
INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Attention Deficit Hyperactivity Disorder

Support services

Small Steps

This service provides pre and post diagnosis support and interventions to families of children and young people with autism and/or ADHD in Nottinghamshire. The service provides parental and professional advice, drop-in services and parenting programmes. Information and support via Family Lives:

Telephone: Information and Support Line: 07966 528 940

Website: www.family-action.org.uk

E-mail: NottinghamshireSmallSteps@family-action.org.uk

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

If an early help referral for support is needed this must be completed online by a professional this can be your child's teacher

Sherwood Forest Hospitals Community Paediatric Website

Information and advice for post diagnosis support.

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

Nottinghamshire Help Yourself website

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

Website: www.nottshelpyourself.org.uk

Child and Adolescent Mental Health Team

The Nottinghamshire CAMHS team provides assessment and support for young people aged 0-18 years with emotional and mental health difficulties.

Website: www.nottinghamshirehealthcare.nhs.uk/camhs

Parent referral: 0115 854 2299

Young person self-referral (age 12-18 years): 0115 854 2299.

Calls are taken Monday-Friday, 8am-4pm .

If you have immediate concerns about your child's mental health, for example if they are threatening suicide or they are self-harming, please contact your GP or NHS 111, or take your child to your nearest Emergency Department.

Useful websites*

ADHD Foundation: <http://www.adhdfoundation.org.uk>

This website provides useful information for parents, schools and professionals about ADHD, its assessment and treatment. It includes helpful leaflets about how to manage ADHD and up to date news and events.

NHS website: www.nhs.uk

Type ADHD into the search box. Information on this website about behavioural strategies, medication, and assessment. There is also information about ADHD in adults.

UKADHD: <https://www.ukadhd.com/>

Information and news for families and professionals including links to other helpful resources:

- **ADDISS** - information and support service: www.addiss.org.uk
- **ADDERS** – UK-based charity: www.adders.org
- **CHADD** - children and adults with autism: www.chadd.org
- **ADHD and You** (Takeda): www.adhdandyou.co.uk/
- **Living with ADHD** (Janssen): www.livingwithadhd.co.uk
- **Young Minds** - <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

** Some of these websites are sponsored by drug companies. We do not endorse any specific company and in the interest of fairness we have listed all those that manufacture medications for ADHD in children.*

Local support groups

Spectrum WASP – We Are Special People (Rainworth)

Telephone: 07746 185 394/01623 795610

Parent/Carers support group at First Floor, Ransom Hall, Ransom Wood Business Park
Email: info@spectrumwasp.org

APTCOO – A Place to Call Our Own

Provide advice and support for families with children who have additional needs, and sibling support group.

Telephone: 01623 629902

Website: www.aptcoo.co.uk

Email: enquiries@aptcoo.co.uk

Information services

King's Mill Hospital Library and Knowledge Service

The King's Mill Library has a large collection of books and resources to support parents.

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

Telephone: 01623 622515, extension 4009.

Location: Walk into the hospital from the main entrance past Costa Coffee, walk until you reach a T junction and can go no further, turn right, then take the first set of stairs on your left past the doors to the outside. Go up to the 1st floor, turn left and the library is then on your left.

Information service

This service now combines ASK US Nottinghamshire and ASK Iris. They provide information, advice and support for children and young people with disability or special educational needs and their families.

Information Service, which covers the city and county: www.askusnotts.org.uk

Telephone: 0800 121 7772

Education

Schools and Families Specialist Services

Support for children and young people with complex special educational needs and/or disabilities, their families and staff in the early years settings and schools they attend. Please discuss referral with your school.

North Ashfield area – Sutton, Kirkby, Huthwaite and Skegby

Professionals can refer children to the SBAP (Schools Behaviour and Attendance Partnership) Service for parenting programmes. Please speak to your school or the healthy families team to make a referral.

Website: <http://sbapnorthashfield.com>

Ask Us Nottinghamshire

Confidential Information, advice and support service across education, health and social care issues to parents and carers of children and young people with special educational needs and disabilities (SEND).

Information Service, which covers the city and county: www.askusnotts.org.uk

Telephone: 0800 121 7772

IPSEA (Independent Parental Special Education)

Advice Line: 0800 018 4016.

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

Puberty, relationships and sexual health

The SEXions team provide support and advice to young people over the age of 13 years and is a confidential sexual health service for young people aged 13-19 for young people with disabilities

Telephone: 01623 676142, extension 4094

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

Benefits and funding

Children's DLA

Telephone: 0800 121 4600 between 8am-7.30pm

More information and application details are available at:
www.gov.uk/disability-living-allowance-children

Personal Independence payment (PIP)

Telephone: 0800 1214433 (young people over 16 years)
More information is available at:
www.gov.uk/pip

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: 08449 744 099

Flexible Short Breaks

The Flexible Short Breaks Scheme (FSBS) offers disabled children and young people living short break provision from a menu of services.
Website: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/short-breaks>
Telephone: 0300 500 80 80

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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