ADHD INFORMATION BOOKLET FOR PARENTS AND CARERS

The following links provide introductory information and support for families at the time their child is diagnosed with ADHD

- ADHD at home (from ADHD Solutions) [www.adhdsolutions.org/adhd-home](http://www.adhdsolutions.org/adhd-home)
- ADHD at school (from ADHD Solutions) [www.adhdsolutions.org/adhd-school](http://www.adhdsolutions.org/adhd-school)

Some children and young people with ADHD may qualify for these benefits. You can get an application form for DLA (for a child under 16 years of age) by ringing 03457 123456.

For PIP (16 years and over) phone 0800 917 2222 (textphone 0800 917 7777) to start your claim. Parents can ring on the young person’s behalf, but the young person needs to be with them when they call. Details needed include their National Insurance number, bank details and doctor’s name. They will then be sent a form to complete.

It is worth getting help with completing the forms. There may be a local welfare rights advice session, where you can get help. The Children’s Development Centre also currently has sessions on Mondays where you can get help with the form. Phone 0115 8831157 or 58 for an appointment.

Contents of this booklet

- Information Service, Children’s Development Centre
- 123 Magic resources
- ADHD Support Groups
- Parent Partnership Service
- Children’s Disability Register application form

*If you join the Register the quarterly IRIS Magazine will be delivered to your home. It includes details of local events and activities for children and young people with disabilities. Phone 0115 8533291 for more information.*
Children’s Development Centre Information Service

City Hospital campus
Hucknall Road
Nottingham NG5 1PB

Enquiry and library service for parents/carers and professional staff. Parents/carers do not need to be attending clinics at the Children’s Centre in order to access the Information Service.

Open Monday to Friday (except Bank Holidays) 9:00am – 4:30pm

Resources available for loan, about:
• Concerning behaviours (including autism, ADHD),
• 123 Magic parenting programme (Books and DVDs)
• Developmental impairments or disabilities,
• Support groups and services, health and social care
• Schools and education,
• Sport, play and leisure,
• Financial support,

...and many other issues.

Books are also available for children and young people.

Telephone
0115 883 1157 or 883 1158 - (Text) 07500 102796

Email
infoservcescdc@nottshc.nhs.uk

Link to Library Catalogue
http://cdclibrary.nhslibraries.com

April 2015
The 123 Magic course was written by American Psychologist Thomas W Phelan PhD, and used successfully by his ADHD family.
You can borrow copies of the 123 books by Thomas Phelan:

- 123 Magic
- Surviving Your Adolescents
- 123 Magic for Kids
- Self-esteem revolutions in children
- DVDs 123 Magic and More 123 Magic

from the Information Service at the Children's Centre, City Hospital Campus, Hucknall Road, Nottingham NG5 1PB. Please ring first to check that the resources are available, before making a special journey (0115 8831157 or 58).There are some copies of the books in the city/county library system so you can reserve them via your local public library.
Support Groups for ADHD

**ADHD Solutions** (0116 261 0711) run a “drop-in” support group at Southglade Children’s Centre, Southglade Road, Nottingham NG5 5GU. This is on the 2nd Tuesday of the month from 9.30-12 termtime only.

**ADHD Solutions (Loughborough)** 0116 261 0711  www.adhdsolutions.org
Parents from outside Leicestershire can attend. Held on the last Thursday of most months at Rosebery Saint Peters Community Centre, Storer Road, Loughborough, Leicestershire, LE11 5EQ. Times are from 10am to 12noon.

**Adults aged 16+, their parents and partners**
Nottingham based group for individuals aged 16+ who would like ongoing support. They meet on the third Monday of the month between 7.00 – 9.00 pm at The Tiger Boe Centre, 7 Clarendon Street, Nottingham NG1 5HS. The contact is Sue Smith: suesmith.n@talktalk.net. Sue herself has an adult son with ADHD and set up the support group as a result of this.

**Frantic Families** is a support group run by parents for parents and carers of children with ADHD. Langley Mill (at Welfare) on 3rd Wednesday of the month. Members welcome from surrounding areas. For more information, including meeting location and dates, contact Tracey Goodrum 07811 250555, email: traceygoodrum@talktalk.net

**Indigo Kids**
First Floor, Old Town Hall, 3a Watnall Road, Hucknall, Nottinghamshire NG15 7LD
Website www.indigokids.org.uk
Telephone 0115 9521164
Email: indigokids@live.com
Facebook: www.facebook.com/indigokidsevents
A friendly base, where parents and their children and siblings, can get together with others in a similar situation. Your child does not need to have a diagnosis to attend. During the week they are currently open on Tuesdays, Wednesdays and Thursdays during the daytime between 10am and 1pm, and parents are always welcome to pop in for a cuppa and chat during these times. Kids Clubs and large indoor space for children to play..

