

ADHDnews

ADD Information Services (ADDISS) Registered Charity No 1070827

AUTUMN 2009

Better Services For Adults

News from the Support Groups Government Petition

The Adult Attention Deficit Disorder support group, <http://aadd.org.uk/> has raised a petition to the Government. Please do add your name and get friends and family to do the same.

The petition on the 10 Downing Street website now has 1,136 signatures so it is going to be read, but AADD are still urging people to sign because the more signatures there are, the more seriously the petition will be taken. In addition, they are in the middle of preparing a report that will be submitted along with the petition in December to Downing Street. This report will contain supporting facts, information, and statistics

The Petition states:

We the undersigned petition the Prime Minister to ensure that NHS service provisions and funding arrangements for services for adults with Attention Deficit Hyperactivity Disorder (ADHD) are reviewed and revised urgently.

ADHD is common, with 3 to 4% of all adults affected. Undiagnosed ADHD leads to academic failure, substance abuse, criminal activity, disrupted family/social

relationships, unemployment/work problems, & poor mental health. Adults are often diagnosed with anxiety/depression without recognition of ADHD so treatments are inadequate & deplete mental health budgets. Millions of pounds a year are lost from work under-achievement & millions more are spent on associated problems like imprisonment, substance abuse, & unemployment.

NICE recommends provision of diagnoses, psychological support, work & social help but implementation is either slow or absent. The few current adult ADHD services provide less than the recommended minimum due to inadequate funds. It's certain too that demand will outstrip current capacity. Thus, we ask the Prime Minister to review current funding arrangements for adult ADHD, & to provide dedicated funding to ensure care complies with NICE & national priorities

<http://petitions.number10.gov.uk/adhdadults>

As a follow-up to the survey of provision of services to adults

with ADHD (the results of which were published in the last newsletter), we have sent out a second wave of letters (August 2009). An initial scan of the replies shows that not all primary care trusts seem to be aware of the need to commission adult ADHD services from Mental Health Trusts. Therefore, during ADHD Awareness Week, and continuing after, we are urging people to write to their local trusts regarding implementation of the NICE Guidelines. There are templates and contact details (these can be found on the website, and on the forum at (<http://www.aadd.org.uk/>.) In the meantime, we are in the process of tabulating the replies, and will be contacting the trusts that have asked for a response. We are very pleased with the level of responses we have received so far (almost 50% return rate), and wish to thank all the trusts that have taken the time to write to us.

Susan L. Dunn Morua
Adult Attention Deficit Disorder UK (AADD-UK)
www.aadd.org.uk



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How Do You Know You've Changed?

As an adult you think that you have escaped your past, but in real life you haven't, because at some point it all comes full circle and re-presents itself. When this happens, how do we deal with it?

In fact, do we deal with it in the same way as in the past? If we do, then we would be that same person from our past. So how do we know that we are not the same person from our past and that we have learnt from our mistakes? Well for me, it all started about 7 years ago, when my eldest son was having problems at school. His teacher was concerned about him and mentioned that maybe he had ADHD, and asked if we minded him being referred to a doctor for assessment? We knew nothing about ADHD. After many months, my son was diagnosed with ADHD.

Having listened to the doctor outlining my son's behaviour, it reminded me of myself, growing up. So I thought about it for a while. At my son's next appointment, I asked the doctor about a possible referral for myself, but he did not deal with adults, and was not aware of anyone in the area who did. However, he made some enquiries and some time later he agreed to write a letter of referral to a doctor in London. Many months later, I received a letter from the doctor in London, with forms and questionnaires for me to complete. I sat for days trying to understand some of the questions, but what made me laugh was one of the questionnaires for completion by my mother! That would have needed a clairvoyant, as she had died several years previously. After 18 months, as I had received no reply, I approached my son's doctor again, who contacted the doctor in London. Suddenly, out of the blue came a letter of appointment from the London Hospital.

After my son's diagnosis, I spent much time researching the internet for information on ADHD, which proved to be a minefield, with many different sites, all with

different information, but I was well prepared. Eventually, after almost two years, at 32 years of age, I was diagnosed with ADHD in 2000, with a comorbid personality disorder. I was prescribed Ritalin, which was attracting a lot of negative publicity in the press. At that time I started off on 10 mgs, three times a day, with little effect at first, but after about a week, everyone noticed a little difference in my behaviour, but it soon wore off. At the time, I attended a local Parents Support group, which proved helpful, with tactics to manage children with ADHD. I found it strange; when parents asked me what it was like to suffer from ADHD as an adult. I explained that it was like having a food blender for a brain turned up to number 9, with lots of different thoughts constantly whizzing around my head. However, as my medication dose increased, I was changing, becoming calmer and more thoughtful.

