



Spring Newsletter



New CEO!

Perhaps the biggest and most exciting news is the employment of a new CEO to steer ADHD Solutions into the future.

Since Christine left, we have been managed by our wonderful team of directors, but now they will be passing over the reigns to our very own Jamie Higgins.



Easter Activities!

An amazing thank you to all our members for the incredible support we have seen for our Easter Activities. Our Trampoline Park and Escape Room booked with 24 hours!

For us as a team this is very exciting, as it means we are keeping the young people happy, which is what we are all about.

Here's to many more action-packed holidays!



Hello Members!

It's that time again for your next update from us here at ADHD Solutions.

With the rapid approach of Spring and the Easter Holidays, we are very excited to announce our next activities, updates and success's we have had since Christmas.

It may be early in 2023, but we have been busy.

Also in this Newsletter we have an insight into the life our one of very own, who is sharing aspects of his life as a young adult with ADHD.

CASEY KENNEDY: A SUCCESS STORY IN MY OWN WORDS



About Me

I am 20 years old I have ADHD and dyslexia, I am currently in my last 4 months at college, and I'm doing a work placement at ADHD solutions. During the holidays I am a sessional worker for ADHD Solutions and on the weekends, I work in a pub.

And I am currently in the process of joining the army reserves.

What are my aspirations?

- I want to join the army and get a trade in the army. I am not sure what trade I want yet.
- I want to travel the world and see its amazing landmarks and beautiful cultures - try new food and so much more.
- I just want to enjoy life and have fun.

What impact did ADHD have on my school life and education?

For me I struggled to concentrate a lot during school and because I struggled to concentrate I easily forgot things, got distracted and I would try and entertain myself by messing around or talk to friends or other students. Now I never tried to distract others or stop the teacher from teaching it was just I didn't understand the work or I found the work too difficult. You could say why didn't you just ask for help? Well I did ask for help and sometimes I did understand the work and I would crack on. But if I didn't understand the work I would just go back to being a class clown.

A funny story is one day I went back to my primary school and my year 2 teacher was still there and I was catching up with her and she said 'I Remember seeing your bottom in the air more than seeing your face' now this was her way of saying when it was carpet time I would not sit still.

I was very lucky that I had friends that would help me, with work and homework so I was very thankful to have them.

When it came to school to me the main reason I would go is to see my friends because it was like a big social space to be with them. I loved messing around, playing sports and being mischievous. I did get put on report and told off and sent to the head of year and I know I shouldn't behave like the way I did but it's in the past now. It was fun and definitely the best parts of my life will be in the memories of school. As well being in mainstream school I have had to adapt to a different way of learning.

What I do to face these challenges?

The way I deal with my concentration difficulties is by trying to keep calm and relaxed, and then I can take in the information, so I can get the job done. But if I'm unsure on what I'm doing I do the simple thing of asking for help because I have learnt that not asking for help is the worst thing to do. If I get angry or stressed, I just take a minute to gather myself, I just zone out and clear my head so I can start a fresh. And over the years I have just learnt that it's about your mind set. I used to be on medication but for me personally it just wasn't working, although I have seen it work well for others. So I decided to put my head down and work. Yes, it can be stressful but that is just some of the perks to working hard. More recently I have started to go to the gym and it's like a getaway with physical activities.

CASEY KENNEDY: A ROLE MODEL



What impact does ADHD have on your day-to-day life?

Start of the day, I struggle to get out of bed because sometimes I get next to no sleep. I have struggled to sleep ever since I was young. As a person with ADHD, I can say having a routine is key. When it comes to eating some days, I can literally be a pig like nonstop scoffing my face and then some days I could just have one meal and that's me done for the day, so it can vary. I also have an unbalanced diet.

When meeting new people, I'm a bit shy and not that confident but after a bit my confidence builds up. With family and friends, I feel like I can be myself. Obviously, football is a massive part of my life, in a way it's just a way of life and I also love Formula 1. To the point I got my own steering wheel for when I play F1 The Game. Normally when I play F1 me and my friends do something called a 100% so I it simulates a real life race so some races could last up to 2 hours. I also play Gaelic football, the best way I can describe it is it's like Aussie football. I also try doing as much physical activity as I can to not only keep fit but also it keeps my mind clear.

Hopefully you know more about me now and if you have any questions leave them on our socials and I will get back with answers. I will try and answer them to the best of my ability.

**6th
April**



Tropical Birdland

Ever wanted to hold a parrot, or feed an endangered bird? Then come do so at our visit to the Tropical Birdland.

Options for transport possible from
Leicester & Loughborough.

Tropical Birdland, Lindridge Lane, Desford, LE9 9GN

Book your child's space on our website.

