

SUMMER NEWSLETTER



**Here's to another scorcher
of a summer with ADHD
Solutions!**

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MESSAGE FROM OUR CEO:

Welcome to the Summer edition of our newsletter. This one is packed full of useful tips and ideas on how to prepare for different aspects of the upcoming Summer Holidays. In addition, we have the second in a series of articles on people who have grown up with and been supported by ADHD Solutions, this month it's our very own Zak Copley who many of you will know already.



We hope this type of content is useful and should anyone like to contribute any articles or even just suggest topics then please do get in touch. Many of you already support us in so many ways and we are incredibly grateful. There's a couple of different additional ways anyone can support in this newsletter. One is to help us build a support network of professional tradespeople and experts ("mates rates" always appreciated!) and on the final page of this edition is a list of ways that anyone else who is interested in helping us with funding can do so.

On a personal note, it has been an exciting time for me since I started in February. I've had the pleasure of learning about all the great work the team here is doing to support so many of you. I've attended our online workshops and found them to be informative, educational, and well delivered. I hope this is the same experience you have had, again any feedback is extremely welcome. During the Easter break I was able to attend and support some of the activities we put on, including spending lots of time at the camp in Willesley (not overnight it was too cold for me!) and helping look after the pool table during the Family Fun Day. I will definitely be doing more activities over this Summer as I can honestly say it's some of the most rewarding work I have ever done. We have a full calendar planned out so keep your eye on the website and our other communications for more details.

I look forward to seeing or speaking to many of you over the coming weeks. Thank you again for all you do to support us and for making use of our services.

Zak's Story



Hi everyone, I am Zak – Activities Coordinator and Youth Project Lead here at the amazing ADHD Solutions. With Summer approaching and the chances of everyone seeing my face a lot, we thought it would be nice for me to share a bit about my story with you all.



I was diagnosed with ADHD and ASD (Autistic Spectrum Disorder) at a young age, after many years of service involvement trying to find the right words to describe me - my favourite from a young age was my diagnosis of DAMP (Deficit in Attention, Motor skills and Perception). Unfortunately, my story, especially at primary age is the same as many across the country. To many, I was a typical case of “Naughty Boy Syndrome”. The understand and awareness of ADHD and ASD was not as amazing as it is nowadays, and as a result I was just a bad child whose parents could not control him.

I will never admit to being an angel and the perfect child, but I never went out of my way to be a bad child, or to hurt anyone. Quite frequently I was blamed for things I never did, as it was easy and believable, and excluded from activities purely from what people thought about me. I was kicked out of school and missed months of education, especially in year 5 and 6 – which led to me getting held back a year at another school – which was a great decision. I tried joining Cubs, and my primary schools Judo, but was kicked out of both quite quickly. At my worst, I ended up spending my Primary School days just walking around my home town, getting in trouble with residents, and eventually the police.

What came as a life-line for me was moving to a new school, and resitting year 6. It was no instant miracle, as through year 6 and 7 I was still constantly in trouble, and even excluded a number of times. However, I eventually found staff who took the time to get to know and understand me, and who then took the time to learn about my ADHD and then start to put in the appropriate support for me. I was offered Anger management by the school, and various other strategies that really benefitted me and my school life. By the end of year 8, I no longer had detentions every lunch, and only ever got them for homework – the bane of any ADHD-er!



Jumping ahead, after what were really enjoyable years at college for my GCSE's and A-Levels, I went on to University to study Computer Games Programming. This was also the time when I first came to officially work for ADHD Solutions as a sessional worker. After finishing my degree, I then went on to pursue a career in teaching, and jumped back into Uni to achieve my PGCE. A year later, I was happy to graduate as a very ADHD teacher, taking the leap into my first position creating the Computer Science department at Millgate School in Leicester. After a few years there, I took the impulsive dive to create my own business using drones, and also to my new current role with ADHD Solutions. Now I enjoy the opportunity to plan the activities your young people love, fly drones for my business and plan my wedding with my Fiancé for next summer.