It was at this point that I was able to recognise that the food blender was slowing down, not stopping, but definitely slowing down, which was making things that little bit easier to do and say. Then, through the parent support group, I was given the chance to attend a conference in Manchester organised by ADDISS. It was the weirdest thing I had ever experienced, meeting lots of different people and listening to some excellent speakers. I also met a woman called Margaret, a pleasant and down to earth professional Scottish lady, who after I had outlined some of my life experiences, suggested that I should train as an ADHD coach - I laughed!

At the end of the conference, I bought some books on ADHD, God knows why, as I had never read any books and haven't to this day, so I put them into the support



group library. Over time, things started to go wrong, the food blender was gradually speeding up again, but luckily I was due at the London Hospital, which is a scary place with everybody rushing about, even faster than me.

The doctors asked me how I was progressing and I told them that what really 'pissed' me off was that I had been to London four times and every time I saw a different doctor, which meant that I had to repeat the information each time. Once again they increased my medication dose of Ritalin. My life was up and down in the usual way, but I was much calmer.

Then, in September 2003, I attended another conference in Southport, organised by ADDISS again. However, this conference was different, as it was mainly for parents, with only a few professionals there, including Jerry Mills, a speaker who also wrote songs. He gave an amazing talk for about three hours. As a person with ADHD you could relate to almost every single word he was saying. At the end, he said to us all, with tears in eyes and a lump in his throat, that everything he had just told us about a boy with ADHD was him, and he was still here to tell you all about it. Everybody at this point stood up and applauded; he then sang a song, which he had written called Don't Doubt The Dream. The song blew me away and touched something inside, so I bought his CD and asked him to sign it for me. It was then for the first time I clearly knew what I wanted to do.

Margaret, the Scottish lady whom I had met at Manchester, came over to me and we started talking. She suddenly took me by the hand and introduced me to a woman, who ran training courses for ADHD coaches. She was impressed with how much I had turned my life around since the last time and said

I was an inspiration. It was at this point that I decided I wanted to take the training course. So off I went back home and told everybody what I wanted to do with my life. I went to work on that Monday morning and told my boss that I had made a mistake, and I now knew what I wanted to do, as regards a job. He then asked me what this meant, so I told him with passion that I wanted to quit. He was 'gob smacked', as I had only had the job for little over a week. He just stood there in amazement, as I walked away. As I hadn't even got the funding to pay for the coaching course, some people were not very happy with what I had done. But I didn't care, because I was inspired and nothing was going to stop me.

After what felt like a lifetime, I received a call from Sheila of the Parents Support Group who told me that her application for funding for my ADHD training course had been approved. It was the best Christmas present ever!

In January 2004, I went back to the London Hospital, where they increased my medication to 30 mg three times a day. Another doctor asked me if I would take part in a research study into adult ADHD and explained that it would involve a series of brain scans, one set of which was completely undecoded. I agreed, but needed to stop taking my medication. For the first two days, I didn't notice anything, then on the third day, I felt completely different. It was also at this point I was able to put into place everything that I had been learning for myself and for my children. It was time to practice what I had preached, and it worked.

It was one of the hardest months for me, because I knew it would be easier for the old Gary to come back. But I didn't want that Gary back, as I wanted to stay as the new Gary. So off I went to London

to play being a lab rat. It was quiet strange, answering what seemed stupid questions and playing silly games on the computer all day. Finally, I was placed into the MRI scanner, where I had to lie down and keep still for what seemed like hours, unable to move, whilst the scanner made lots of strange noises. When they were finished, they were very happy and lots of 'quacks' lined up and shook my hand for taking part. 'XXXX me', I had never shaken so many hands in my life.

I was then able to retake my medication, but it didn't start right away, in fact not until the third day. I was ecstatic, because for the first time I was really able to feel and recognise the benefits of the medication and the fact that all the new strategies and tactics I had learnt had also worked, despite a few scary moments while I was off my medication. But everyone around me knew what was happening and helped, but most of it came from within myself. The most important lesson I had

learned was that it was ok to mess up, as long as you know you have messed up, because you can learn from it. Everybody else messes up; it's just that nobody ever notices, as much as we do.

