



# ADD-vance

The ADHD and Autism Trust

Website: [www.add-vance.org](http://www.add-vance.org)  
Email: [herts@add-vance.org](mailto:herts@add-vance.org)  
Phone: 01727 833963

NEWSLETTER  
Winter  
2020

## At ADD-vance we are passionate about supporting families!

This is because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands living with additional needs more than parents and carers who 'walk the walk' every day! But 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. 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](mailto:herts@add-vance.org)

### Need information or support right now?



Please post your query on the  
**ADD-vance Private Facebook Page**  
and get ideas from over 4500  
parent and professional members of ADD-vance!

To join the group click:  
<http://www.add-vance.org/parents/>  
and follow the Facebook link.  
You will be asked 3 simple questions  
to verify 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**  
funded by Herts County Council.

Nine courses will be running from  
w/c 2 November 2020  
*including one specifically for dads  
one for parents of girls and  
two for parents 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**  
every Tuesday evening 19:30-20:30

We have separate groups for:  
Parents of primary-aged children  
Parents/carers of secondary-aged children  
Parents/carers of young people aged 15-25 yrs

Maximum 10 participants per group.

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

We are delighted to announce our new programme of

**FREE ONLINE Workshops for Parents/Carers**

running from October 2020 to March 2021 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 WORKSHOPS

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 Neurodiverse Young People for Adulthood (14+)
Preparing Neurodiverse Young People for Adulthood (16+)
Preparing Neurodiverse Young People for Adulthood (18+)

#### PSYCHO-EDUCATION 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 Teens with ADHD/Autism

'I finally understand my child!'

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

#### SKILL-BUILDING WORKSHOPS

Tips and tools to build your child's self-esteem
Tips and tools to help your child manage sensory differences
Tips and tools to support communication with your child
Tips and tools to teach your child about emotions and self-regulation
Tips and tools to help your child deal with change (transition)
Tips and tools to support your child's learning (executive function)
Tips and tools to teach your child social skills
Tips and tools for managing anxiety
Tips and tools for managing anger
Tips and tools for positive behaviour
Tips and tools for toileting
Tips and tools for sleep
Tips and tools for supporting your child through puberty
Tips and tools for managing self-harm

## 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/](http://www.add-vance.org/adhd_service/qbcheck/) for more information or to arrange a booking.

## 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 email [coaching@add-vance.org](mailto:coaching@add-vance.org) to discuss the options and costs.

## Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with **Bridget Livsey – EHCP Specialist Advisor.**

Email [coaching@add-vance.org](mailto:coaching@add-vance.org) for more information and costs.

## Does your organisation need to learn more about neurodiversity?



We offer a range of workshops as well as **Bespoke Training and Consultancy** based on the latest research and best practice.

Whether you're looking for a brief seminar or a full-day of interactive learning email us at [training@add-vance.org](mailto:training@add-vance.org) to discuss your needs.