and Dr Jonathan Chahal	1 st Floor Room 12
	Breakout 4	Nicky Tolley	Breakout Room B
12:45 - 13:15	Keynote 5	Professor Anita Tharpar	Keynote Hall
13:15 - 14:30	Lunch and Symposia		
13:15 - 14:30	Takeda Pharmaceuticals Symposium*	Dr Kuben Naidoo, Dr Joe Johnson and Dr Peter Mason	1 st Floor Room 12
13:15 - 14:30	Qbtech Workshop	Tony Doyle and Dara Coppel	Breakout Room A
14:15 - 14:30	ADHD Richmond Symposium	Val Ivens	Keynote Hall
14:30 - 15:05	Breakout 5	Dr Nancy Doyle	Breakout Room B
	Breakout 6	Ania Hildrey	Keynote Hall
	Breakout 7	Colin Foley	Breakout Room A
	Breakout 8	Tom Nicholson RMN and Dr Laura Coulthard	1 st Floor Room 12
15:10 - 15:40	Keynote 6	Lou Brown	Keynote Hall
15:40 - 16:10	Keynote 7	Maggie Owolade, Dr Jane Anderson and Kate Cheesman	Keynote Hall
16:10 - 16:30	Presentation of Awards and Plenary	Dr Tony Lloyd	Keynote Hall

***The Takeda Pharmaceutical Symposium is for Clinicians only.** For clinicians attending this symposium, lunch and refreshments will be provided in **Room 12**.

Title

Neurodiversity: a concept whose time has come - a 21st Century paradigm of intelligence, ability and employability

ADHD is a family affair - how ADHD impacts on the family. Find the Right Difficult: How to Make ADHD Work For You, Not Against You

Neurodiversity - ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia: how to do it - in school, in university and in the workplace

ADHD Celebrities - why are so many people in public life now speaking out about their neurodiversity?

The challenge for school leadership in enabling the unique potential of those with ADHD and SEND to excel in education and their careers

Brain, Health and Nutrition; Oily Fish and Omega 3 across the life stages

A National Strategy for Autism

Safeguarding and the role of CAMHS and Community Paediatrics working with schools and children's services

Emotional regulation to improve learning, achievement and behaviour

Pre term births and increased risk of neurodevelopmental conditions such as ADHD and Autism: what clinicians and schools need to know

Optimising treatment for ADHD and the changing role of primary care in medication management for children and adults with ADHD

Transform ADHD Care: Maximise your impact using objective data - a workshop for educators and clinicians

ADHD: Why it's different in girls

What are reasonable adjustments in employment for those with ADHD, Autism, Dyslexia, Dyspraxia, Dysgraphia and Dyscalcula

Outstanding Special Educational Provision: from Vision to Reality

Educational Strategies - reading, writing and ADHD

Working towards a balanced view of ADHD

Emotional Regulation

What do we do to create a service that meets the needs of families?

Speaker Profiles



Dr Tony Lloyd PhD | Chief Executive of the ADHD Foundation

Born and raised in Anfield, Liverpool, Tony studied philosophy before training as a psychotherapist. He worked for several years in public education as a child and adolescent psychotherapist. Tony was the lead researcher in the ADHD studies **Coherence Training in Children with ADHD, Cognitive Functions and Behavioural Changes**, and co-author of **Using emWave Technology for Children with ADHD**. Tony has also published frequently in the sector press and co-authored EU documents on transition from CAMHS to AMHS and the UK ADHD Disease Impact Report **A lifetime lost or a lifetime saved**. Tony was listed in the FT OUTstanding LGBT Executives in 2017 and 2018, and awarded the National Leadership Club Award for Education in recognition of his work at the ADHD Foundation.



Dr Ned Hallowell | Consultant Psychiatrist, Author and Founder of The Hallowell Centers, Boston, USA

Edward (Ned) Hallowell, M.D. is a board-certified child and adult psychiatrist, thought leader, NY Times bestselling author, world-renowned speaker and a leading authority in the field of ADHD. He is the Founder of The Hallowell Centers in Boston MetroWest, New York City, San Francisco and Seattle. He is a graduate of Harvard College and Tulane Medical School. He was a distinguished Harvard Medical School faculty member for 21 years and currently devotes his full professional attention to his clinical practice at the Hallowell Centers, speaking to audiences around the world, writing books and hosting the Distraction podcast. He has authored 20 books on various psychological topics, including ADHD, raising happy children, forgiveness, managing your "crazy busy" lives and most recently, his personal memoir. He has appeared on Oprah, CNN, Dr. Oz and other major networks. Learn more at www.drhallowell.com.