In March 2004, I attended the 6th International ADHD Conference organised by ADDISS, which was held at the Adelphi Hotel in my home town Liverpool. There were doctors, parents, Americans and Australians, as well as other nationalities – even 'coppers' from the Lancashire Police Force! The first day was tense, but there were some very good presentations from various ADD/ADHD support groups from all over the UK. Some were so moving; they brought tears to your eyes, just knowing how productive and active we can all be with the right help and guidance.

In the evening, there was a formal meal and a cabaret act. I left the conference at 5pm, went home, got changed for the evening meal and returned to the hotel. As I was

walking through the hotel door I saw the two coppers from Lancashire, who made a comment about me wearing a smart suit, shirt and tie, so I responded with a big grin on my face, by explaining that the last time I wore a suit, I was the in the dock! I walked into the dinner and for the first time in my life people's heads turned in amazement and not for something I had said or done. Some of these people I had met before and they were amazed with my progress, but the most important thing was I was still me. Sitting at the table people were asking me questions and they weren't coppers, or magistrates or probation officers for once; how weird was that! In fact, one of the two coppers from Lancashire, Phil Anderton, made a dedication to me in the foreword to his excellent book about ADHD and criminality called 'The Tipping Points', which is amazing, given some of my past transgressions! Sometimes, I think to myself how much has happened since that

ADDIS Conference in March 2004. I have left my ex-wife and moved home. I have met and fallen in love with a wonderful woman. I have also started training with the Youth Offending Team in my local area, with the intention of helping somebody else to discover themselves and the good they have inside themselves, instead of feeling like a failure. We are not failures but we are simply unaware of the fact. Once you know you are not a failure, it's an enlightening feeling, almost spiritual in its effect.

Some days are brilliant and some not so good; some days you can think what the hell am I doing, and it's on these days that we can notice the difference for ourselves, which reinforces the changes we wish to make for a better day. It's also important to recognise that it is ok to have off days; it's what we do about it which makes the difference.

By Gary Sendall

1-2-3 MAGIC!

On 24th June, I attended a training event for professionals at the University of Westminster, London, given by Dr Thomas Phelan originator of 1-2-3 Magic: Effective Discipline for Children aged 2-12 years and sponsored by ADDISS.

For those who don't know about his programme it is a parenting support regime that is guaranteed to reduce tension in a household that has children aged from 2 to 12. And it works like Magic! Andrea Bilbow from ADDISS introduced the day and explained that she first used 1-2-3 Magic on her own son some 14 years ago and that ADDISS now holds the UK licence for this training programme and supporting materials.

For me it was a slightly surreal experience meeting Dr Phelan in the flesh, as I have used his original video, then the DVD, in parenting workshops for many years with great success: I've seen them so often I feel like he's an old friend.

The background thinking to 1-2-3 Magic is remarkably simple but stunningly effective if used properly. Because of the programme's simplicity it is also a natural favourite with Dads too. In the DVD there are a clear rules and guidelines to using the programme and making it work and during the day Dr Phelan talked us

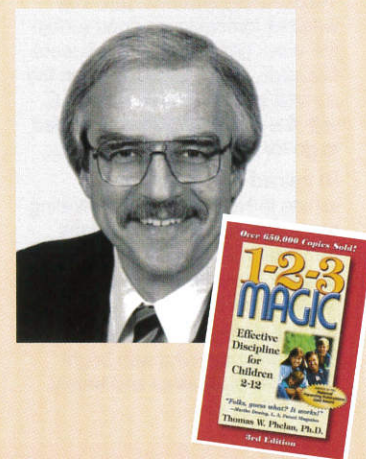
through these and gave advice on how to present the different elements in our own workshops and trainings.

Dr Phelan opened his lecture by explaining how jet lagged he was and told us that he was also very nervous about public speaking. He then entertained and informed us to the highest standard for the next six hours. His lectures are a joyful bundle of ironic, wise and just plain comic anecdotes about the origination of the programme and how it was largely tested on his two children, one of whom has ADHD and who he describes as being "3 and ¾ handfuls".

Chicago based Dr Phelan is a PhD Clinical Psychologist who started working with 'little kids' in 1972. In 1984 he wrote a 60 page pamphlet outlining the method which sold for \$10. Two years ago his 1-2-3 Magic books sold their millionth copy. He says that: "My goal is to help parents avoid some of the turmoil my wife and I experienced while raising our ADHD son and which I hear about from other parents every day. "With some

basic understanding of what makes children and teenagers tick - and a ton of patience - parenthood can provide one of life's greatest satisfactions."

