



ADHD **Richmond**

Supporting families with ADHD-related concerns

HANDBOOK

**an essential guide to
services & support**

Content	Page/s
Discovering ADHD	3
Diagnosis Pathway	4 – 5
Strategies & Therapies	6 – 10
Medication	11
Services	12
Health Care	13
Education	14 - 15
Benefits & Allowances	16 - 18
Activities	19 - 20
Local Contacts A-Z	21 – 25
Further reading & UK links	26
Make your own notes	27
ADHD Richmond - contact	28



This Handbook is best used online. Visit www.adhdrichmond.org

Our website is an extensive resource offering more detailed information about Attention Deficit Hyperactivity Disorder and all its related conditions (comorbidities)



DISCOVERING ADHD

Many children go through phases where they are restless or inattentive. This is often completely normal and does not necessarily mean they have ADHD.

Typical symptoms of ADHD include:

- Inattention e.g. being easily distracted or losing focus
- Hyperactivity e.g. restlessness, constant fidgeting or over-activity
- Impulsivity e.g. acting or speaking without thinking
- Impaired executive functions which are responsible for
 - a) organisation & activating work
 - b) sustaining focus & attention to tasks
 - c) regulating alertness, effort & processing speed
 - d) managing frustration & modulating emotions
 - e) utilising working memory & accessing recall
 - f) monitoring & self-regulating actions

Symptoms of ADHD tend to be first noticed at an early age, and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed in children between the ages of 6 and 12.

Childhood ADHD is more commonly recognised & diagnosed in boys than girls. Girls with ADHD often have a form of the condition where the main symptoms relate to problems with attention rather than hyperactivity, which can cause less noticeable symptoms.

Children with ADHD can become easily frustrated because of the above executive function difficulties.

ADHD is a common neurodevelopmental condition, a brain disorder due to lack of dopamine, which starts during child development but frequently persists through adolescence and into adulthood.

ADHD frequently occurs alongside other conditions such as autism, dyslexia, dyspraxia, sensory processing disorder, Tourette's syndrome, anxiety, depression, epilepsy, and especially in cases of untreated ADHD or late diagnosis oppositional defiant disorder (ODD)

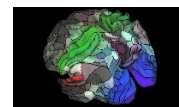
People with ADHD may also have additional problems, such as sleep and anxiety.

ADHD can occur in people of any intellectual ability including both those who are gifted (dual exceptionality) and those with learning difficulties. Remember, children with ADHD are different from one another in both their needs and the support or services required to meet them.

If your child is experiencing any of the above difficulties you should consider raising your concerns with your child's teacher, their school's special educational needs co-ordinator (SENCo) or GP

The Single Point of Access (SPA) is the first port of call for diagnosis of ADHD in Richmond. Call 020 8891 7969 for advice from 8am to 6pm, Monday to Friday, or 020 8770 5000 out of hours

www.richmond.gov.uk/single_point_of_access



DIAGNOSIS PATHWAY

Making a diagnosis requires a specialist assessment, usually done by a child psychiatrist or specialist paediatrician. The diagnosis is made by analysing patterns of behaviour, observing the child, obtaining reports from home and at school.

Receiving a diagnosis of ADHD for your child or teen can be a huge relief, or indeed a big cause for concern. A diagnosis can help when explaining your child's condition to other people. It can also make it easier when you are stating your case to obtain appropriate support and access to services. This may include: obtaining an Education, Health and Care Plan; accessing medical and social services; reasonable adjustments under the Equality Act; and obtaining disability-related funding.

Assessment & diagnosis is usually accessed via the NHS. Unfortunately, there is often a long waiting list – as a result some parents/carers decide to go privately. Here are some possible contacts:

Prof Peter Hill - The First Floor, 127 Harley Street, London W1G 6AZ Tel: +44 (0)2074862332 Office hours Mon-Fri (not Fri p.m.) <http://prof-peter-hill.org>

Dr Claire Scott is a consultant community paediatrician who as well as working for Hounslow and Richmond Community Care has a private practice. Tel: 07796 783007 Website: <http://drclairescott.com>

The Effra Clinic is based in London and it specialises in ADHD and autism spectrum disorder. The staff comprises two consultant psychiatrists and two consultant child and adolescent psychiatrists with a shared passion and specialism in ADHD and ASD. Tel: 020 3322 5532 Website: <http://effraclinic.co.uk> Email: admin@effraclinic.co.uk