All in all it was not an easy journey, for me or my parents, however after everything, here I am today enjoying what I do and loving life.

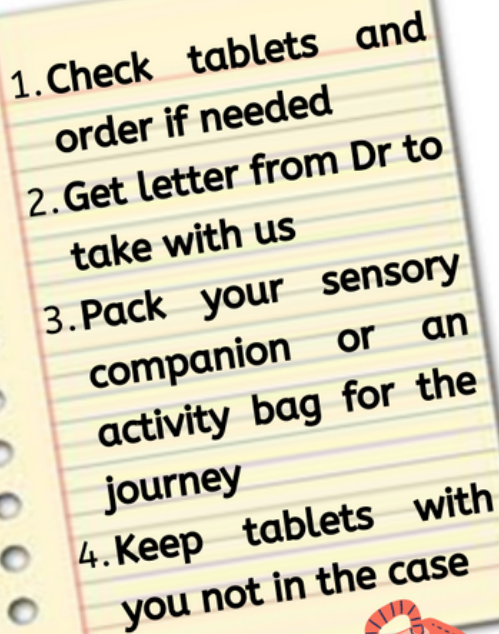
HOLIDAY TIPS



ARE YOU GOING ON HOLIDAY?
FOLLOW OUR TIPS FOR HOLIDAY SUCCESS

Holidays are an exciting time, we save up and book them months in advance, look forward to them and then.....

Whether you are staying here, going abroad or having days out, holidays can be really stressful when you have an ADHD child. Planning ahead is the key !

- 
1. Check tablets and order if needed
 2. Get letter from Dr to take with us
 3. Pack your sensory companion or an activity bag for the journey
 4. Keep tablets with you not in the case



3 weeks before - check the amount of medication you have in the cupboard and order now if you are going to run out either while you are away or as soon as you get home. If you are leaving the country ask your GP or consultant for a letter so you can take the ADHD Medication with you.

2 weeks before - plan your program so they know what you will be doing and when, just like you would at home.

1 week before - visit the pound shop and make up a travel activity bag for each child for the journey with a selection of things that will appeal to your child and keep them occupied.

5 days before - Plan your journey, think about either the distance or time and divide your child's pocket money eg if you are travelling 200 miles and you are planning to give your child £10 pocket money that equals 5p per mile so for every mile they are ALL well behaved and not fighting or arguing!

4 days before - Make sure that their favorite clothes are ready so you don't have a breakdown on the beach when 'THE' T shirt isn't there

3 days before - take a breath and think about you!

2 days before - check your tickets, passports, insurance etc

1 day before - Pack toy's / games that they can't do without. Try and get a rest- you won't get much sleep tonight!!



*Some airports offer support for hidden disabilities so have a look on their website for more information (sunflower lanyard) .

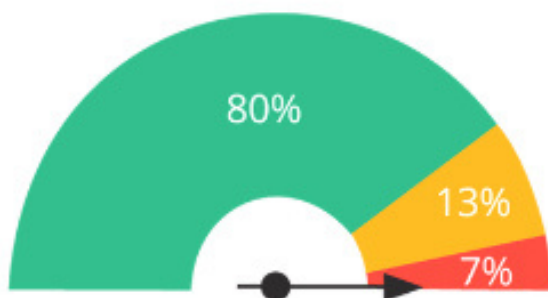
HAVE A FANTASTIC HOLIDAY



Qb Check

Screening tool for possible ADHD traits

FDA Cleared & CE marked



QbCheck ADHD Total Symptom Level



What is a Qb Check ?

A computer based continuous performance assessment tool for 7-60 years old's which is carried out on a laptop over a duration of 15 or 20 minutes dependent on the test takers age. The Qb Check will scan for the likelihood of possible ADHD being present in comparison to the general population and measurements are calculated in accordance to the test takers age and gender.

Cost of Qb Check and report - £125

Please note that the Qb check alone does not provide a diagnosis of ADHD.