The premise behind 1-2-3 Magic is that it tackles behaviours from your children that you want to stop quickly and effectively without using too much emotion or talking. Phelan's method requires parents to understand that "Too Much Talking" and "Too Much Emotion" by the parent will lead to failure. Understanding why this is so is the key to understanding why Dr Phelan's method is so effective. There is also a section in the DVD and books devoted to how to promote 'Start' behaviours, the type of behaviours you want the children to actively replicate. Dr Phelan is a natural and very funny raconteur and the hours spent listening to him just flew by. I talked to some of those attending the workshop to find out their motivation for coming. Joe Kilgariff from Nottingham CAMHS will deliver this course to both professionals who work with parents and parents directly. Vicky



Beasley, a Play Therapist from Leicester, works with families and wants to offer them the method as a way 'to gain some control as a parent'. Alison Molyneux, a Nutrition Support Specialist, who works with children with Autism and ADHD and she will offer the method as another tool in the armoury of her Support kit. All the professionals attending received a contract to deliver 1-2-3 Magic workshops to their client groups and all the books and DVDs are available exclusively through the ADDISS bookshop.

If you struggle as a parent with managing your children's behaviour I can thoroughly recommend this method and the materials available.

By Judith Monk

Ascent of Ben Nevis for Charity

I'm Keith Thompson, 65 years old, married to Glenys for 30 years. I have Type 1 Diabetes and Prostate Cancer, but neither of these prevent me from doing what I want to do.

Glenys and I have done a lot of charity walking in the past, including Snowdon (highest mountain in Wales), Scafell Pike (highest in England) and walking a marathon distance. However, Glenys doesn't do mountains any more, so my cousin came up from Kent to climb Ben Nevis with me - just as he did seven years ago.

As all Glossop North End football fans headed south to Wembley on Sunday May 10, including Glenys, my cousin and I went north to Scotland, arriving at Glen Nevis Youth Hostel around 5 pm. The weather forecast was good (unlike the week before, when there were blizzards, storm force winds on the summit and minus 23 degrees C with the wind-chill), so we decided to go for it on Monday morning.

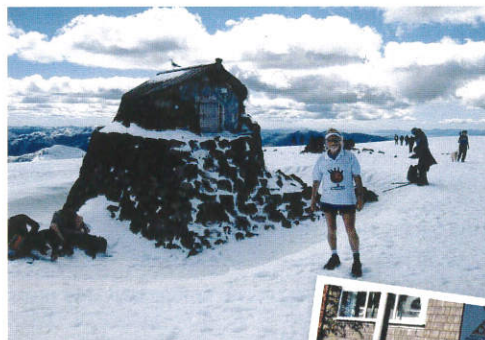
I'd trained at the gym since joining in November, concentrating on getting stamina into my legs with treadmill, stepper, rower and the leg-extension exercises set by Lee Forsyth.

We set out from the Hostel at 8.45 on Monday morning with bright sunshine, clear skies and barely

a breeze. After 15 minutes, my fleece coat came off and I changed into shorts - it was that hot. Steady climbing got us to the half-way point in two hours, but I then had to change my T-shirt as it was wringing wet! Suffice to say we had plenty of energy foods and drink with us as we both know about the effects of dehydration.

Carrying on, we reached the snow-line and the ascent then got steadily harder and slowed us down. But it was still warm. The last mile was in pretty deep snow, which got deeper the closer we got to the summit, which we reached at 1.30 pm, still in good shape. The depth of snow varied between 12 and 18 inches. I definitely would not have felt as good if it weren't for the gym training - in fact I probably would not have made the top!

We spent about 45 minutes on the summit, taking pictures, etc, then began the descent back down through the snowfield, which was probably more difficult than climbing up it. We both remembered from last time how much our legs were suffering by the time we reached the bottom (because of the rocky



terrain), so made a conscious decision to come down more slowly - and it worked. We took our time and reached the Hostel at 6.30 pm - still able to walk ok. Thank you gym!!!

What a day: thoroughly enjoyable, fantastic scenery and great weather. I'm glad I had the opportunity to climb Britain's highest mountain again, as well as raising over £1000 for ADDISS - the national ADHD (Attention-Deficit Hyperactive Disorder) charity.