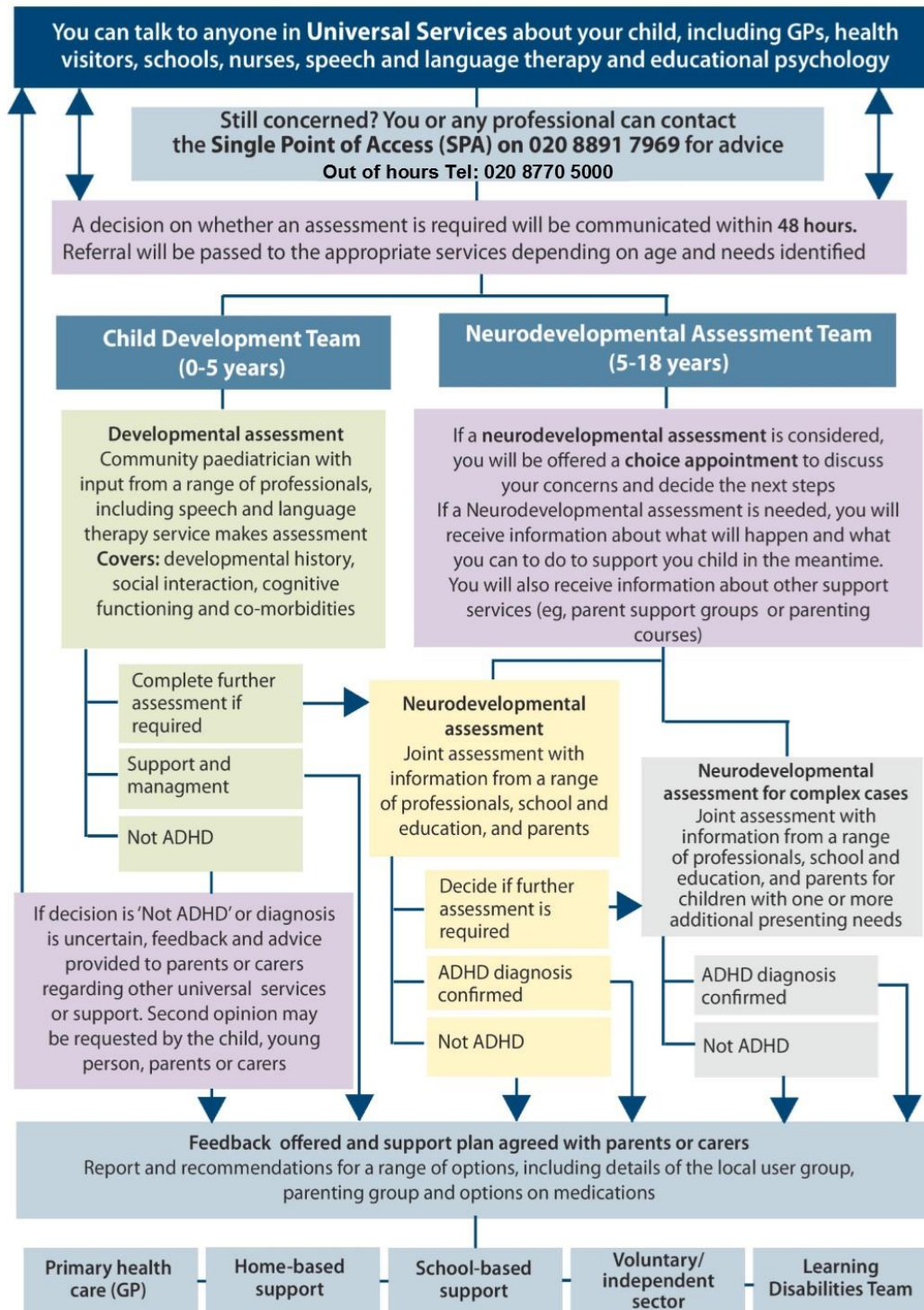
LANC - Learning Assessment and Neurocare Centre, 48-50 Springfield Road, Horsham, West Sussex RH12 2PD 01403 240002 info@lanc.uk <http://www.lanc.org.uk/clinical-assessment-adhd-asd>

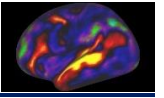
We at **ADHD Richmond** are always on hand to help and guide you. Visit our resource website @ www.adhdrichmond.org where you'll find extensive detail and contacts; Follow our Facebook page @ www.facebook.com/adhdrichmond and Twitter @ <https://twitter.com/AdhdRichmond> Email: info@adhdrichmond.org

This is the diagnostic pathway, outlined by Achieving for Children (Richmond and Kingston's children's services), you will need to follow:

Information for parents

Diagnostic pathway for children - ADHD





If your child has been given a diagnosis of ADHD, it is very natural to want to find out more about the condition. Best practice is for diagnosticians to offer a programme of follow-up support, including advice, and signposting to other services e.g. parent training

A child with ADHD needs intervention across all situations where the difficulties occur including at home, school, with friendships, and in the community.

It is very important for the family, teachers and professionals to understand the child's condition, how it affects them and management strategies. As they grow up, the young person themselves needs to be aware of their condition and how to manage it.

