



Lincoln ADHD Support Group

Winter Newsletter



Registered Charity
1124090

JANUARY 2013

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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.

TRAINING IN 2013

As promised ADHD workshop & training days are back on schedule for this year.

ADHD WORKSHOP

For anyone who works or Lives with young people who have

Attention Deficit Hyperactivity Disorder

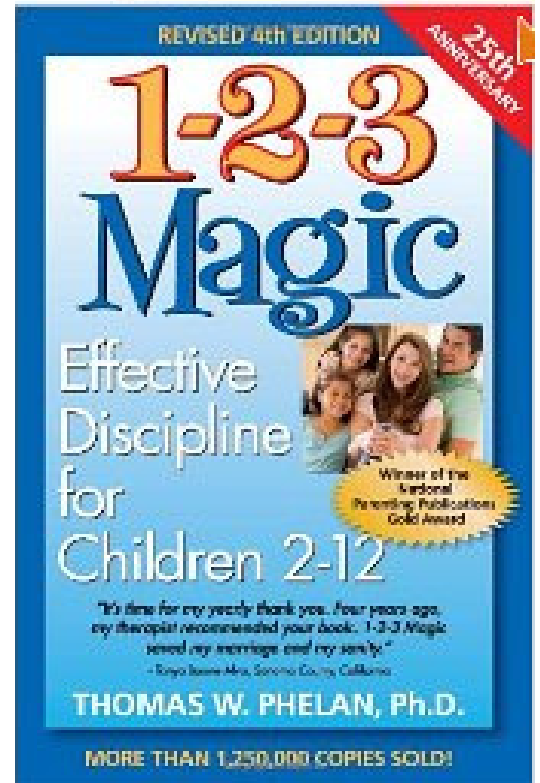
The first two will be on the 24th April & then the 9th July in Skegness & Spalding & again in Lincoln later in the year. These workshops aims to inform parents, teachers, support workers and voluntary services about the most up-to-date

information on the symptoms, underlying causes, and long-term outcomes of ADHD.

There are multiple challenges for young people with ADHD, but with patience and an effective plan to overcome these obstacles those with ADHD can thrive.

The workshop will provide practical strategies designed to help manage behaviour and support young people to meet their potential at home, at school/college/work and with their peers. Call the office to make a booking or we can email you a booking form to complete online or post

See you there !



CONTACT DETAILS

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

Wishing you all a very Happy New Year. We look forward to working with you throughout 2013 !



Remember to keep dropping off your tokens at ASDA in North Hykeham. The Lincoln ADHD Support group is trailing behind the others so please help push up forward . Thanks to all who have so far !!!



REMINDERS & NEWS

Sharon O'Dell



Sharon O'Dell is a parent of two young adults with ADHD and Autistic spectrum disorders. She is the leader of Lincoln ADHD support group and has been supporting parents for the past 17 years. She advises locally, at various meetings such as Child In Need, Team Around the Child and Special Education Needs reviews. Sharon has been delivering training on ADHD to various organisations for the past 7 years including police officers, PCSO's, university psychology students, Connexions and Teachers. She is also a certified WhyTry Practitioner and a licensed 123 Magic Practitioner, having delivered the course to more than 200 parents and carers in Lincolnshire. Sharon has been a trustee of ADDISS for 8 years and delivers ADHD training on behalf of ADDISS to the fire brigade for their NVQ fire starters course, to foster carers and escorts for children with disabilities and also delivers Trusted Assessor training for Lincolnshire County Council.

Sharon was the recipient of the High Sheriff Award in 2011 in recognition of Great and Valuable Services to the Community.

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

ACTION FOR CHILDREN SITTING SERVICE

SUITE 5, THE LAWN UNION ROAD, LINCOLN LN1 3BU

"You have two choices: You can come down from the mountain and spend the rest of your days thinking it was so beautiful there, or you can create a vision, look upward, see the next mountain, and start the climb all over again." – Oprah Winfrey



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.

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.

This is followed by our Parents of Teenagers Group from 13.15 to 14.45.

SENity Support Group meet every Thursday in term time only and support parents of children with ALL disabilities

9.30 till 11.00 at

Sure Start centre
Webourne Gardens
Lincoln
LN2 2DD

TEL. 01522 544801

CASA

(Carers are Special Also)

This group meet every Thursday and support parents of children with ALL disabilities.

9.30 till 11.00 at

Louth Children's Centre
Louth Eastfields & Lacey Gardens
Primary Schools
Lacey Gardens
Louth
LN11 8DQ

TEL. 01507 607087

CWDSI

Children With Disabilities or Sensory Impairment

The Lincolnshire Carers partnership with the Short Breaks team have set up this Parent Network Group. This is open to all Parent carers to ensure that their opinions are heard & any existing or future services are shaped by them.

www.cwdsi.co.uk

**Please let us know
if you would like us to promote your group**

SNAP (Special Needs and Parents)

This a Christian support network for parents and carers of children, young people & adults with disabilities & additional needs. We meet together 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
24th April Wednesday	ADHD Workshop day	Skegness	09.45	14.45	£10.00 Parent/Carers £25.00 Professionals	10 April 2013
9th July Tuesday	ADHD Workshop day	Spalding	09.45	14.45	£10.00 Parent/Carers £25.00 Professionals	25 June 2013

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

Annual
Easter Egg Hunt
29 March 2013
Hartsholme Park
11.00am—1.00pm
Cost £ 3.00 per child
Must be booked in advance



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.