Grateful thanks for sponsorship to the following family and friends

- Work Colleagues at Sellafield, Cumbria
- ARK Financial Planning Services, Stalybridge
- Victoria Veterinary Clinic, Glossop,
- Barista Cafe, Victoria Street, Glossop
- Glossop Leisure Centre

- Glossop Chronicle
- Whistles Hairdressing Salon, Hadfield
- J.W. Metrick & Sons, Hadfield
- Chew Valley Country Music Club, Greenfield

We are hoping that Keith will do the climb for us again next year but this time he would welcome the company of our members. If you would like to join Keith next May or June and climb Ben Nevis, the highest mountain in the UK, to raise funds for ADDISS, please contact us for further details: info@addiss.co.uk Tel: 0208 952 2800

Action for ADHD Northants is open to all families/carers of children or adolescents who have or may have ADHD and anyone interested in this neurological disorder

ADHD Family Support Advisors Monica Harris 07739863043, Clare Cossen 07743891204 Julie Hawkins - 07710711627

British Red Cross, Hatton Close, Moulton Park, Northampton, NN3 6SU Telephone: 01604 491 785 Email: jlees@redcross.org.uk

We can help you!

- Get the information you and your family need
- Encourage you to make informed choices
- Enable you to get your voice heard
- Ensure your wishes and needs are taken into account by others
- Take action on your behalf (with your agreement)
- Assist in getting appropriate services
- Support you in securing your rights and entitlements.

The ADHD team will do this by offering

- Help over the telephone, someone to talk to
- Home visits and one to one work
- Parent/carer support groups
- Advocacy
- Attend meetings with you
- Explain documents
- Help with the completion of forms
- Parenting support; we will provide courses and training
- Behavioural strategies that help in the school and in the home
- Emotional and practical support.

Living with ADHD

Until 2005, my life was very much like a roller coaster. To look at I'm an attractive, intelligent, normal young woman but inside I was very confused, misunderstood by many, even by my family and friends. Unfortunately I didn't have many friends either.

I had managed to get through school, just, and college. I also had many jobs, some of which I held down for nearly a year and often with lots of responsibility at which I was very good. But always sooner or later things would hit rock bottom, with relationships, work and home life. I just couldn't juggle them all. This kept happening all through my life until eventually, after a break-up of a serious relationship. I had finally had enough.

In between all these jobs, I got involved with the wrong kind of people, drugs – the sort of people

who loved a caring, fun going, vulnerable woman.

I kept going to doctors to ask for help but they didn't seem able to help: they said it was pre-menstrual tension, PMT, not having a stable family home, domestic violence... They told me I would grow out of it.

But I knew it was more than that. I had a friend whose son had very bad ADHD and started to notice we had similar behaviours. So I researched into it not knowing what I would find. By this time I was homeless, on the dole and very lonely. I was involved with the mental health system that just simply didn't want to know and wanted to diagnose me as bi-polar, schizophrenic or with severe depression. There would be days when I was great but others were just chaotic or I would want to hibernate. Some days I just wanted

to be out there partying, others when I just wanted not to be around anyone at all. But all I knew was that this was not normal and I didn't want to be like this, but no one would listen.

Eventually the doctors sent me to the Maudsley Hospital in London to prove me wrong. In the meantime I had to move back up to Scunthorpe where there were very limited services for adults. I was on the waiting list for quite a while and I was going out of my mind. It was great getting the ADHD diagnosis eventually but then another fight began. I got my medication but no doctor would have me on their register or help me understand my ADHD.

I approached Lincoln ADHD Support Group in desperation and they offered me a lifeline. The people at Lincoln ADHD helped me pursue the PCT to



get some help. After many meetings and the help of a solicitor, we finally managed to get Direct Payments which help to pay for my ADHD Life Coach.

Having both the medication and coach has changed my life dramatically. I've relearned coping mechanisms, behaviour and how to live normally. I'm not involved with the wrong people; I have a house and car and am building my relationships. My main job for now is looking after me and finding out who I am.

By Steph Main of Scunthorpe

Meeting Cathy Mercer

I'm the new girl at ADDISS. I live not far from the ADDISS HQ, in nearby Cricklewood, with my husband Simon and cats. We love travel and walking and walked the Cleveland Way in September, over Yorkshire's cliff tops. I also enjoy amateur dramatics and appeared in a play about William Gladstone in July to celebrate William Gladstone's 200th birthday. We acted in the park in Cricklewood where he spent his weekends when he was prime minister.

I'll be working part-time at ADDISS, mainly in publications but ADDISS is a small organisation, so I'm going to end up doing a bit of everything and I'll enjoy the variety.

My background is in teaching and publishing. I taught for many years in mainstream secondary schools in the London area. As with most teachers, my subjects were many. I taught business studies, languages (German, French, Latin and Greek), English, history and Special Needs. I was chief examiner for A-level Greek and Latin, setting and marking exam papers, and I also edited a magazine for London teachers.

