



# ADHD Solutions

## Annual Report 2019/20

# ADHD Solutions Aims

'To improve the life chances of people diagnosed or suspected of having Attention Deficit Hyperactivity Disorder. Delivering a service that supports and empowers those individuals and their families to take control of the situation, and develop strategies for use at home, school and the work place.



## Introduction

2019/20 has very definitely

been a year of 2 halves!



# 2019

It started full of promise and expectation in November with exciting opportunities to develop the organisation.

# 2020

The middle has been a challenge for us, and all the people we work with however, as we come to the end of our 14th year it is also full of promise and expectation as we evolve and change to meet the COVID 19 challenge.

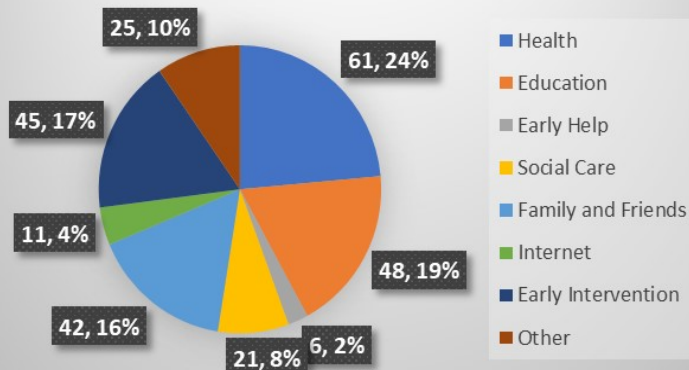
## Referrals

Referrals have been received from a range of different places over the year, this includes:

- ♦ **Health professionals**—Paediatricians, CAMHS, GP's
- ♦ **Schools, colleges and universities**
- ♦ **Social Care professionals**
- ♦ **Recommendation from family/friends**
- ♦ **Self referrals from Facebook / websites**

Over the last year we have received  
544 new and re-referrals an average of 45 per month

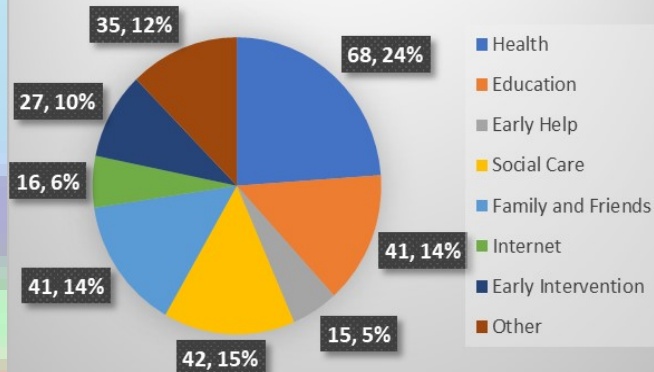
## 259 Referrals - Pre Covid - November 2019 - March 2020



Recommendation from family and friends remains key for many families

Health continue to be our biggest referrer, both directly and indirectly

## 285 Referrals - Post Covid - April 2020- October 2020

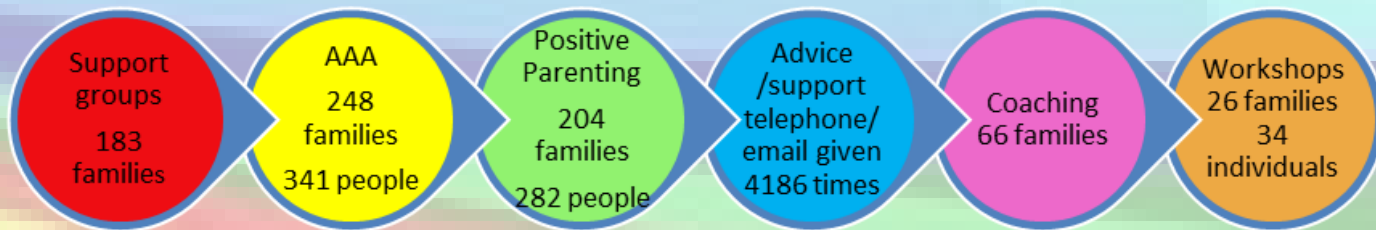


## How we support families

Our Coaches practise the fundamental coaching principle of empowerment, working closely with families and individuals to recognise areas of unmet potential, hidden talents, and strengths, as well as areas needing growth and development.

