



Lincoln ADHD Support Group

Spring Newsletter



Registered Charity
1124090

APRIL 2013

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*TRAINING WORKSHOP
NEW DATES COMING SOON*

COMMUNITY CHAMPIONS

Lincoln ADHD Support Group is on the list of Community Champions Scheme run by the Lincolnshire Co-op. We now have an account so ...If you are a Lincolnshire Cooperative member & have a Dividend Card, you can now help us with our fundraising.

Simply visit

www.lincolnshire.coop/communitychampions & select the 'Choose my own Community Champion' option. If you follow the steps online and select us to receive your portion of the Community Champions fund, then every time you shop we will receive a donation!



Congratulations to Scott Robertson-Bradley for passing out from the Army Cadets on 12th April and receiving his first badge.

Well done Scottie!

We would like to celebrate your children's achievements, so please send a picture with some text and we would love to put it in the newsletter

Lincoln ADHD Support Group is a small charity that aims to meet the needs of families & individuals living with Attention Deficit Hyperactivity Disorder. (ADHD).

We do this through one to one appointments, small group sessions, training, workshops, TAC & school review meeting attendance, social events, newsletter, resource library & referrals. If you need assistance with DLA forms please contact the office & book an appointment.

We also offer support for professionals who work with ADHD with guidance, up to date information, strategies, training & signposting.

A huge THANK YOU to the Ladies' Section of Sleaford Golf Club. The Ladies' Section now has slightly in excess of 100 members, and regularly sees up to 50 participants in weekly competitions. A number of charity events are run throughout the year, with the Ladies' Captain nominating her charity for each year.

This year's Captain Celia Collinge has chosen the Lincoln ADHD Support Group

Celia has a grand daughter who has ADHD and the group support the whole family. Her daughter, Katie attends the WAGG's group and has been a prolific fund-raiser for us.

CONTACT DETAILS

Lincoln ADHD support Group
72a Newark Road
Lincoln
LINCS
Phone: 01522 539939
Lincoln.adhd@btconnect.com

"Why try to fit in when you were born to stand out". Dr Suess



NEWS



Rachael Bradley

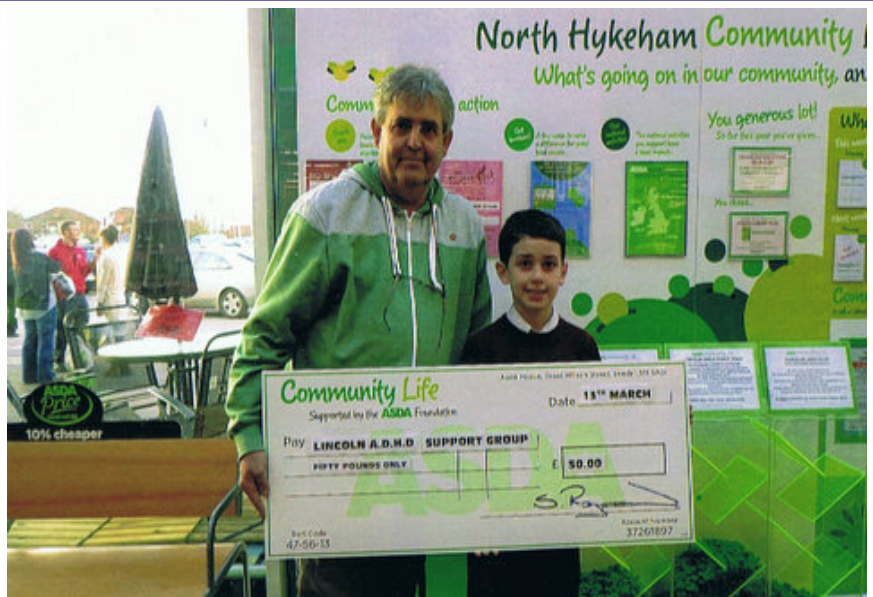
Rachael Bradley is a parent of a young son with ADHD and Autistic spectrum disorders. She is the assistant Manager of the Lincoln ADHD support group and has been supporting parents for the past 8 years. She organises many of the family fun activities such as the Easter Egg hunt & Christmas Party & Pantomime. As the Support Group has grown in their assistance to an increasing amount of families, Rachael is now also able to attend some meetings such as Team Around the Child in schools & Child In Need. Rachael assists the Sharon O'Dell when she delivers training on the 123 Magic & WhyTry Workshops.