Before moving into teaching I had a variety of jobs, in accountancy, banking and tourism, working as a tour guide on coach trips in Europe, mainly in Germany and

Austria. Tour guiding is very hard work but it's also great fun and it meant I visited some fabulous places and got to use my German and French a lot. I loved all the fabulous mountain scenery but my favourite was crossing the highest mountain pass in Europe, Austria's Grossglockner – over 2,600 metres above sea level. The road goes through snow-capped mountains and, even in the middle of summer, there was always enough snow for a quick snowball fight.

After 15 years at the chalk face, I decided to move into publishing. I started a course on publishing but moved into work pretty quickly, as my work experience placement at The National Autistic Society (NAS) turned into a real job. I then stayed at the NAS for eight years. There I worked on

new titles and managed the on-line and mail order book shop and Christmas cards, building up sales of publications and resources.

At ADDISS I plan to develop and work on a wide range of projects, including:

- Launching ADDISS Christmas cards, to raise awareness and funds
- Producing a range of ADDISS helpline booklets, to go on line and also hard copies on topics such as school exclusion, behaviour management, getting organised: leaflets for parents, employers, schools and people with ADHD
- Sending out regular e-news letters with news about ADHD and ADDISS



- Working on new titles, eg books for teens and adults with ADHD
- Producing an ADHD alert card.

Please do not hesitate to contact me – I'd be delighted to hear from you, especially if you have ideas you'd like me to develop. Please note that I'll only be working two days a week for ADDISS so please don't expect everything all at once! Email

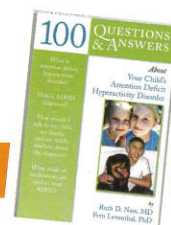
CathyM@addiss.co.uk

The ADDISS Book shop

Here are some new titles from the ADDISS book shop – and some on **special offer**.

100 questions and answers about your child's ADHD – empower yourself and your child!

By Ruth D. Nass and Fern Leventhal Ph.D ISBN 978 0 763 732 554 £12.99



What is ADHD? Do children outgrow their ADHD? What about medications? Can young children take them? Who should I tell about my child's ADHD?

This is an accessible and user-friendly book that deals in

a straightforward, ADHD-friendly way with many of the worries that parents of children with ADHD have. The 100 question format means that it can be read through all in one go or easily dived into, with a complete index if the FAQ

layout doesn't help.

I opened it and I was impressed with the depth of information on difficult areas, like the effect of ADHD on the brain, as well as the sensible advice on less scientific areas such as the effect of too

much television watching.

I would heartily recommend it to parents or anyone else wanting to find out more about ADHD, how it affects children and how best to help children.

Small change – big difference: hyperactive, disorganised and attentive. Practical ideas for helping children

By Fintan O'Regan £10.00 for set of three books or £3.99 per book



With 30 pupils in a class, teachers are busy enough without wanting to read vast tomes on ADHD. This set of three books target the core symptoms of ADHD: hyperactivity, disorganisation and inattention. Packed with simple but effective ideas, they offer practical suggestions for helping children in an accessible, easy to read format.

The ideas in these books are sensible and easy to implement. Most importantly, they will benefit not just the child with ADHD but the class as a whole. The Disorganised book is especially strong on good classroom management techniques, emphasising the importance of tried and tested strategies such as classroom

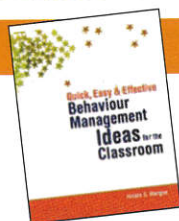
monitors, stationery stations and visual timetables. The hints on talking to a class are also very helpful reminders of best practice. The Hyperactive and Inattentive books are full of helpful activities, strategies and games. They can act as refresher course for any teacher but especially teachers working with younger children.

This attractive and attractively

priced set of three books is aimed at teachers but parents will also find it helpful. The advice on establishing routines for the morning is especially useful – advice perhaps that we could all use! The author has many years of hands-on experience in teaching children with ADHD and training teachers.

Quick, easy and effective behaviour management ideas for the classroom

By Nicola S. Morgan £16.99



Children with ADHD can be quite a handful, with their impulsivity and problems. Put them in a class of 30 children and it is obvious that teachers will need a clear plan or the result will be classroom chaos!

This helpful book comes with a mass of photocopiable resources and entertaining, effective activities for developing pupils' team spirit and behaviour. Nicola explains the importance of the 10 Rs – relationships, routine, rules, reinforcement, rewards, responsibility, response, re-direction, reprimands and results.

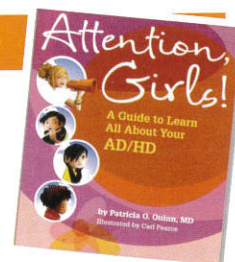
Nicola has taught in both

mainstream and SEN schools. She has a reputation for managing the most difficult classes and she is regularly sought after for her knowledge and skills.