The Coaching model we practise has been developed over many years based on current research and direct practical knowledge, derived from working with individuals, families, teachers, medical and mental health professionals, and members of the community..

This principle goes across all areas of our family support work. During this year we have worked with 1079 different families across all our interventions





## Support Groups

Families affected by ADHD are often isolated from their community. This year has been particularly difficult for parents/carers, children and young people and adults with ADHD.

Pre COVID 19 we ran support groups across all 8 districts of the County of Leicestershire, in the City and Rutland. This gave parents 13 opportunities each month to attend groups. These groups have now been moved to Zoom.

Virtual support groups have been immensely important to help people affected with ADHD to cope with the isolation from their support networks and being cooped up together in their homes. A huge positive point of the move to digital groups is that parents who live in remote areas, who have travel difficulties or work have been able to attend. This is something that we will continue once the pandemic impact has subsided and be part of our core offer, along side physical groups.



Pre Covid - November 2019- March 2020	Post Covid- April - October 2020
Interactions: 265	Interactions: 148
Ind Families: <u>146</u>	Ind Families: 74

## Parenting workshops and behaviour management groups

Since 2006 ADHD Solutions has been delivering face to face parenting workshops. Over the past year these have been even more essential to give parents the skills and knowledge they need to support their child effectively.

Since the beginning of the COVID 19 crisis we have developed all our parenting workshops and behaviour management programs to enable them to be delivered via webinars.

These have been a lifeline to families, and the move to online support has enabled us to reach out to referrals and book them on to the psychoeducational programs they will benefit from, with in 1-2 weeks rather than them being on a traditional course.

*“Very interesting and engaging, style and approach made it easy to understand. I thought the webinar format was very good, it was easy to learn and interact without being intimidated by a large group of people. The length of the session and the fact I could dial in from home made it a lot easier for me to access the course.”*



## Physical group workshops

- All about ADHD - 87 families
- Positive parenting - 69 families
- Workshops - 18 families

## Virtual workshops

- All about ADHD - 161 families
- Positive parenting - 135 families
- Workshops - 8 families

The benefit of virtual psychoeducational interventions is that more family members are able to take advantage of them consequently this year there has been 1020 attendances.

96% of  
attendees at  
All About  
ADHD

reported seeing a  
positive change  
in their family.

97% of  
attendees at  
Positive  
Parenting

## Support for Children and Young People

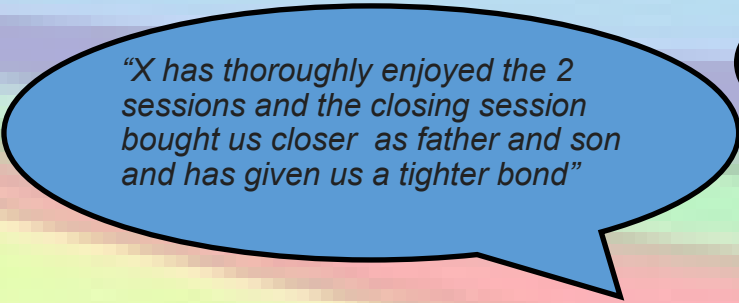
During this reporting year we have developed our offer for children and young people.

Our specialist coaching team continue to deliver coaching and support for individuals.

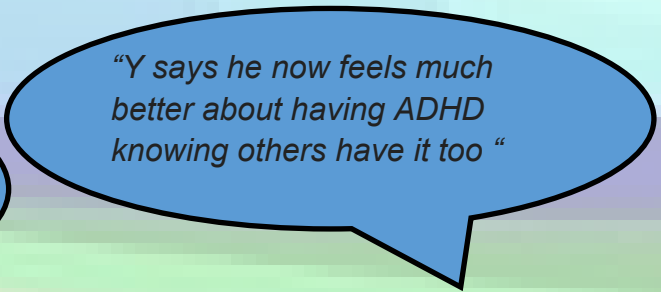
We have developed our workshops and introduced a group work program—ADHD, Anxiety and Me, this has been initially delivered as our Early Intervention offer, in small groups, however we are now delivering this virtually as a blended learning program.

