



Newsletter: October 2011



Almost 200 people, including children and young people, parents and carers, staff, volunteers and professionals joined us for our annual Celebration Event here at St Gabriel's.

It was a fantastic evening as we celebrated the amazing achievements of those who took part in our summer activities programme. Children took to the stage to huge applause from a packed hall to receive their certificates from special guest The Stig!



Special awards were given to our **Volunteer of the Year: Matt Jarvis** (pictured left and above) and **Parent Volunteer of the Year: Vix McBride-Cordy** for their outstanding contribution to ADHD Solutions.

We took nearly 1,000 photos this year across the summer and you can buy all of the pictures taken of your child / children for just £2! We will be posting them out to you in the next few weeks.

Thanks to everyone who came along and helped make it such a memorable night.



We also made presentations to our brilliant team of volunteers, who put in so much hard work to help us provide so much of what we do.

Please vote and help us to win £6,000!

We've been lucky enough to get through the first round of the NatWest Community Force fund. The organisation with the MOST PUBLIC VOTES in our region will receive the money, which will help us to provide events/activities for children, young people and families in the next year. **Please register online at <http://communityforce.natwest.com/project/4547> and vote before it closes on Saturday 22nd October.** Please support us to support you and share this with friends, family and colleagues and ask them to vote (plus pass on the info!) See our fundraising video at http://www.youtube.com/watch?v=IDI1hZH_UUU (it's also included on the NatWest website). Thank you!



ADHD Solutions provide information, help and support for children, young people, and adults with Attention Deficit Hyperactivity Disorder, their families and anyone who supports them or works with them in Leicester, Leicestershire and Rutland.

We are based at **St Gabriel's Community Centre, Kerrysdale Avenue** (at the junction with Barkby Road and Gipsy Lane), **Rushey Mead, Leicester, LE4 7GH. Telephone: 0116 261 0711**

E-mail: info@adhd-solutions.org or visit our website where you'll find lots of helpful information: www.adhd-solutions.org - we are also on Facebook.

Half Term Fun!

Family Fun Day: Tuesday 18th October, 10am to 2pm

Whatever the weather come along and have fun with your children at our Family Fun Day at St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH.

- Lots of arts and crafts (with the chance to make things to take home),
- Games (table football and air hockey),
- Sports - and, weather permitting, the adventure playground!
- There will also be a café, with cobs etc

If you'd like to take part, please complete the enclosed booking form and return it to us by Friday 14th October.



Centre Activities: Monday 17th and Wednesday 19th October

10am to 12.30pm

Sports and arts & craft for over 8's (these activities are for your children and young people only.

Places are limited to 25 children / young people per session. Please telephone the centre on 0116 261 0711 to book a place.



Family Trip to Twin Lakes Park: Friday 21st October

Back by popular demand, come and join us for a fun family day out at the ever popular Melton theme park. There are two exciting new rides - a log flume and a water world, so you might need a towel and change of clothes!

PLEASE NOTE WE'VE EXTENDED THE DEADLINE FOR THIS TRIP.

The cost per person is just £8. This price includes travel to and from the park. If there is enough demand, transport will be available from our county support group areas and we'll also pick up in Melton. Children under 18 months are free. Please return the enclosed booking form to us by **Friday 14th October** with your cheque or postal order. Alternatively you can pay by cash at the centre.



Behaviour Management Courses



Does your home sometimes feel like you are living in an earthquake zone?

Would you like some help to restore your battlefield into a home? If the answer is YES - why not join us for our behaviour management programme with a difference?

1-2-3 Magic™ is ideal for families with children aged 2 to 12 and we have a very high success rate with families who use the programme. You'll be guided you through step by step, with support from one another and members of our team.

These courses are free of charge and places will be allocated on a first come, first served basis. We provide free refreshments, although not lunch. If you'd like to book a place, please complete the enclosed booking form, or to find out more, please contact us on 0116 261 0711.