Professor Amanda Kirby | University of South Wales and CEO of Do-IT Solutions

Professor Amanda Kirby is unusual, as she is a GP, experienced researcher, clinician and most importantly parent of neurodiverse children and grandchildren. This provides her with an understanding of neurodiversity and co-occurrence from differing perspectives and a drive to raise awareness and champion best practices. More than 20 years ago she set up The Dyscovery Centre, an interdisciplinary centre of health and educational professionals because of her personal experiences. She is a professor at the University of South Wales, lectured to more than 100,000 individuals worldwide, written over 100 research papers and 9 books which have been translated into more than 5 languages. Amanda is now the CEO of Do-IT Solutions, a tech-for-good company, who have developed unique person-centered computer profiling tools and apps to support neurodiverse children and adults. This is delivered in a range of contexts including education, prisons, and employment settings both nationally and internationally.



Rory Bremner | Patron of the ADHD Foundation

Rory was the driving force behind a collaboration involving the BBC, the ADHD Foundation, UKAAN and UKAP, in the production of the Horizon documentary on the science underpinning ADHD, broadcasted on the BBC World Service. Rory is an exceptionally kind man, generous in his support of the ADHD Foundation, and its objective to improve education and health services for children and adults with ADHD.

Speaker Profiles



Shaun Fenton | Chairman of the Head Masters Conference

Inspired by the life-changing education he received, Shaun Fenton has undertaken leadership roles in some of the UK's leading independent and state schools. His practice is underpinned by a strong belief in the power of education to open doors of opportunity and the conviction that young people must be supported with the very best pastoral care to enable them to embrace and achieve academic and extra-curricular success. Shaun has been on the board of education charity and examination board AQA; a National Leader of Education; a Foundation Fellow of Gloucestershire University; a member of the UCAS Service Advisory Group; an Associate of Reform; and an ISI Inspector. During the academic year 2018-2019, Shaun held the post of Chair of HMC during which he led two national conferences and spoke at a number of events on subjects including the importance of wellbeing and pastoral care, community outreach and others



Dr Emma Derbysire | Registered Public Health Nutritionist and Award-winning Nutrition and Health Writer

Emma is a graduate in Nutritional Biochemistry, with a PhD in human nutrition, and has an established background in academia, research and advisory work. Emma has written over 100 peer-reviewed publications on a range of topics, including maternal and child nutrition, as well as contributing to scientific documents for the government, the public sector, journal and healthcare articles, books and textbooks. Dr Derbyshire is the author of **Nutrition in the Childbearing Years** published by Wiley-Blackwell, the founder of **Nutritional Insight Ltd**, a consultancy to food and healthcare companies, and co-founder of LittleFoodie.org, providing parents and carers with resources to help communicate the importance of child nutrition.



Jon Spiers | CEO of Autistica UK

Jon Spiers is a consultant specialising in innovative policy, public affairs and media campaigns, he previously advised senior leaders in charities, pharmaceutical firms and biotech in areas including lung cancer, leukaemia, genomics, HIV, meningitis, infectious diseases and ADHD. As Head of Public Affairs and Campaigning at Cancer Research UK he led the campaign for smoke-free legislation in England and Wales, a policy hailed as "the biggest step forward in public health for fifty years". With over 400,000 campaigners recruited, he successfully lobbied for national cancer plans, investment in cancer screening and putting tobacco out of sight in shops. He graduated in Linguistics from Cambridge University and served as RAG President for a year.



Dr Ruairi Gallagher | Consultant Paediatrician at Alder Hey Children's Hospital and Trustee of the ADHD Foundation

Dr Gallagher is a consultant developmental paediatrician at Alder Hey Children's Hospital. He is involved in the assessment and management of children with neurodevelopmental conditions within Liverpool, and is a safeguarding consultant at Alder Hey.