Lincolnshire Co-operative have opened a new drop in centre. It's called

Revival Lincolnshire & is located at 18 Sincil Street, Lincoln, LN5 7ET.

There are various craft workshops on offer such as Patch work, Quilting, jewellery making, Appliqué, Felt Flower making & Crochet. There are also treatments on offer such as Reiki Healing. Meditation with a Tibetan Monk & community Acupuncture sessions. There is also an opportunity to get involved in Revival Sing, Pilates, Salsa. You can also enjoy the various homemade & wholesome food available in the Cafe.

For more information check out the website : www.revivallincolnshire.org



A huge Thank You to Pete & Pam Cutter for their support. They nominated us for one of the green tokens collection boxes at Asda, North Hykeham. Pete is pictured here with his son collecting a cheque for £50.00 on our behalf.



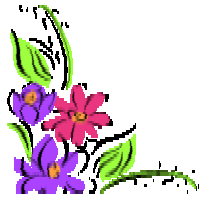
Another fun time for all the families at Low Mills, April 2013.



We are on Facebook: www.facebook.com/lincoln.adhd



Support Meetings



Our Women And Girls Group continue together once a month on the 1st Friday from 10.30 to 12.30 in our office suite in Lincoln. Please feel free to come along if you are a woman with ADHD or are caring for a girl with ADHD/ASD.

CARER'S ASSESSMENTS

Reminding all Parent Carers about getting in touch with the Carers Team if you have not yet had a Carer' Assessment.

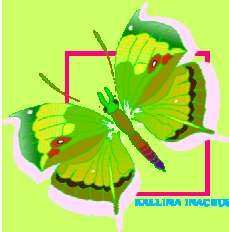
This is an opportunity for your needs to be addressed. This is to see the impact your Caring role has on your life & look to ways to support you & suggest ways for you to improve the quality of your life out side that role. A Carers Emergency Plan is a key part of the assessment.

You can also contact Lincoln ADHD Support Group if you would prefer us to refer you. Tel # 01522 539939

Lincoln.adhd@btconnect.com

LADIES – Butterflies is back!!!

Come along & be pampered, relax & unwind with the skills of our caring volunteers who offer nail painting, facials, massage & more. Or get Creative & do a craft!



Wednesdays :6-9pm
term time only.

Saturdays: 10-12.00
noon (children welcome & Crèche provided)

New Life Church,
Newland. LINCOLN

CWDSI

Children With Disabilities or
Sensory Impairment

www.cwdsi.co.uk

CASA

(Carers are Special Also)

TEL. 01507 607087

SENity Support Group

TEL. 01522 544801

Please let us know

if you would like us to promote your group

SNAP (Special Needs and Parents)

A Christian support network for parents and carers of children, young people & adults with disabilities & additional needs. They meet once a month (2nd Thursday) at New Life Centre, Newland, Lincoln for support and friendship which includes a free lunch and relevant professional speakers from education/health/support charities. The team are also available for support and advice on an ongoing basis via our mobile phone and email services. Lunch is served from 12.30pm. Your contact is Dawn Wilson, mobile: 07900 635366 or the ACTS office : 01522 526697

In 2013 there will be talks each month on a variety of subjects . Sharon from the Lincoln ADHD support Group will be hosting two of these talks. These will be on the 13th June & the 11th July at the New Life Church , Newland, Lincoln Talks begin are from 10.45 am to 12.30 pm. Practical ways to manage Challenging behaviour will be covered.