We have also introduced stand alone All About ADHD for children and young people, online support groups and activities.

With the introduction of our IAPT practitioner, we have also been able to develop our one to one therapeutic work .



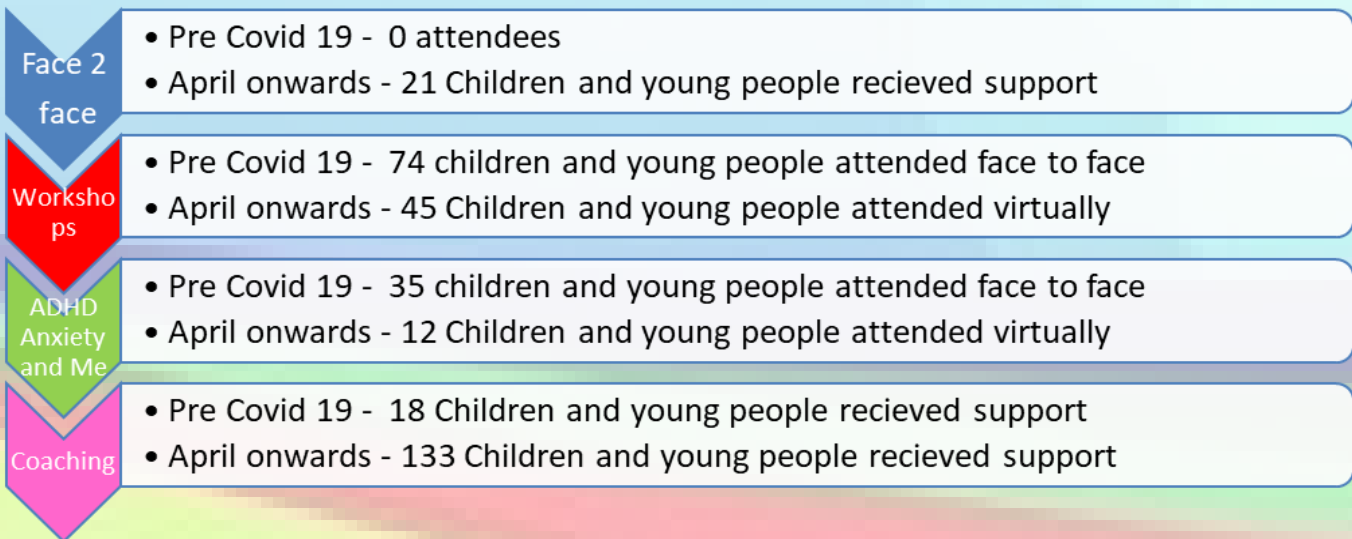
*"X has thoroughly enjoyed the 2 sessions and the closing session bought us closer as father and son and has given us a tighter bond"*



*"Y says he now feels much better about having ADHD knowing others have it too "*

## Support for Children and Young People

Support for children and young people has been especially important this year, as they have come to terms with the challenges of being at home. The team have worked with individuals to ensure they were supported in the most appropriate way for them. Over the last year 200 different children and young people have received support



## Activities for Children and Young People

Our activities for children and young people have always been and continue to be, immensely important to our organisation. Children and young people with ADHD are often excluded from extra-curricular activities that are taken for granted by families not affected by ADHD.

We have Children in Need funding to enable us to provide activities for children and families during the school holidays. We were able to put on events over Christmas. And October and February half term, then everything came to a halt! Up until March a total of 41 children and young people and 46 families attended activities.







## Summer 2020 for Children and Young People

This year we have had to think out of the box as our normal providers for example Leicestershire outdoor education team at Beaumanor weren't open. However, we felt it was vital that we provided something for children to help prepare for their reintegration to school and provide some respite for parents.

We were extremely excited, to secure the use of some land in Sileby for 4 weeks in the summer which we will be able to use long term.

With the help of additional funding from the Community Foundation and Waitrose we were able to offer a 3 day program for 12 children at a time to enable social distancing, and deliver a range of bush craft, school and creative activities





## Summer 2020 for Children and Young People

The learning objectives were –

- improve knowledge and understanding of ADHD,
- improve confidence and self-esteem,
- improved collaboration and team building skills,
- increased social inclusion.