Dr Jonathan Chahal | Community Paediatrician at Alder Hey Children's Hospital and Paediatric Head of Safeguarding

Dr Chahal is a consultant community paediatrician covering the Sefton area in Merseyside, managing children with ADHD and leading the diagnostic team for ASD. He is one of the safeguarding consultants at Alder Hey Hospital, developing expertise in all areas of safeguarding. He is the lead for Looked After Children, the designated doctor for Looked After Children in Liverpool and Sefton, and has an interest in developing systems to help the health of vulnerable children.

Speaker Profiles



Nicky Tolley | Head of Clinical Services, West Kirby Specialist School and College

Nicky is on the Leadership Team of West Kirby Specialist School and College as Head of Clinical Services and is responsible for the strategic planning and development of these services within the School. Nicky is a qualified Speech and Language Therapist and also a Registered Intermediary, working for the Ministry of Justice, supporting vulnerable witnesses to give evidence to the police and at court. She is the lead trainer for the Wirral hub for the Autism Education Trust Training programme. She has led several initiatives at the school, including Autism Accreditation and the development of the new whole school curriculum.



Professor Anita Tharpar | Professor of Child and Adolescent Psychiatry at the Royal Academy

Anita is a clinical child psychiatrist as well as an academic. Her research focuses mainly on childhood ADHD but she has also conducted work on other childhood disorders including depression. Her research work has mainly involved genetic and epidemiological studies - looking at how genes and environment contribute. In her clinical work, she sees children and adolescents with a range of neurodevelopmental disorders and early onset mental illness. Anita's research focuses on risk factors for ADHD and major depression in children. She was elected a fellow of the Royal College of Psychiatrists in 1995, and of the Academy of Medical Sciences and Learned Society of Wales in 2011. In 2017, she received the Frances Hoggan Medal from the Learned Society of Wales and was named a Commander of the Order of the British Empire (CBE), both in recognition of her research in child and adolescent psychiatry.



Dr Kuben Naidoo | Consultant Psychiatrist, Deputy Medical Director at Merseycare NHS Trust and Chairman of the ADHD Foundation

Dr Naidoo is a Consultant Psychiatrist and currently Associate Medical Director in Mersey Care NHS Foundation Trust. He is the Trust lead for the ADHD service and established the Sefton ADHD service in 2007. He remains actively involved in the commissioning and development of business cases for ADHD in the Trust. Dr Naidoo also serves as the Chair of the ADHD Foundation Board of Trustees. In addition to his clinical role, Dr Naidoo is a member of the CESR Committee and an examiner for the Royal College of Psychiatrists.



Dr Joe Johnson | Consultant Psychiatrist of Adult ADHD, Sefton and Trustee of ADHD Foundation

Dr Johnson completed his higher training in Psychiatry from the University of Liverpool and has been working as a Consultant Psychiatrist at the Northwest Boroughs NHS Foundation Trust since 2005. He set up the Adult ADHD service at this Trust in 2008 and has since been heading the service. He was involved in setting up Adult ADHD clinics for the prison service at HMP Risley. He has also been working for LANC-UK (ADHD service provider) since 2015. For over a decade he has devoted his time to training and raising awareness about ADHD in adults. He has delivered ADHD training programmes to a variety of professionals including GPs, psychiatrists, nurses, probation officers and other practitioners working in mental health. He has been invited to speak at a number of national and international conferences and has participated in multi-centre research trials in ADHD. He has been actively involved in teaching and training and has been an examiner for the MRCPsych exams. Dr Johnson is the Northwest lead for the national organisation, UKAAN (UK Adult ADHD Network) and a trustee of the ADHD Foundation.

Speaker Profiles



Dr Peter Mason | Lead Consultant Psychiatrist of Dr Peter Mason ADHD & Psychiatry Services Limited

Dr Mason is a Consultant Psychiatrist with 30 years of experience working in the NHS. He first started to treat adults with ADHD in 2006 at a time when most people were sceptical about the condition and from there pioneered the development of Adult ADHD services across Wirral, Liverpool, parts of Cheshire and Bolton. In 2018 Dr Mason took early retirement from the NHS and set up his own private clinic: **Dr Peter Mason ADHD & Psychiatry Services Limited** which is CQC registered and based in Liverpool. Dr Mason has won innovation awards pilot ADHD services in prisons and community drug services and has published papers on outcomes in ADHD and ADHD in psychosis. He is also a collaborating author on other publications including ADHD & the Criminal Justice System, ADHD in Women and ADHD in the UK: a failure of service provision. For many years Dr Mason has worked closely with the voluntary sector and is a Trustee of the ADHD Foundation. Dr Mason is involved in various training opportunities for health care professionals with an interest in ADHD and speaks at national and international conferences about ADHD.