Age Range - Test takers need to be aged between 7-60 years

The three areas that are measured include:

- *Activity
- *Impulsivity
- *Inattention

To book or for more info contact us on:

0116 261 0711






CALL OUT

**WE NEED YOUR HELP WE ARE
LOOKING FOR RECOMMENDATIONS
FOR LOCAL TRADERS NEAR US**

**WE ARE WANTING TO START TO CREATE A BANK OF CONTACTS
IN THE LOCAL AREAS TO HELP SUPPORT US MAINTAIN OUR
BUILDING WHEN THINGS NEED REPAIRING, FIXING OR JUST
ADVICE FROM THE SPECIALISTS THEMSELVES.**

**IF YOU KNOW ANYONE INCLUDING ANY FAMILY OR FRIENDS THAT YOU
WOULD RECOMMEND PLEASE REACH OUT OR SIGNPOST THEIR
DETAILS TO US
BY EMAILING US ON INFO@ADHDSOLUTIONS.ORG**





FUNDDAY **IN THE** **PARK**

Friday, June 2nd
10am till 1pm

FAMILY ACTIVITIES **AND GAMES**

Meet us at the Abbey park grass oval and come have some fun! Get involved, and make new friends!

FAMILIES OF ALL AGES ARE WELCOME

Abbey Park Rd, Leicester
LE4 5AQ

10 Fun Activities for your kids this summer

Children with ADHD often need high stimulus activities to keep themselves occupied. They tend to become bored more easily and their impulsivity can create problems or get them into trouble, here are 8 suggestions for keeping your children busy during the summer months...

1. Make A Bird Feeder: Use a two litre plastic pop bottle. Cut a large hole in the centre of the bottle, so that there is a large opening that the birds can use to enter the bottle. Attach a string around the neck. Make two small holes below the opening and push a branch through the holes for the birds to perch on. Place bird seed on the floor of the bottle and hang from a tree branch.



2. Make A Scrapbook: At the beginning of the summer, buy each child a blank notebook, some pens/pencils/crayons, glue, and paper. Have them write stories of what they did, draw pictures of their favourite activities, and keep track of their summer.

3. Coloured Walks: Give each child a colour, a piece of paper and a pencil and have them take a walk. Have them write down as many things as they see that are the colour they were given.



4. Treasure Hunt: Hide some type of “treasure” somewhere and write hints on papers to lead to the next clue. Use several clues in different places so they need to read the clue and try to figure out where the next clue might be.



5. Treasure Map: If you have more than one child, they can each hide a treasure somewhere in the garden and draw a map showing where to go.

6. Target Practice: Use empty plastic bottles from pop or milk and fill with different colour water. Use permanent markers to draw bull's-eyes and use water guns to take aim at them.



7. Scavenger Hunt For Older Kids: Purchase some disposable cameras and make a list of items outdoors for them to gather pictures of. Examples: yellow flower, wooden fence, bird's nest. Have the pictures developed and compare them to the list.

8. Rock Painting: Go on a walk and find different shaped rocks. Use poster paints to paint designs and faces on them. You can glue felt to the bottom of the rock (if somewhat flat) and use as a door-stop.



9. Check Out The Library: Many libraries will have summer time activities and story hours for children. Find out what your library offers and enjoy the time reading quietly while your children are listening to a story.

10. Build an assault course: let your children build an assault course in the garden, this will help to develop their balance and motor skills as well as being great

I hope you all have an amazing summer and don't forget to stay safe while having fun. 😊



SUMMER ACTIVITIES

20 EXCITING ACTIVITIES ACROSS
THE MIDLANDS!

25TH JULY – 24TH AUGUST

OPEN TO SUBSCRIBING MEMBERS

ACTIVITIES WILL START GOING
LIVE FROM THE 9TH OF JUNE!

OUR ACTIVITIES

CLIMBING & ABSEILING
ARCHERY & COMBAT ARCHERY
AERIAL TREKS
MINI-GOLF
LAGOON WIPEOUTS!
KAYAKING
LASERTAG
& MORE!

