
INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Attention Deficit Hyperactivity Disorder

Support services for children and young people

Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis.

Telephone: 0115 8041248

Email: early.help@nottsc.gov.uk

Nottinghamshire Concerning Behaviours Pathway

Nottinghamshire guidance for all children and young people who present with concerning behaviours. It includes resources to support families/schools.

Website: www.nottinghamshire.gov.uk/concerningbehaviourspathway

Sherwood Forest Hospitals' Community Paediatric website

Information and advice around the assessment process and signposting to post diagnosis support.

Website: www.cyp.sfh-tr.nhs.uk

Nottinghamshire Help Yourself Website

This aims to bring together all the information from health, voluntary sector and the county council in one place.

Website: www.nottshelpyourself.org.uk

NHS Choices

The NHS website is a good place to start when looking at information about ADHD. It has information about the symptoms of ADHD, with practical tips about how to manage the condition. It also contains information about medical management.

Website: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

Useful websites/apps

Some of these websites are sponsored by drug companies. Sherwood Forest Hospitals NHS Foundation Trust does not endorse any specific company and in the interest of fairness we have listed all those that manufacture medications for ADHD in children.

ADHD Foundation

Information about ADHD and tips for home and school around management strategies.

Website: www.adhdfoundation.org.uk

ADDISS

Information and support service.

Website: www.addiss.co.uk/

ADDERS

UK-based charity.

Website: www.adders.org

ADHD Solutions (Leicestershire)

Website: www.adhdsolutions.org

ADHD and You (Shire)

Website: www.adhdandyou.co.uk/

Living with ADHD (Janssen)

Website: www.livingwithadhd.co.uk

The UK ADHD Partnership

Website: www.ukadhd.com/support-groups.htm

ADHD Voices

Website: www.adhdvoices.com

Young Minds

Website: www.youngminds.org.uk

Local support groups

Spectrum WASP – We Are Special People (Rainworth)

Charity offering support and also activities for children and young people with ADHD

Telephone: 0794 6833478/ 01623 795610

Parent support group at Joseph Whittaker school.

Email: sueharpham@josephwhittaker.notts.sch.uk

suzey.edwards@hotmail.co.uk

A Place to Call Your Own (APTCCO)

This charity offers support and services to families and siblings of children with additional needs.

Botany Avenue

Mansfield

NG15 5NF

Telephone: 01623 629902

Website: www.aptcoo.co.uk

Email: enquiries@aptcoo.co.uk

Book list for parents

- Understanding ADHD Green C & Chee K ISBN-13: 978-0091817008
- All Dogs Have ADHD Kathy Hoopmann ISBN 978-1-84310-651-7
- 123 Magic T W Phelan ISBN-13:978-1889140438

- The Explosive Child R W Greene ISBN-13:978-0062270450

Book list for children

- The Special Brain (fiction) Dr S Yarney Ask your specialist nurse
- Rainbow (fiction) Dr S Yarney
- Understanding ADHD in Girls Dr S Yarney

Book list for teenagers

- I Have ADHD - So What? Dr Marius Pogieter ISBN-13:978-1445756660
- ADHD at your Fingertips CR Yemula ISBN 978-1-907851-01-8 Health
(A guide for teenagers) & RH Kathane Insights 4 U

Information services

Information Service (which covers the city and county)

Website: www.askiris.org.uk

Telephone: 07827938966

By completing the Disability Register form you will be added to the mailing list to receive the quarterly Iris magazine, which features events, articles, news from support groups.

Library and Knowledge Service, King's Mill Hospital

Online link to catalogue of books and resources: <http://sherwoodforest.nhslibraries.com/> - search using the term "child health collection".

Telephone 01623 622515, extension 4009.

Nottingham City Hospital

Hucknall Road

Nottingham

NG5 1PB

Telephone: 0115 88 31158 or 0115 88 31157.

Email: infoservicescdc@nottshc.nhs.uk

Online link to catalogue of books and resources:

<https://www.nottinghamshirehealthcare.nhs.uk/the-information-service>

Education

Ask Us Nottinghamshire (formerly the Parent Partnership Service) support for parents to understand the education system, and can provide to improve communication between parents and school.

Telephone: 0115 804 1740

Website: <http://www.ppsnotts.org.uk/>

IPSEA (Independent Parental Special Education) Advice Line

Telephone: 0800 018 4016

Website: <https://www.ipsea.org.uk/>

Puberty, relationships and sexual health

SEXions team

Telephone: 01623 622515, extension 4094

Phone or text Monday to Friday on mobile 07990585647 or 07990585642.

Concerns about bullying

Anti-bullying Alliance

Website: <https://www.anti-bullyingalliance.org.uk/>

Benefits and funding

Children's DLA – telephone: 0800 121 4600

Personal Independence payment (PIP) - telephone 0800 1214433 (young people over 16 years)

Website: <https://www.gov.uk/disability-living-allowance-children>

Mansfield Welfare Rights

141 Newgate Lane

Mansfield

Notts

NG18 2QD

Telephone: 01623 421375

Family Fund

Means tested yearly financial grant.

Website: www.familyfund.org.uk

Telephone: 01904 550055

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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