Leicester courses

Beaumont Leys - Smart Start Children's Centre (Bishopdale Road, Leicester, LE4 0SR). Three daytime sessions, all Tuesdays: 25th October (9.30am to 2.30pm), 1st and 8th November (9.30am to 11.30am)

County courses

Wigston - Menphys Centre (Launceston Road, Wigston, Leics, LE18 2FR)
Three daytime sessions, all Mondays: 7th November (9.30am to 1.30pm).
14th November (9.30am to 12.30pm) and 21st November (9.30am to 11.30am)

Melton Mowbray - Birch Wood, Melton Area Special School (Grange Drive, Melton Mowbray, Leics, LE13 1HA)
Three daytime sessions, all Thursdays: 27th October (9.30am to 2.30pm),
3rd and 17th November (9.30am to 11.30am).

What parents say about 1-2-3 Magic™...

"I loved the course and learnt so much"

"What a simple, practical course. The pasta is MAGIC!"

"It worked so quickly. My son loves the timer!"

"Good practical advice. Every parent should be offered this"

"Really helpful and would recommend for nationwide use!"

"It provided me with a greater understanding of my son and our family dynamics"

Halloween-themed activities at our October support group!

It's a departure from our usual activities for children and young people at this month's support group. To celebrate Halloween, there'll be lots of fun activities, including apple bobbing, a mummy race, mask making and more!

We'll also have a prize for the best fancy dress outfit, so come dressed to impress (and terrify!).



As ever, children will need to be aged 8 or over to attend. Places are limited and allocated on a first come, first served basis, so please book by calling 0116 261 0711 or text Ian on 07739 460 786.

Please note that under 8's are too young to participate in the activities and it's not appropriate that they stay in the parents room.

There is no limit on the number of places for adults for the support group.

Weekly Youth Club and Multi-Sports

Our **Youth Club** is for young people age 11 plus who is diagnosed with, or suspected of having ADHD. It's held on **Monday evenings from 6.30pm to 8.30pm** at St Gabriel's and costs just £1. Transport is available from the city centre and back.

For 8 to 11 year olds, we have free **multi-sports sessions**, also at St Gabriel's, on **Mondays from 4.30pm to 5.30pm**.

Both run during term time only. To find out more, or to book a place, please call 0116 261 0711.

Support Groups

Why not come along and have a cuppa and meet new people who understand the challenges you face every day? From September, our adult support group is now also monthly - see below for details.

Leicester

At ADHD Solutions, St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH.

DAYTIME - 3rd Wednesday of every month, 10am to 12pm.

Please note there will be no daytime group in October as it falls during half term - see page 2 for our activities that week.



EVENING - last Wednesday of every month, 7pm to 8.45pm. Next meeting: Wednesday 26th October - with Halloween-themed activities for children and young people (places need to be booked in advance - see page 3 for details)

ADULT SUPPORT GROUP - second Wednesday of every month. Next meetings: 12th October then 9th November.

If you are an adult who has (or if you think you might have) ADHD, come and join us. It's a great opportunity to meet others who know what it's like to have ADHD themselves, to chat and share ideas. For more info, please call Christine or Scott on 0116 261 0711.

Loughborough

NEW venue - NEW day

We are currently sorting a new venue for October onwards. Please call us on 0116 261 0711 for details.

Last Thursday of every month, 10am to 12noon

Next meetings: 27th

October and 24th
November

Coalville

Marlene Reid Centre, 85 Belvoir Road, Coalville, Leics, LE67 3PH

2nd Wednesday of every month, 10am to 12noon

Next meetings:

12th October and 9th
November

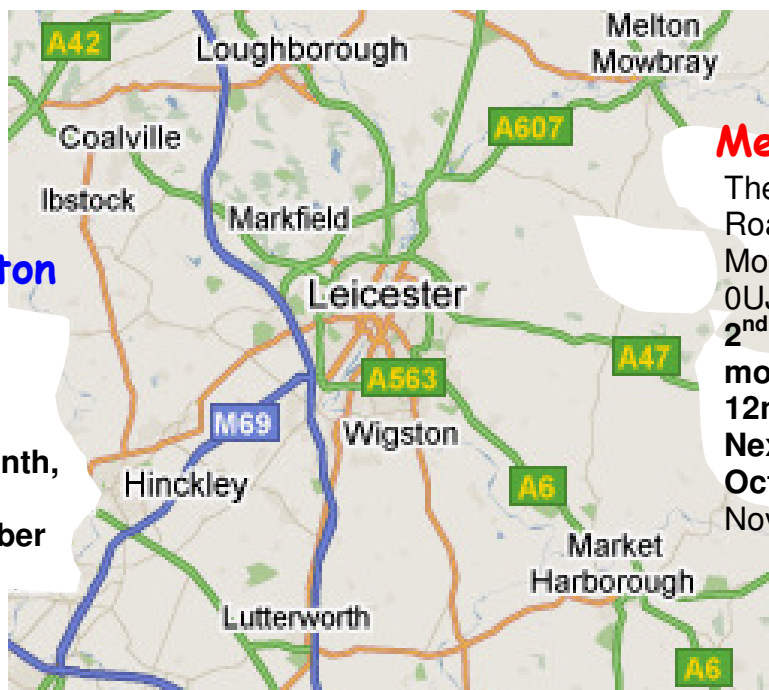
Hinckley/Earl Shilton

NEW venue - NEW day

The Community House, Peggs Close, Earl Shilton, Leics, LE9 7BP

3rd Thursday of every month, 12noon to 2pm

Next meetings: 20th October
and 17th November



Melton Mowbray

The Scout Hut, Wilton Road Car Park, Melton Mowbray, Leics, LE13 0UJ

2nd Thursday of every month, 10am to 12noon

Next meetings: 13th
October and 10th
November

Pre-school children are welcome to come along to the daytime groups and we provide free refreshments (tea, coffee, biscuits)

Lutterworth

Lutterworth Children's Centre (on the leisure centre site), Coventry Road, Lutterworth, Leics, LE17 4RB

1st Wednesday of every month, 10am to 12noon

Next meetings: 5th October
and 2nd November

Market Harborough

NEW venue - NEW day

Sure Start Children's Centre, corner of Coventry Road and Farndon Road, Market Harborough, Leics. LE16 9BX.

3rd Thursday of every month, 10am to 12noon

Next meeting: 17th November

Nb. There will be no group in October as it falls during half term

HALF TERM FAMILY FUN DAY BOOKING FORM

Yes, we'd love to come to the October Half Term Family Fun Day

Your name

Names of children Date of Birth Ethnicity

Address

Post code Telephone numbers (home)(mobile)

I do / do not give my permission for photographs to be taken. Photos may be used for publicity purposes (please sign here)

Please return to ADHD Solutions, St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH by FRIDAY 14TH OCTOBER

TWINLAKES PARK OCTOBER BOOKING FORM

Names of children (please tick in last column if they have special needs e.g. ADHD)

Name of child's name(s) Date of Birth Ethnicity Special Needs?

Names of adults accompanying children

Address

Post code Telephone numbers (home)(mobile)

I enclose a cheque / postal order for £..... made payable to ADHD Solutions CIC

I do / do not give permission for photographs to be taken and I understand that they may be used for publicity purposes (please sign here)

Signed Name

Please return (enclosing payment) to: ADHD Solutions, St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH by FRIDAY 14TH OCTOBER

1-2-3 MAGICBOOKING FORM

I would like to book place(s) on the **1-2-3 Magic** course at on the following dates:

Name(s)

Address

..... Post code

Telephone number(s) Home, Mobile

E-mail

Unfortunately we are unable to provide lunch so please bring it with you. Free tea, coffee and biscuits will be provided

Please return to: ADHD Solutions CIC, St Gabriel's Community Centre, Kerrysdale Avenue, Rushey Mead, Leicester, LE4 7GH a.s.a.p.