## 44 individual young people attended Activities face to face and on line

*'Definitely good for X's mental health, improved his mood (and great peace of mind for me as a parent knowing), the young people are being supported by staff who understand him (X) and being with kids like him so that he can be a little boy and not worry about his ADHD and how this may make him different'*

*'Impressed by Covid preparation and reassured by the E Learning; this meant that D was not anxious about attending and didn't blink an eye to these safety procedures. '*

*'This has certainly helped with his transition back to school and the Covid procedures used there'*

*'E felt happy being with you as you all understand him better; other places have found him difficult to manage'*

## Social Media Support During Covid 19

During the Coronavirus epidemic, we have been keen to support as many parents, carers, children and young people as possible. To help in this quest ADHD solutions has been publishing a daily 'TOP TIP' and a daily 'ACTIVITY' since March 2020. there has been a terrific response to this both on Facebook and Instagram.

ACTIVITIES	Facebook	Instagram
Post Reach	63548	12142
Number of shares	155	16
Number of likes	476	240
Total interactions:	64179	12398

TOP TIPS	Facebook	Instagram
Post Reach	185034	21033
Number of shares	1133	106
Number of likes	1822	849
Total interactions:	187989	21988

OVERALL	Facebook	Instagram
New Followers	1406	141
Post Engagement	54915	30097

*"What you are doing is amazing, I've been feeling a bit lost with everything and this has really helped. Thank you x"*

## Professional training and support

Training for schools and other professional is a vital component of our work, increasing knowledge and understanding of ADHD and equipping professionals with the tools skills and strategies necessary for working with children, young people and adults with ADHD is key to ensuring positive future outcomes.

Our offer this year has included whole school training, multi-agency training and training for other professional colleagues. All of our professional training is now available virtually.

293 Professionals attended training before COVID 19, 147 Teachers have attended Virtual training since March.

Professional Support	Pre Covid - November 2019- March 2020	Post Covid- April 2020- October 2020
Telephone	33	81
Email	179	193
Meeting	13	7
Observation	5	1
Total	230	282



## **Parental Feedback to end with**

*'I just wanted to say a massive thank you because if I hadn't done your course I wouldn't have realised that X also needs help. Words can't describe how grateful I am, thank you again.'*

*'It was a very useful course, with lots of relevant content and resources. The presentation of the content by Ian was well paced and peppered with lots of real life scenarios. Ian is clearly very knowledgeable about ADHD and has a wealth of experience to draw on. Whilst there are benefits to in person, group training, the webinar format worked really well in my opinion - it was a lot easier to free up the time, with it only being for an hour and also a lot less hassle in terms of not having to travel. Delivering the course by webinar has also meant that my husband was able to separately access the course, which he probably would not have done if it had meant taking time off work / having to travel to a venue/ a more lengthier session. Lastly, my husband and I greatly appreciate that the course was still able to be delivered despite COVID19. Like many families with children with ADHD, the prospect of having to wait indefinitely for support and training would have been very daunting - especially with our children at home so much right now.'*

*'Brilliant thank you! It was really useful to know about tried and tested techniques and particularly from the perspective of ADHD and from an expert. It was also useful to meet other parents.'*

## **Moving forward to 2020/2021**

We are very proud of the support we have been able to provide over the last year. We have successfully changed and adapted our services to meet the needs of the families we support at one of the most difficult times in living memory.

The lessons we have learnt and the success that we have had with virtual service delivery, has shown that we can support families effectively via webinars and zoom. This opens up huge opportunities for the future both for family work and professional training.

Our organisation has been working towards a sustainable funding model for several years, we are looking forward to the new opportunities that the changes we have made will bring in the coming year.

The Directors would like to thank all of the staff team and their families for all their hard work , our volunteers, funders and everyone who champions our cause, for the support we have received over the last year.

Contact us at:



St Gabriel's Community  
Centre, Kerrysdale Avenue,  
Rushey Mead, Leicester,  
LE4 7GH



[www.adhdsolutions.org](http://www.adhdsolutions.org)



[info@adhdsolutions.org](mailto:info@adhdsolutions.org)



ADHD Solutions UK



[@ADHDSolutionsUK](https://twitter.com/ADHDSolutionsUK)



0116 261 0711