



ADD-vance

The ADD-vance ADHD and Autism Trust

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Dear Professional Member

We do hope you and your organisation are staying safe and coping as well as possible during the current pandemic. This has been a challenging time for everyone – and particularly for families supporting children with additional needs.

We wanted to take the opportunity to let you know how we are upscaling our support over the summer, so you can share this information with families. Many of our team have chosen to work throughout the holidays so all services can continue. Most of these are free at the point of use; others do require funding i.e. Family Coaching, EHCP Support and QbChecks.

We have successfully moved all of our face-to-face services online via Zoom and most families report that they actually prefer this! Many who might otherwise struggle to access support due to lack of transport or childcare, can now simply join us via their smartphone. And parents who struggle themselves with social anxiety can choose to participate without video and/or audio, instead using the Chat Box to interact. We are very excited to be able to reach out to more families across Herts and it is likely that we'll continue to try and operate both face-to-face and online services in the longer-term.

We have also undertaken some bespoke projects including recorded webinars for up to 98 participants and small group coaching for families presenting with similar needs. We are really keen to pioneer using our materials and expertise in different ways, so please do get in touch if you have any ideas on how we might collaborate.

Lastly, October is ADHD Awareness Month (yes, we have a whole month to improve awareness and understanding of this hugely misunderstood condition!). Do let us know how you are planning to mark the occasion and whether there is an opportunity for us to be involved.

Wishing you a healthy and relaxing summer break,

The ADD-vance Team

ONLINE SUPPORT GROUP TESTIMONIALS

"I found the session to be really helpful and I felt welcomed and safe to discuss the issues I wanted to speak about. It was good to be able to relate with other parents."

"Thank you for giving us the opportunity to continue to attend your fantastic support group via Zoom"

"It was great to take time out to explore possible solutions to and ways of addressing current challenges. Sometimes it helps just to talk with others who really "get it"."

"I really enjoyed being in the group meeting and found it useful to share challenges as well as successful strategies together. It felt very welcoming and personal."

"It was really very helpful. The two coaches were very knowledgeable and attentive. It helped me immensely."

"Thank you so much for the opportunity to join this session. I have to say it's the best session I have attended! I would have gladly continued for hours! Put down my name for all, day or night! Can't thank you enough!"

July
2020



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Website: www.add-vance.org
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Phone: 07716 744 662

**Need someone to talk to
about ADHD or Autism?**



Please call the ADD-vance
Telephone Helpline

07716 744 662

Lines are open from 9am-1pm
Monday to Friday.

Alternatively you can email herts@add-vance.org

**Need information or support
right now?**



Please post your query on the
ADD-vance Private Facebook Page
and get ideas from over 4500
parent and professional members of ADD-vance!

To join the group click:
<http://www.add-vance.org/parents/>
and follow the Facebook link.
(You will be asked 3 simple questions
to verify your identity.)

The group is moderated by Specialist Family
Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

**Looking for information or support
before the summer holidays?**



Please join us for our
FREE Online Support Groups
hosted by two Specialist Family Coaches
from ADD-vance:

Tuesday 7 July 19:30 – 20:30
Wednesday 8 July 10:00 – 11:00
Tuesday 21 July 19:30 – 20:30
Wednesday 22 July 10:00 – 11:00

Maximum 10 participants per group.
Email coaching@add-vance.org
to book your place and receive a Zoom link.

Feeling stuck as a family?



Please enquire about the ADD-vance
Family Coaching Service
currently being delivered online via Zoom.

For tailored one-to-one support
to move your family forward
email coaching@add-vance.org
to discuss the options and costs.

Want to understand your child better?



Please sign up for one of our **FREE ONLINE Six-Week Courses** funded by Herts County Council.

Eight courses will be running over the summer holidays including one for parents of girls, one for dads only and two for parents of teens.

Courses will be delivered via Zoom with a maximum of 12 participants per group.

Book your place via Eventbrite at:

<http://add-vance.eventbrite.com/>

Bookings **will open at 1pm** on Friday 3 July.

Need help with your EHCP application or annual review?



Please get in touch to arrange a consultation with our **EHCP Specialist – Bridget Livsey**

Email coaching@add-vance.org for more information and costs.

Worried about getting your child back to school in September?



Please sign up for our **FREE Webinar – Going back to school after Covid** funded by Hertfordshire Community Foundation which will be repeated on the following dates:

Wednesday 15 July 19:30 – 20:30

Wednesday 29 July 19:30 – 20:30

Wednesday 12 August 19:30 – 20:30

Wednesday 26 August 19:30 – 20:30

Webinars will be delivered via Zoom with up to 98 participants per session. They will be followed up with small support groups to discuss individual concerns.

Book your place via Eventbrite at:

<http://add-vance.eventbrite.com/>

Bookings **will open at 1pm** on Monday 6 July.

Wondering if you or your child has ADHD?



Please book in for a **QbCheck at ADD-vance**

This online test measures the three core symptoms of ADHD.

It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a potential future booking.

At ADD-vance we are passionate about supporting families. This is because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, autism and related conditions! In our opinion, nobody understands living with additional needs more than parents who 'walk the walk' every day! But sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family – and if something doesn't work then we'll try again! Get in touch for more information about our range of services across Hertfordshire.