This book would be useful to any teacher, whether starting out or in need of a refresher. The focus is mainly on younger children but secondary teachers will also find it helpful

Attention, girls! A guide to learn all about your AD/HD

By Patricia O. Quinn, M.D £11.99



Meet Anxious Anna, Chatty Charlotte and Grumpy Georgina: all about girls with ADHD aimed at girls with ADHD, aged 8-13. This book offers lots of girl-friendly strategies for coping with feelings, friends and taking control of your life, brought to life with Carl Pearce's excellent full colour illustrations.

This is just the book to explain ADHD to primary school-aged girls. This guidebook helps them take charge of their ADHD and offers tons of practical ways to improve organization, study and homework skills. It also provides valuable

information on other important areas including: talking to parents and teachers, making and keeping friends, dealing with emotions, improving self-esteem, managing anxiety, and understanding the use of medication... So they can get back to just being a girl!

These and many more titles are available from the ADDISS book shop:

www.addiss-shop.com

Roundup

Recent Research into ADHD

These are for readers' interest and to show the areas of ADHD currently under investigation. Please remember that research has to be replicated many times using large studies before it can be validated.

Deficits in Brain's Reward System Observed in ADHD Patients Low levels of dopamine markers may underlie symptoms; implications for treatment

September 8, 2009 UPTON, NY

A brain-imaging study conducted at the U.S. Department of Energy's (DOE) Brookhaven National Laboratory provides the first definitive evidence that patients suffering from attention deficit hyperactivity disorder (ADHD) have lower-than-normal levels of certain proteins essential for experiencing

reward and motivation.

"These deficits in the brain's reward system may help explain clinical symptoms of ADHD, including inattention and reduced motivation, as well as the propensity for complications such as drug abuse and obesity among ADHD patients," said lead author Nora Volkow, Director of the National Institute on Drug Abuse and a long-time collaborator on neuroimaging research at Brookhaven Lab.

The study, published in the

September 9, 2009, issue of the Journal of the American Medical Association, also has important implications for treatment. "Finding ways to address the underlying reward-system deficit could improve the direct clinical outcome of ADHD, and potentially reduce the likelihood of other negative consequences of this condition," said study co-author Gene-Jack Wang, chair of Brookhaven's medical department.

To read the full report visit:

http://www.bnl.gov/bnlweb/pubaf/pr/PR_display.asp?prID=998

Abstract from the Press conference at the 22nd Congress of the European College of Neuropsychopharmacology,

Sept. 15, 2009, Istanbul, Turkey

Although ADHD has classically been viewed as a disorder of children, more than half of the

patients carry symptoms, or even the full ADHD-diagnosis, into adulthood (Faraone et al., 2006). The prevalence of ADHD in adults lies between 1% and 4% (Kessler et al., 2006; Polanczyk et al., 2007; Kooij et al., 2005). Adult patients have difficulties in the social, educational and professional fields, such as developing or maintaining stable social relationships, completing educational programmes and holding down jobs. Untreated adults with ADHD often have chaotic life-styles: they may feel that it is impossible to get organised, or remember and keep appointments. Unfortunately, many adults who have the disorder are not aware of this. As symptoms in adults tend to be more varied than symptoms seen in children, health care professionals need to consider a wider range of symptoms when assessing adults for ADHD.

IMpACT:

the largest clinical ADHD sample worldwide

So far, genetics research in ADHD has focused nearly exclusively on children with the disorder. However, as mentioned above, the genetic load of adults with ADHD is probably higher than that of children, which can facilitate the identification of risk genes for the disorder. Still, the involvement of multiple genes in one single patient, in combination with the small effects of individual genes, makes it necessary to investigate large samples of patients. For this reason, a group of researchers focusing on the genetics of ADHD in adults decided to pool their efforts in the International Multicentre persistent ADHD Collaboration, IMpACT.

Formed in 2007 and coordinated by Dr. Barbara Franke, IMpACT has the goal of performing and promoting high quality research in adult ADHD. IMpACT consists of research groups from five European countries and two groups from the USA. Each group contributes both clinical and genetic expertise to IMpACT. Together, the groups coordinate the largest clinical ADHD sample worldwide, consisting of more than 2,700 adult patients and 3,500 controls.