WWW.ADHDSOLUTIONS.ORG/EVENTS



Family

Beach Day Out

Setting off at
8:10AM.

Leaving Chapel at
16:10PM.

Bring the family for our annual trip to Chapel St Leonards in Skegness. A day to chill on the beach, play in the sea, build sandcastles and games.

We will be meeting the coach
at:

Abbey Street, Leicester, LE1
3GG

**August
24th**

**COME START OUR SUMMER ACTIVITIES
WITH US AND BRING THE WHOLE FAMILY!**

**SPORTS &
GAMES**

**ARTS &
CRAFTS**

**FOOD &
DRINK**

Family Fun Day

25th July

10am - 1pm

£3 per guest


**Location:
St Gabriels Community
Centre, Leicester, Le4 7GH**

Book your space via the events page on our website. www.adhdsolutions.org/events
Please make sure you buy a ticket for each attendee as this helps us fund the activities.

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

FUNDRAISING

WAYS YOU CAN SUPPORT US



SHOP ONLINE & RAISE DONATIONS FOR FREE



www.easyfundraising.org.uk/causes/adhdsolutions/

We're registered with easyfundraising, which means you can help us for FREE. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us. We have so far raised **£778.87**.

We have a clothing bank in our car park at St Gabriel's and receive 50p per kilogram for donated items. That's £10 for about a suitcase full! To date we have raised more than £2000! We are collecting: *clean clothing, paired shoes, bed linen and blankets, belts & handbags.*

*Please note that spoiled clothing, quilts and pillows cannot be included.

DONATE YOUR CLOTHES



DONATIONS



Donations are very welcome. You can also make donations via Paypal and local giving page. To find out more visit our website www.adhdsolutions.org by clicking on About Us > fundraising.

If you have any ideas to help us raise much needed funds then please contact us via info@adhdsolutions.org and we will be happy to advertise your event. It does not need to be a large event because every little really does help and funds raised will support our families.

FUNDRAISING





Turn your online shopping into everyday magic for

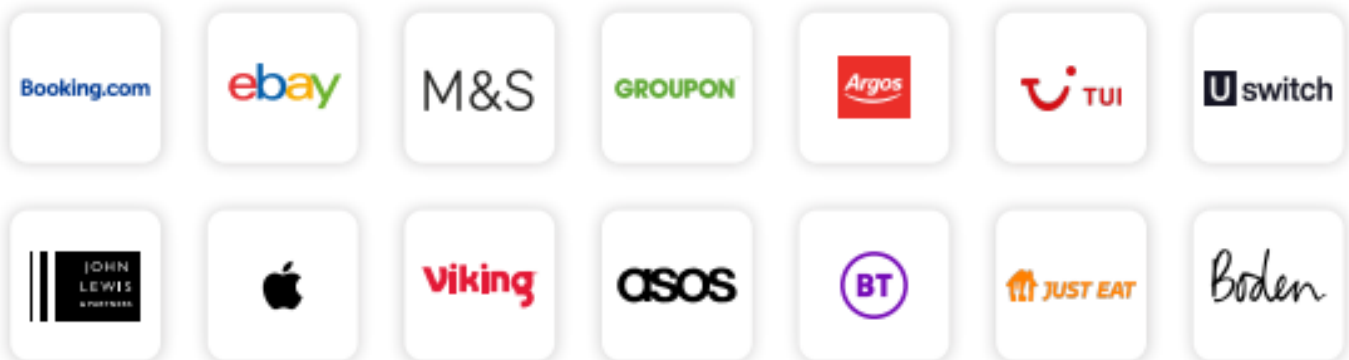
ADHD Solutions CIC

with easyfundraising

You shop, brands donate to us.
It won't cost you any extra!

How to sign up

- 1 Visit the link below or scan the QR code
www.easyfundraising.org.uk/support-a-good-cause
- 2 Search for us
- 3 Your favourite brands donate whenever you spend with them



Download the
easyfundraising App



Excellent 3,945 reviews on Trustpilot