Spaces just £5

www.adhdsolutions.org

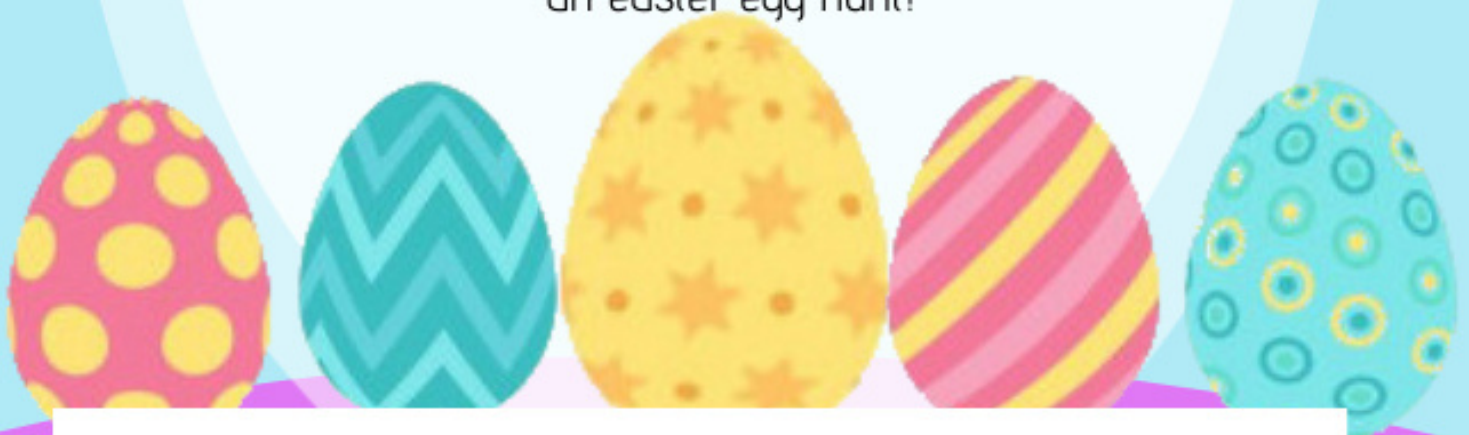
**5th
APRIL**

**10
till 1**



FAMILY FUNDAY

Bring the family down to our Centre for a day of Easter Activities, Fun & Games. Plus win a prize from an easter egg hunt!



Tickets cost £3 per quest.
Book your families space via our website.
Snacks and Soft Drinks available for purchase on site.

St Gabriels, Community Centre. Leicester, LE4 7GH

Registration
Closed

ADHD CAMP

£20

APRIL
13-14TH

WILLESLEY SCOUT CAMP

An overnight stay filled with activities, survival skills and games.

Register your interest and see full details on our website!

www.adhdsolutions.org

ADHD Solutions - Twinlakes Escape Games

ESCAPE

FULLY

BOOKED

SIXTY MINUTES

TWO THEMED ROOMS

SOLVE THE PUZZLES

ESCAPE THE ROOM!

Tuesday 4th April.

£10

Transport provided from our centre.

Book via our website.

10am - 3pm

BOOST TRAMPOLINE PARK

...me get your bounce on!

FULLY

Grab your child's tickets to visit Boost Trampoline Park in Leicester this Easter Holiday!

BOOKED

Tuesday

11th

April

9:30 - 10:00

11 St Georges Street,
Leicester LE1 1QG

Tickets just:

£7.50

Secure your tickets on
our website.
www.adhdsolutions.org



ADHD Friendly Places

Going live on our website is a resource containing a list of ADHD/SEND friendly venues and places for trips, shopping and activities.

ADHD Spring Clean

Step I. Strategy & Preparation



HAVE THE RIGHT MATERIALS BEFORE YOU START.

Be sure to have plenty of rubbish bags and /or boxes. You don't want to move one pile on the floor to another - If it must be kept, should have a place to go!

MAKE A COMMITMENT.

How much time do you have? You might say you'll complete clearing an entire shelf in a week, thinking it'll take two hours done in fifteen minute stretches. Don't be overly optimistic around time.

GET IN THE ZONE!

Before starting to tackle clutter, get your mind into a state where you feel motivated. This could involve music, exercise or whatever ritual you need to feel ready.

DECIDE WHERE YOU ARE GOING TO CLEAR.

Begin with a smaller space. You might start with the hall, or the first room you see when you walk in. It doesn't matter where you start, so long as you can see your progress as you go. Limit your focus to a particular area. A pile, a corner, a table. Instead of feeling overwhelmed by the whole task, only think about this limited area.

SET A TIMER.

Work for manageable blocks of time. Set a timer to go off when the time block is over. It's better to be conservative than over-ambitious. Succeeding in a 15-minute block of time, is much better than feeling that you failed to focus on the task for an hour.

SORT AND DIVIDE.

Go through the clutter in your focus area, divide it into "chunks" based where things could go. This might be files, rooms, wardrobes, cabinets or bookshelves. Don't physically take anything to these locations until you've finished going through that pile and only have what you are keeping.



PUT AWAY.

The put-away stage comes only after the entire pile has been sorted. Deliberately take each sub-pile to its proper place and go through the exercise again. For example, the "project" pile may need further dividing before putting away.

ELIMINATE AS MUCH AS POSSIBLE.

Make it a goal to throw/give away as much as possible! A big factor in ADHD clutter is the need to hold onto "stuff". If you're not sure, put it in a big box. At the end of the month, give yourself maximum of five minutes to go through that box and take out what you really know you'll need. Throw everything else away.