- In 2008, IMpACT members consolidated their collaboration by starting up several collaborative projects, aimed at meta-analysis of existing genetic data, as well as replication of genetic findings of individual group members in the IMpACT sample. The first of these studies are to be published in 2009 (e.g. Ribases et al., 2009; Sanchez-Mora et al., 2009).
- The goals for 2009 include the development of a uniform phenotyping protocol for the IMpACT member sites and the scientific community working on adult ADHD genetics, as well as setting up a combined database of phenotypic and genotypic information of the IMpACT sample.
- From 2010, IMpACT will prioritise genome-wide association studies, as well as further genetic and clinical studies on adult ADHD.

To read the full report visit:

http://www.eurekalert.org/pub_releases/2009-09/econ-tro90809.php



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ADHD news

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Forthcoming events in 2010

January/February

Licensed 1-2-3 Magic
Practitioner Training.

February

Two Days to Transformation
with Thom Hartmann,
a two day residential retreat
to enhance your life.

March

Why Try training.
Annual UKANN conference
(ADHD Nurse network).

September

First ever UK Why Try conference.

November

10th International ADDISS
Conference.

The Souldrop Cookbook

The Souldrop Cookbook compiled by Kay Bone
Published by ADDISS £15.99

Many of you will remember me from the 9th International ADDISS Conference in March this year, when I opened it with a tribute to our late son, Sean Bone.

I talked about the hope, success, resilience and opportunity that Sean had achieved in his 21 years of life.

Well, Sean is still achieving and so far we have raised £3142.58 in Sean's memory which will provide children with hope, success, and opportunity through the Why Try scheme in schools. This is an important area for me, as this help was lacking in Sean's lifetime. A lot of children with ADHD suffer from bullying from peers and teachers, because their condition is misunderstood. This leads to low self esteem, negative labelling and poor relationships with peers and teachers which in turn affects these children academically, psychologically and socially.

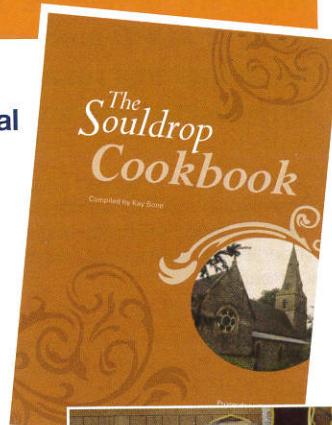
This has motivated me to fund raise for ADDISS to raise awareness of this misunderstood condition, in memory of Sean. I am being trained in November for the Why Try Scheme, so I can get alongside these children and help promote their self worth and raise awareness and understanding of ADHD, within the schools. I am planning presentations to pupils and teachers next year to help achieve this.

My daughter Clare has just done a fundraising hairdressing day for ADDISS in our village in which she raised just over £800.00. I have been working on The Souldrop Cookbook and have collected over 140 recipes from people in our small village, where Sean lived. Together with the recipes there will be pictures of our village, old and recent, alongside the history of Souldrop.

This book is a tribute to Sean, so he may always be remembered as well as raising awareness and funds for ADDISS.

The book will be published by ADDISS and will go on sale in December ready in time to buy for Christmas. All proceeds will go to ADDISS and I do hope that people will support this by buying my book.

Through this we can all help to achieve the hope, success, resilience and opportunity for these special children that come in a specially wrapped box labeled 'handle with care'.



Christmas Cards from ADDISS

We are happy to announce the winner of this year's Christmas Card competition. Lily Kneen aged 11 from Surrey is our winner.

Her winning design 'Christmas Night' will be used for the Christmas cards which are now on sale available from ADDISS. These Christmas cards will raise much needed funds to keep our helpline up and running. They cost £3.95 including p&p. Special discounts may be negotiated for large orders. Order your cards today either by ringing our help - line on 020 8952 2800 or through our website: www.addiss.co.uk



Trustees Wanted!

ADDISS wants to strengthen their Board of Trustees. If you are interested in applying for a voluntary position with this highly regarded charity and have skills in fundraising and/or business management then ADDISS would like to hear from you. Please email the Chair of Trustees, Mrs Jenny Missen missenj@aol.com for further information and an application form or telephone 020 8952 2800.

Subscribe to ADDISS

When you become a member of ADDISS you will receive this newsletter four times a year along with discounted entrance to conferences and training events. You will also receive our online newsletter with news updates related to ADHD. A year's subscription costs £35 for professionals and £25 for parents or adults with ADHD. You can subscribe online or telephone our office for an application form.

<http://www.addiss.co.uk/subscribe.htm>

Have you read a book or seen a DVD that you would like to share with other parents and professionals? Please send your reviews to ADHD News.