Diary Dates

Date	Event	Venue	From	To	Cost	Book by
6th April	TheFA Talent day Lincolnshire Football Association	Sincil Bank LN5 8LD	10.00	12.30	Free	Contact Leanne Woodhead 08449670708
	ADHD Workshop day	Skegness	09.45	14.45	£10.00 Parent/Carers £25.00 Professionals	
9th July Tuesday	ADHD Workshop day	Spalding	09.45	14.45	£10.00 Parent/Carers £25.00 Professionals	25 June 1213

Useful telephone numbers

Lincolnshire County Council
01522 881188

Social Care
Children - 01522 782111
Adults - 01522 782155

Carers Team
01522 782224

Carers Connect
01522 812830

Emergency out of office
01522 782333

Family information Service
0800 195 1635

Parent line Plus
08088 002222

Lincoln Police Station
01522 88222

Educational Psychologist
Telephone Helpline
01522 554673

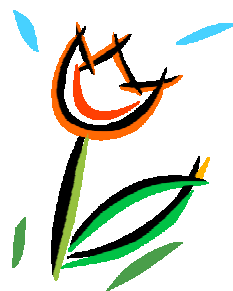
Independent Travel
Training
01522 555160

Lincolnshire Parent
Partnership Services
01522 553351

The Lincolnshire Family
Information service
0800 1951635

EVENTS & NOTES

The annual
Easter Egg Hunt was held
on **29 March 2013** in
Hartsholme Park
It was a fun time for all
with plenty eggs to be
found. See you next year!



EVERY
CHILD IS A
different KIND OF flower,
AND ALL TOGETHER,
MAKE THIS WORLD
A Beautiful
GARDEN.

Useful websites:

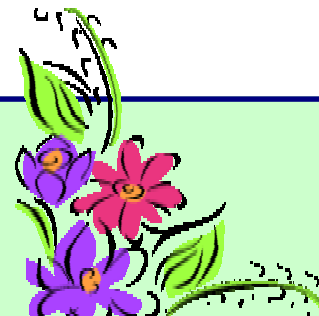
www.addiss.co.uk

www.senbooks.co.uk

www.cwdsi.co.uk

Parent's Report

TRANSITIONS UPDATE by Kim Khajehnoori



I have recently attended both of the Transitions events put on by the Lincolnshire Parent Carers Council (LPCC). They provided a wealth of up to date & important information to guide Parent Carers through the many changes that are on the horizon for children, families & especially young people in the transition stage of moving on to adult services. The first event was held in Lincoln at the Bishop Grosseteste University on Tuesday 5th February. It opened with a presentation from the LPCC giving the background to their organisation. They explained that it was an issue raised by many of the Parent Carers on their network over the past 18 months. The attendees were then directed in groups into various rooms to meet with the representatives there from Education, Health & Social Care. These four workshops allowed for everyone to meet with the professionals, ask questions & interact.

EDUCATION : From the Department for Education (DfE) Karen Polunak. Originally a Careers Adviser & presently working with Supported Internship policy. From the Lincolnshire County Council department for Education Gary Nikon presented on the upcoming changes through the introduction of the One Plan due out of the Family Bill Act which will become law in 2014. He is the head of service for additional needs which includes SENDAP—Special Education Needs and Disability Statutory Assessment Provision. He is also the Principal Education Psychologist.

HEALTH: Sheridan Dodsworth presented an overview of the latest policies & how that affects the children & young people in Lincolnshire. She is the Head of Service for Children with Disabilities has responsibility for the Social Work Team as well as the Early Support & Care Coordination Service (ESCO), The Sensory Education Support Service (SESS).

SOCIAL CARE: Karen Tipton, Principal Practitioner, Adult Learning Disabilities Intake Team along with Karen Dowman, Children with Disabilities Team Manager.

In general, both events were well organised & gave Parent Carers access to some of the key Professionals who are relevant to the Transition process in our County. It was highlighted that there are many changes in progress & this is confusing for both Parents & Professionals. The underlying message seems to be that the driving force is being heavily directed to Parents; to get informed, involved & have their views heard. Some great information on follow up websites was included at both events. The second event, on the 13th March was held at the South Holland Centre in Spalding & was attended by approximately 100 people. Speakers included 16 year old Emma Cross, a disabled young woman on her personal experience of Transitions, followed by a clear, positive outlook of the upcoming Governmental changes from Brian Lamb. He is a Policy Consultant with extensive SEN experience. The day ended with a simplified & very useful presentation on the Law regarding Transitions by Yogi Amin.