**Southglade Children’s Centre**, Southglade Road, Bestwood NG5 9GU
ASD/ADHD support group on alternate Wednesdays 9.30 – 11am. Telephone the Centre on 0115 876 1890

**Spectrum WASP (ASD/ADHD)**
Rainworth/Blidworth
07403089896
Sue Edwards suzey.edwards@hotmail.co.uk
Holiday activities, weekly coffee mornings, monthly evening meetings
http://spectrumwasp.wordpress.com

December 2015
The Parent Partnership Service

Nottinghamshire County Council’s and Nottingham City Council’s Parent Partnership Service

Information for parents and carers of all children with special educational needs

We aim to do the following:

• Provide you with information about the education system and how it meets special educational needs.
• Help you to get your views heard and valued by professionals.
• Put you in touch with volunteers who can help by talking things through, helping with paperwork or accompanying you to meetings.
• Make sure you are actively involved in all aspects of your child's education.
• Help your child to put forward their own views and be involved in decisions which affect them.
• Enable disputes to be settled quickly and informally when you are not satisfied.
• Work with schools and local authorities (LAs) to promote effective partnerships between all those involved with children who have special educational needs.

We work with:

• Parents and carers of pre-school and school-age children with special educational needs
• Nottingham City and Nottinghamshire County Local Authorities
• Schools and pre-school services
• Children and young people of school age
• Voluntary organisations and parents' groups
• Integrated Children’s Services
• Early years and childcare services

We offer:

• information
• a telephone helpline
• confidential advice and support
• regular newsletters
• contact with voluntary organisations
• trained independent volunteers to support you
• parent focused conferences and training events
Voluntary organisations and parent support groups play a vital role in providing services for families. We work closely with local and national groups to develop support networks for parents.

Parents and representatives of voluntary organisations are involved in managing and overseeing our work.

We have also produced a range of free information leaflets for parents. If you would like details of these please contact us.

**How to contact us:**

In writing: Parent Partnership Service, Suite 5, Clarendon Chambers, 32 Clarendon Street, Nottingham, NG1 5LN

By phone: 0115 948 2888

By email: enquiries@ppsnotts.org.uk

Website: [www.ppsnotts.org.uk](http://www.ppsnotts.org.uk)

*The Parent Partnership Service is hosted in the Voluntary Sector, with support from Family Action and funded by Nottinghamshire County Council and Nottingham City Council.*
The Children’s Disability Register is a database of children and young people with disabilities up to the age of 25 who live in Nottingham or Nottinghamshire, or who have their home base here. It is managed and maintained by Family Action on behalf of Nottingham City Council and Nottinghamshire County Council. Registration is entirely voluntary.

Please remember, you can ask for a copy of the information that is held about your child(ren) and/or ask for them to be removed at any time.

Things to bear in mind:

- To be on the register a child or young person must have a permanent and substantial disability as a result of either a disability, a permanent health condition or a long-term illness or be seeking a diagnosis.
- The child or young person must be under 25 and live in Nottingham or Nottinghamshire.
- Anyone with parental responsibility can complete this form for a child or young person aged 16 or under.
- Young people who are over 16 can complete their own form.
- There are four sections to the form. The more information you provide the better but if there are questions that don’t apply to you or your child then just leave them blank.
- If you need advice or assistance in filling in the form please call IRIS on 0115 8533291.
- If you have two or more children with a disability then you will need to complete a registration form for each child.

Section 1.

Child/Young Person’s Details

First Name(s): ________________________________
Surname: ______________________________________
Gender: Male/Female
Date of Birth: ________________________________
Address: ______________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Postcode: ______________________________________
Borough/District: (i.e. Gedling or Bassetlaw) ________________

Ethnicity: (Please Tick)

White British
White Irish
Other White background
Mixed White & Black Caribbean
Mixed White & Black African
Mixed White & Asian
Any other mixed background
Indian or British Indian
Pakistani or British Pakistani
Bangladeshi or British Bangladeshi
Any other Asian background
Black or Black British Caribbean
Black or Black British African
Any other Black background
Chinese
Any other ethnic group
Not stated

I would prefer my copy of the IRIS Magazine delivered by:
Post ☐ Email ☐

Please sign me up to receive eNewsletters ☐
Section 2.