Tony Doyle | Managing Director of Qbtech Ltd

Tony is the Managing Director of Qbtech Ltd, before establishing Qbtech he worked in the Pharmaceutical sector in strategy development and marketing within the UK and Europe. His interest in Mental Health began through his work on medicines used for depression and schizophrenia. His focus with Qbtech on ADHD marries his experience in the health sector with a personal interest in technology.



Dara Coppel | Head of Innovation Programme Delivery, East Midlands Academic Health Science Network (EMAHSN)

Dara has more than 20 years' experience in health and care - including senior roles in the NHS and Public Health focused on urgent and emergency care and reducing health inequalities. She currently heads up EMAHSN's programme delivery team – forging relationships and understanding between industry, health and academia to drive the sustainable implementation of pathway innovation and new technologies. She is passionate about creating lasting change through new collaborations and improving patient outcomes and experience of care.



Val Ivens | Education Lead at ADHD Richmond

Valerie Ivens is an ADHD coach and adviser to ADHD Richmond and Kingston, who has worked with young people and families as an advocate, representative and lobbyist, both locally and nationally for 20 years. Valerie moved from her work in international diplomacy to work in the special needs arena, when her own daughter's special needs meant a career requiring extensive international travel became unworkable. She sits on the All Party Parliamentary Group (APPG) for ADHD, was a founder member of UKAP, and is a member of ADDISS. She ran and developed the ADHD Richmond and Kingston support group between 1998 and 2016, and now works with teenagers as a coach. She also runs post diagnosis training for parents and carers, and offers a free support clinic for families in the borough of Richmond and Kingston. She has a specialist interest in late diagnosed girls.

Speaker Profiles



Nancy Doyle | CEO and Founder of Genius Within

Nancy is a Registered Occupational Psychologist with 20 years of experience in neurodiversity, professional management coaching and welfare to work. Nancy has worked with thousands of clients from Access to Work, to blue chip boards and within the prison service. Nancy volunteers for the British Psychological Society (BPS) where she sits on the Committee for Testing Standards and contributes to Professional Practice Guidelines. Nancy is also a non-executive Board member for ERSA and SASC. Nancy won Public Policy impact of the year at the BPS division of Occupational Psychology in 2019 for her working lobbying the DWP and several APPGs to take an evidence based approach to neurodiversity inclusion.



Ania Hildrey | Headteacher of Abbots Lea School, Liverpool

Ania has a Masters and Bachelors Degree in Education, National Professional Qualification for Headship (NPQH) and some 20 years experience of teaching in various educational settings for students with special educational needs. Abbot's Lea School is an outstanding special school that provides the highest quality of education for students aged 3-19 living with Autism and a range of associated communication, interaction, social, imagination, sensory and learning differences. Ania promotes a personalised learning culture, vibrant, stimulating environment, reflective and progressive workforce aimed at working together to ensure that Abbots Lea School is the best place to be.



Colin Foley | National Training Director at the ADHD Foundation

Colin is the lead trainer across the entire UK and Ireland for the ADHD Foundation, as well as offering training programmes for teachers in English speaking international schools. Colin joined the ADHD Foundation having worked in secondary education for over 25 years. As well as serving eight years in senior leadership, Colin was also responsible for professional development of teachers, and is a qualified teacher trainer, supporting teachers in developing best practice and preparation for OFSTED inspections. Colin provides training on a range of learning needs, and has a particular interest in how mental health and neurodevelopmental conditions impact on attainment. He works with education providers, enabling them to adapt their practice to reduce anxiety and mental health problems for their students, as a means to change behaviours, enabling students to integrate fully into education provision. Colin is also a qualified Mental Health First Aid Trainer for youth and adult programmes.



Tom Nicholson BA Hons, RMN, Bsc | Graduate Tutor in Mental Health Nursing, Northumbria University

Tom Nicholson is a graduate tutor of Mental Health Nursing at Northumbria University, where he is undergoing a Ph.D. project titled 'Exploring the needs and experiences of parents across the ADHD diagnostic journey: A longitudinal study'. Tom is a registered mental health nurse who worked within the Newcastle and Gateshead Children and Young People's Service, where he supported and assessed young people with neurodevelopmental needs. Diagnosed with childhood ADHD in primary school, Tom has long been an advocate for ADHD, delivering professional talks and training on mental health nationally.