TRACK YOUR PROGRESS.

There are two good reasons to keep track of your progress. One is to feel good about checking off each step. The second reason is to be able to look for what worked for you and what didn't. Take a photo on your phone.



ADHD Spring Clean

Step 2. Sorting

SEGREGATE ALL ITEMS THAT DON'T BELONG THERE

Much of your clutter comes from things being somewhere they don't belong. Put all items that don't belong in the area you are working on in one pile or box. Your goal at this stage is to not physically leave the area at all! Then what's left are the only items that belong there! Take the surplus items to their proper place at the end of your session.

STICK TO THE TASK

If you have a tendency to be easily side tracked, be very clear about what you want to accomplish. If your goal is clearing clutter off your desk in this session, avoid jumping in to filing before you've finished sorting and organising your desk top. If filing will take more than five minutes, save it to become another step.



Step 3. Small Steps

DIVIDE THE CLUTTERED SPACE INTO SEGMENTS ON PAPER

If your whole home is a mess, think of it in terms of rooms or areas. Write down each major area (living room, bedroom, kitchen, Hall etc.) or a small space, you can list each aspect of the wardrobe (clothes on hangers, shelves, floor space, door hooks).

BREAK EACH SEGMENT INTO SMALL VISIBLE STEPS

Small, because you don't want to feel overwhelmed and visible, because it's important to see progress at the end of each session.

ANTICIPATE POSSIBLE BRICK WALLS

Visualise working on each step. What might stand in the way of reaching your goal? What might need to come first? Eg, if your ideal wardrobe floor has all the pairs of shoes neatly off the floor and lined up on shoe racks, you need a shoe rack!



Step 4. Specific Time Blocks

SET REALISTIC TIME BLOCKS

Most adults with ADHD have a hard time staying focused on tasks they don't enjoy. Create a strategy to de-clutter in short time blocks. How long your time blocks are will depend on how you'll work best.

PLAN FOR BREAKS

Expect that you'll want to take breaks, deliberately plan on taking a break to refresh and regain your focus. Decide in advance how long you'll break, and use a timer to let you know it is time to start again.

TRACK HOW LONG YOUR STEPS ARE TAKING

Do things take longer than you anticipated? It would be helpful for you to compare how long you thought each step would take, compared to how long it actually took.



ADHD Spring Clean



Step 5. Stimulation

CREATE A STIMULATING ENVIRONMENT WHILE DE-CLUTTERING

You probably won't require intense brain concentration to work on most of your clutter. Have some sound going on in the background, such as radio, or music. If you will be standing or moving during your task, fast music could be helpful to keep a brisk pace!

WORK WITH SOMEONE ELSE IN THE ROOM

Many people with ADHD focus better when someone else is in the room and don't spend as much time daydreaming. Having a chat or heart-to-heart while de-cluttering can really help the time fly by, and it seem like less of a chore.

REMEMBER THE GOAL

Keeping in mind what the room would look like tidy, or how you can rearrange it once you are done can be good inspiration to keep moving.

Step 6. Support

ASK A FRIEND OR FAMILY MEMBER TO BE YOUR CLUTTER BUDDY

Tell them about your strategy and target dates. Let them know when you reach your milestones. Ask for support or advice when you feel overwhelmed or stuck.

AVOID NEGATIVITY

What you don't need is someone reminding you of past failures, or commenting about how much you still have to go after you've completed a step. If someone in your life tends towards these negative remarks, don't bother mentioning your de-clutter plan to them.

CREATE A MOTIVATING REWARD STRUCTURE

Reward yourself for keeping on track. It might be a chocolate bar or ½ hr on your phone



FOR THE FUTURE, KEEPING CLUTTER AWAY

Using this 6-step strategy on a regular basis will clear up old clutter. you will need to learn what created the clutter in the first place, and start forming new habits

CREATE A RITUAL

Your new habit will become part of you more easily if you create a "ritual" around performing it every day. It might be a particular way you walk through the house or office every night, looking for items that are out of place. Rituals will only work if they're designed by YOU for YOU, and if you practice them with repetition.



Enjoy your clutter free home or workplace!

SUPPORT GROUPS

Every month we host support groups for parents/carers all around Leicester & Leicestershire, where you can come meet other parents & carers with ADHD, share experiences, stories, or just have a chat. Term-time only.

Loughborough

2nd Tuesday of the month,
10am to 12pm.

Tesco Community Room,
Park Road, Loughborough,
LE11 2EX

Rutland

2nd Wednesday of the month,
11am - 12:30am.

Lord Nelson Pub, Oakham,
LE15 6DT

Leicester City

3rd Wednesday of the month,
10am - 12pm.

St Gabriels Community Centre
LE4 7GH

Coalville

Last Thursday of the month,
9:30am - 11:30am.

Agar Nook Community Centre,
Coalville,
LE67 4TN.

Wigston

3rd Tuesday of the Month,
10am-12pm.

Record Office, Long Street,
Wigston Magna
LE18 2AH