Parent/Carer Details (1)

Title  Mr/Mrs/Miss/Ms/Dr
First Names
Surname
Email
Address: (if different to child’s)

Do you consider yourself to have a disability?  □

Parent/Carer Details (2)

Title  Mr/Mrs/Miss/Ms/Dr
First Names
Surname
Email:
Address: (if different to Parent/Carer 1)

Postcode:  
Telephone:  

Child’s Disability (Please tick all that apply)

<table>
<thead>
<tr>
<th>Nature of Disability</th>
<th>Level of Support Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Disability</td>
<td>None  Low  Medium  High</td>
</tr>
<tr>
<td>Physical Impairment</td>
<td></td>
</tr>
<tr>
<td>Hearing Impairment</td>
<td></td>
</tr>
<tr>
<td>Visual Impairment</td>
<td></td>
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<tr>
<td>Autistic Spectrum Disorder</td>
<td></td>
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<tr>
<td>ADHD</td>
<td></td>
</tr>
<tr>
<td>Long Term Health Condition</td>
<td></td>
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<tr>
<td>Challenging Behaviour</td>
<td></td>
</tr>
</tbody>
</table>

Person completing this form

Title  First Name:  Surname:

The specific information provided by you on this registration form will only be shared with your local authority and with statutory health partners. Other generic information, for example about patterns or trends, will only be shared with those organisations with which we have a data sharing protocol in order to support the development of existing and future services. A full, up-to-date, list of all organisations that we have a data sharing protocol with can be viewed at www.askiris.org.uk

Signed………………………………………………………  Date………………………………….
**Section 3.**

**Support and Services currently being received or needed**

Please indicate if you currently receive any of the following services by ticking the box labelled “currently received”. If you require a service but do not currently receive it then please tick the “needed” box. This information will assist councils to better plan services across Nottingham - this form is not a means of requesting these services.

<table>
<thead>
<tr>
<th>Currently Received</th>
<th>Needed</th>
<th>Currently Received</th>
<th>Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special School (Day)</td>
<td></td>
<td>Portage</td>
<td></td>
</tr>
<tr>
<td>Special School (Residential)</td>
<td></td>
<td>Parent Partnership Service</td>
<td></td>
</tr>
<tr>
<td>Special educational equipment at school/college</td>
<td></td>
<td>Transport to or from school/college</td>
<td></td>
</tr>
<tr>
<td>Special Education Needs Team (City)</td>
<td></td>
<td>Escort to or from school/college</td>
<td></td>
</tr>
<tr>
<td>School and Families Specialist Services (County)</td>
<td></td>
<td>Sensory and Physical Team (City)</td>
<td></td>
</tr>
<tr>
<td>Autism Team (City)</td>
<td></td>
<td>Learning and Support Team (City)</td>
<td></td>
</tr>
<tr>
<td>Mainstream School</td>
<td></td>
<td>Further Education</td>
<td></td>
</tr>
<tr>
<td><strong>Social Care</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Family Support Worker</td>
<td></td>
<td>Direct Payments</td>
<td></td>
</tr>
<tr>
<td>Social Worker</td>
<td></td>
<td>Special equipment/ adaptations</td>
<td></td>
</tr>
<tr>
<td>Short Break (residential respite care)</td>
<td></td>
<td>Transport (not to or from school)</td>
<td></td>
</tr>
<tr>
<td>Short Break (foster care)</td>
<td></td>
<td>Children’s Centre</td>
<td></td>
</tr>
<tr>
<td>Short Break (other)</td>
<td></td>
<td>Play Group/Nursery</td>
<td></td>
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<tr>
<td>Welfare Rights Officer/Financial Advice</td>
<td></td>
<td>Childminding</td>
<td></td>
</tr>
<tr>
<td>Childcare (for parents working/returning to work)</td>
<td></td>
<td>Information Services</td>
<td></td>
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<tr>
<td><strong>Health</strong></td>
<td></td>
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<tr>
<td>Health Visitor</td>
<td></td>
<td>Occupational Therapy</td>
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<tr>
<td>Community Paediatric Nurse</td>
<td></td>
<td>Physiotherapy</td>
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<tr>
<td>Child and Adolescent Mental Health Services</td>
<td></td>
<td>Speech and Language Therapy</td>
<td></td>
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<tr>
<td>Paediatrician</td>
<td></td>
<td>Dietician</td>
<td></td>
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<tr>
<td><strong>Social and Leisure</strong></td>
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<td></td>
</tr>
<tr>
<td>Sports Club</td>
<td></td>
<td>Cubs/Brownies/Scouts/Guides</td>
<td></td>
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<tr>
<td>Theatre/Drama Group</td>
<td></td>
<td>Social Club</td>
<td></td>
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<tr>
<td>Youth Services</td>
<td></td>
<td>Faith Group</td>
<td></td>
</tr>
<tr>
<td>Parks and Green Spaces</td>
<td></td>
<td>Leisure Centre</td>
<td></td>
</tr>
<tr>
<td>Other (Please Comment):</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please return your form to:

Children’s Disability Register, IRIS Project, Ladybrook Children’s Centre, The Bungalow site, Townroe Drive, Mansfield, Nottinghamshire, NG19 6JN