Useful websites:

www.addiss.co.uk
www.cwdsi.co.uk

www.senbooks.co.uk

Parent Report



Parents being abused by their children.

The amount of parents being abused by their teenagers is increasing. The percentage is not clear, and one of the reasons for that is that it is very difficult for the families to realize that they are being abused by their children. Another reason is the shame abused parents feel that makes them to hide the problem. Society finds hard to believe that children can abuse their parents, and many people react before these cases blaming the parents. Teenagers can abuse their families in different ways. The most obvious way is the physical abuse, when children hurt physically their parents. This kind of abuse is the easier to prove, because the signs are evident, as bruises and scars. It is important for parents to detect the escalation of violence in their teen's behavior to avoid being harmed, and to seek for help at the first signs, as pushes or hitting. Children abuse women more often than men that can be because women are the most frequent caregivers, or because they are seen as physically weaker. Boys abuse their parents more often than girls, but the number of girls doing it is increasing.

What parents can do if they are being abused by their teenagers? First, they must realize it. As I said, it is hard for parents to assume that they are being abused by their children. Instinct makes us love our kids, and we feel a primordial need to protect them. We will try to deny their abusing behavior first, and then, we will try to explain it and justify it. Even when we finally figure out that we are being abused, in many cases we will try to hide it so our children won't get in trouble. But we need to understand that if our child is abusing us, he or she is already in trouble, and we need to find help for them and for us. Once the reality of the abuse is clear, parents must take action. If their children are physically abusing them, they must call the police. All the parents that suffer from any kind of abuse coming from their children should realise the reality of the problem and seek for help to fix it. They are not alone, and it is nothing to be ashamed off.

(Source: Yahoo ! Voices)

If anyone wishes to discuss this in more detail & confidentially, please contact the office (01522 539939)

SHARON'S SOAPBOX



Naughty or Not able....The difference it makes to a child.

As I meet with young people who have ADHD through our family activities, WhyTry programme and school meetings, I am struck by how many children openly declare that they are *naughty*. One child even told me at our very first encounter "You won't like me, I have ADHD and I'm really naughty". I asked him why he thought he was naughty and he replied "everyone says so, especially when I don't listen in class and shout out"

What does the word naughty mean? The Oxford dictionary Definition of **naughty**:
(especially of a child) badly behaved; disobedient: *you've been a really naughty boy*

It usually means that the child is showing behaviour that adults find frustrating, irritating, confusing, annoying or even bizarre. If we continually tell a child they are naughty, particularly in anger, we can leave them confused and upset, without really knowing what they have done other than make us angry; "You make me very angry when you are *naughty*" is a common refrain from parents and teachers, but what information has the child been given? How can they learn to improve? All they have been told is that now the adult is angry and it is their fault.

Children are often confused about what constitutes naughty behaviour, especially when they are punished for behaviours that are linked to their diagnosis. Yes children need boundaries and discipline, whether they have special needs or not, but it is essential that it is consistent, age-appropriate and doesn't damage self-esteem.

How can we teach children to overcome the barriers that come hand and hand with ADHD, ASD and other developmental disorders if parents and teachers alike use the word *naughty* to describe the ensuing behaviours? We need to look behind the behaviour to see what is the trigger. Looking at the Oxford definition above, the word *disobedient* implies that a child makes a choice; if a child is over stimulated, has a sensory reaction, doesn't understand the emotion he is feeling or how to express it in an appropriate manner, can we really say that he is making a choice?

We need to stop using the word *naughty* so casually if we want to change children's behaviour. If we think a child is deliberately being naughty, then a logical response is to believe that he will get better only if we force him to do things or punish him. So do we need to change our own behaviour and language when responding to our child; are we practicing patience, tolerance and objectivity? It is important that we model positive behaviours and teach children how to recognise and overcome their barriers in a way that doesn't escalate their challenging behaviour and lead to a negative self-image. We must aim to give instruction rather than just reprimanding the child. Always ask yourself what is important - **why** the shoes are on the floor? Or that the shoes must be put **in the cupboard**?

If we believe that the child **wants** to do well but is struggling to cope with a disability, then we, as adults, must take ownership of the strategies we put in place and consistently reinforce them until they become second nature to the child – no matter how long it takes.

The Oxford definition of disability - a physical or mental condition that limits a person's movements, senses, or activities.

Remember to keep a **disability perspective** when responding to your child's behaviour.