



ThiNKiNg dIfFeReNtLy aBOuT
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Thank you to the network members who attended the fifth network meeting on Wednesday 18th May.

The theme of the meeting focused on ADHD in women and girls.

Contact us
to register

Session five newsletter – “ADHD in Women and Girls”

We were joined by Emma Weaver from the ADHD Foundation Neurodiversity Charity, who facilitated a 30-minute session with a focus on ADHD in Women and Girls.

During her talk, Emma spoke about the traits of ADHD and how they may present differently in females with the condition. Emma introduced the network to strategies that may help support women with ADHD to regulate certain traits including emotional reactivity and attentional control.

Emma also signposted the network to useful sessions available via youtube including:

Sandra Kooij “ADHD – Different in girls, different in women”

https://www.youtube.com/watch?v=II02wI5LL_E

Susan Young “Females with ADHD”

<https://www.youtube.com/watch?v=FBYjg2SbdzU&t=526s>

Local updates

Dr Cath Lowther (Senior Educational Psychologist, Bracknell Forest) gave an update on the focus group input for the Bracknell Forest Neurodiversity Project. It was a great opportunity to hear the viewpoints of young people accessing services across Bracknell Forest and plans for the project going forwards.



Psychological perspectives in Education and Primary Care -

A programme of free training delivered by qualified staff in the Neurodiversity and CAMHS services designed to help staff in education and primary care to:

- recognise and understand neurodivergence and mental health difficulties in childhood/adolescence.
- better support these children, young people, and their families.

Our training can be delivered in a flexible way - from 30 minutes over lunchtime, twilight sessions or a half or full-day session. Many teams choose to have a number of modules delivered over a longer period of time. They can be delivered online.

For further information:

Webpage <https://cypf.berkshirehealthcare.nhs.uk/our-services/other-services/services-for-professionals-ppepcare-training/>

Email - PPEPCare@berkshire.nhs.uk



The Umbrella Project! Sponsored by the Shanly Foundation

We are excited to announce that the ADHD Foundation Neurodiversity Charity's Umbrella Project will be coming to East Berkshire this summer. The project has been funded by The Shanly Foundation and aims to support up to 18 education settings to have access to a **free** umbrella installation in their setting.

The Umbrella Project is a national project that celebrates the talents and abilities of the 1 in 5 people who are neurodivergent and will be taking place across the country from June 2022 – October 2022.

To register your interest in accessing one of the **free** installations, please complete the below online registration form:

<https://forms.office.com/r/Lq6sgtUzsu>

For further information, please email:
emma.weaver@adhd.foundation.org.uk



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What our network members are saying?

What works well for girls/women with ADHD?

- When schools and parents are already putting in supports and strategies before they even go down the assessment or diagnostic route. Rather than finding out 'what's wrong' with the young person before doing anything. Diagnosis being a rubber stamp rather than changing support.
- Networks like this one – having access to a wealth of information.
- Smaller class sizes and higher adult-child ratios allow more support where needed.
- Specialist information is indispensable.
- Post-diagnostic groups for adults to normalise and allow others to share their experiences.
- Making links and supporting one another.
- Luxury of time with clients and going through life stories and impact across the lifespan.
- A recognition that things have not been their fault.
- Acceptance of self and understanding of why.
- Parents being able to say, 'I have ADHD too.'

What are the next steps going forward?

- Closer link between diagnosis and post-diagnosis journeys.
- Everything is categorised – more of an overlap, e.g. ADHD or ASD? Where is the space for the 'neurodivergence'?
- Assessment is not as straightforward as it needs to be.
- False barriers.
- Shorter waits because waiting can cause damage.
- Behavioural strategies are put in place before anything, classrooms are adapted etc.
- Breaking things down, not giving too much information – making life easier.
- Not labelling children as 'naughty' – putting in support rather than punishing.
- For adults – let's get the world thinking in a different way!
- Cultural change of appreciating diversity and valuing this in society in general.
- People can better understand themselves without a diagnosis – and may feel less of a need to seek a diagnosis.
- That neurodiversity is an accepted part of society.
- Training to improve awareness

If you would like to take part in the network meetings or have suggestions for the sessions going forward, please do not hesitate to contact Emma Weaver via email:
emma.weaver@adhd.foundation.org.uk