Dr Laura Coulthard | Clinical Psychologist and Designated Clinical Officer for SEND at Durham CCG

Laura is a registered Clinical Psychologist and early career researcher. Laura currently works for Durham CCG looking at improving health provision for children and young people with SEN and has worked as a clinical psychologist with children and young people and people with intellectual disabilities for many years. However, 5 years ago she gave up work to care for her son who has ADHD and autism, and following this, Laura received her own diagnosis of ADHD. Laura then pursued her interest in research in neuro-developmental conditions at Lancaster, Durham and Leeds-Beckett Universities and delivers ADHD teaching at Newcastle University. Laura is keen to encourage a more balanced narrative of ADHD that draws out strengths, creates a positive ADHD self-identity and reduces stigma.

Speaker Profiles



Lou Brown | ADHD Coach, Consultant and Advocate, Australia

Lou the author of **ADHD in Primary School**: a comprehensive guide to understanding and supporting students with ADHD in the classroom and the blog Thriving with ADHD. Prior to becoming a coach, Lou worked as a registered nurse for more than seventeen years. She worked in a wide variety of specialities and held 3 senior nursing roles. When she and her son were both diagnosed with ADHD in 2016, Lou made the decision to fondly farewell her nursing career and set out to improve the lives and outcomes of individuals with ADHD. Lou now works one-on-one with parents of children who have ADHD, as well as with adults who are affected by the disorder. With a unique insight into both the symptoms of ADHD and what it feels like to experience them, Lou also provides ADHD education and workshops for parents, adults and teachers. As a tireless ADHD advocate, she frequently collaborates with ADHD Australia, Parents for ADHD Advocacy Australia, and the ADHD Foundation Australia and has appeared in multiple television interviews and in online and print publications, sharing her lived experience with the aim of fostering understanding and awareness around ADHD. Lou is currently writing a book for parents of children with ADHD, and has recently commenced a Master of Research program. Her thesis aims to examine the correlation between self-compassion and symptom severity, self-esteem and quality of life in individuals with ADHD.



Dr Jane Anderson | Consultant Child and Adolescent Psychiatrist, Lambeth CAMHS

Dr Jane Anderson is a trustee on the Board of ARCS (ADHD and Related Conditions Support Service), a Lambeth-based ADHD charity. She is a Consultant in Child & Adolescent and Forensic Psychiatry with South London and the Maudsley NHS Foundation Trust in the inner city London borough of Lambeth. Dr Anderson has extensive ADHD experience, specialising in complex all-age diagnostic and risk assessment. Dr Anderson's specialist interest is the impact of ADHD on increasing risks in populations at risk of serious youth violence. Dr Anderson is an early adopter of Quality Improvement methodology, and undertook a large quality improvement project which developed the current ADHD care pathway in Lambeth.



Maggie Owolade | Director of ARCS, Brixton

Maggie is the Director of ARCS – a charity set up by parents to support families in Lambeth. A mother of four children, two of whom have an ADHD diagnosis, three with an ASD diagnosis (one with a dual diagnosis), she is also a qualified Social worker with a degree in Psychology, a masters and a post graduate qualification in Autism and Education. Maggie has extensive third sector and health experience, including seven years as the London Area Manager of a national dementia charity. She also has extensive youth and community outreach experience. Forced to stop full time employment when her partner died suddenly, nine years ago. she worked as a SEND Teaching Assistant with a special interest in ASD and ADHD. A member of several SEND strategy groups in Lambeth, Maggie is also a Parent Governor, a trustee of a community led housing project, and a longstanding member of the Lambeth ADHD Parent Support Group.



Kate Cheesman | Senior ADHD Pathway Lead and Mental Health Nurse, Lambeth CAMHS

Kate Cheesman is the ADHD pathway lead for Lambeth CAMHS (South London and Maudsley NHS Foundation Trust), she is a mental health nurse and independent medical prescriber, currently working on an MSc in Advanced Nurse Practice. Kate coordinates the assessment and treatment of ADHD within the local service, as well as co-chairing the local multi-professional ADHD strategy group. Kate has been working alongside local parents in the establishment of the ADHD charity, ARCS.