Many children and young people could benefit from specific strategies and therapeutic intervention including:



Cognitive behavioural therapy (CBT)

CBT is a type of talking therapy that attempts to change how people think (cognitive) and what they do (behavioural). CBT can be sought for ADHD but some find it very difficult to do. It can either be carried out one-to-one with a therapist or in a group setting. Visit

http://www.richmond.gov.uk/home/services/children_and_family_care/childrens_services_professionals/child_and_adolescent_mental_health_services.htm



Counselling and psychotherapy

The symptoms of ADHD can result in a variety of challenges ranging from broken friendships to low self-esteem to anxiety or depression. Long or short-term counselling may help some to process feelings and develop strategies for dealing with the effects of ADHD. Private psychotherapists can found @

http://www.counselling-directory.org.uk/search.php?search=adhd&reset_session=yes&search_entire_site=yes



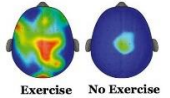
Diet

There is no concrete evidence to suggest that ADHD is caused by bad diets or too many additives. Children can react badly to any of a range of foods, and it can be different for each individual child. Sometimes additives are the culprit but sometimes it is quite natural foods such as wheat flour, cow's milk or citrus fruit. Doctors are not sure how many children with ADHD are affected by reactions to food but most think it is a small minority

Sugar: There is no evidence that sugar affects ADHD.

Fish oils: Science has not fully answered this one yet. There is some evidence emerging that fish oils can be helpful in treating ADHD, but as yet there is no large scale study to prove or dispute its effectiveness

Dietitians can provide advice and information about nutrition and diet. Your GP, paediatrician or hospital consultant should be able to make a referral to a dietitian, or you can find one who works privately via the British Dietetic Association. 5th Floor, Charles House, 148-9 Great Charles Street, Queensway, Birmingham, B3 3HT www.freelancedietitians.org



Exercise

Even half an hour a day of regular physical activity decreases the severity of ADHD symptoms and improves cognitive functioning in children. It has a positive, measurable impact on their focus and mood. Exercise isn't a miracle cure for ADHD, but it can make a contribution to a child's functioning better and feeling better, and it's definitely something worth trying. Exercise is a good mechanism for children with ADHD to release excess energy.

See ACTIVITIES below



Herbal Medicine

This may offer benefits for children with ADHD, for example in the areas of stress & sleep problems. Contact The National Institute of Medical Herbalists. Clover House, James Court, South Street, Exeter. EX1 1EE Tel: 01392 426022 Email: info@nimh.org.uk www.nimh.org.uk



Homeopathy

This may also help with conditions such as dietary and sleep problems. Ask your GP or other healthcare professional for a contact. It is also possible to search for a local homeopath through The Alliance of Registered Homeopaths Millbrook, Millbrook Hill, Nutley, East Sussex. TN22 3PJ Tel: 01825 714506 Email: info@a-r-h.org www.a-r-h.org

Me Too & Co (see Services) holds an osteopathy clinic on Tuesday afternoons, where children can be treated for a donation. Tel: 07946 646033 or email info@metooandco.org.uk These osteopaths are based at the Maris Practice.13, Baylis Mews, Amyand Park Road, Twickenham. TW1 3HQ Tel: 020 8891 3400 Email: mail@themarispractice.com www.themarispractice.com Another local osteopath offering treatments is Nargis Ahmad - Ivy Tree Clinic - Tuesdays to Saturdays - 190, Kingston Road, Teddington. TW11 9JD. Tel: 020 8943 1728 www.NargisAhmad.co.uk



Music therapy

Richmond Music Trust offers music therapy to ADHD/SEN. Contact: Richmond Music Trust. 7, Briar Road, Twickenham TW2 6RB Tel: 020 8538 3866 Email: admin@richmondmusictrust.org.uk www.richmondmusictrust.org.uk

Otakar Kraus Music Trust offers music therapy to children with special needs, regardless of ability. These fun sessions encourage children to experience different ways to explore their imagination in a musical context and to develop their communication and listening skills. The Otakar Kraus Music Trust, 3 Twining Avenue, Twickenham. TW2 5LL Tel: 020 8894 2007 Email: info@okmtrust.co.uk www.okmtrust.co.uk

Otakar Kraus Music Trust - Club OK for teenagers and young adults with special needs aims to help members to interact with each other, gain self-confidence, focus and to explore their own creativity. By combining different creative elements, the members come together to draw, play music and have fun, which in turn gives them the encouragement and confidence to explore teamwork and social interaction. Tel: 020 8894 2007 or email info@okmtrust.co.uk

Otakar Kraus Music Trust - Music Club has been developed by one of the therapists. These fun workshops, aimed at children between the ages of 2 and 12 regardless of their abilities, involve the creative exploration of sound and movement. Using torches, lights, silhouettes, percussion instruments and the piano, children are given the opportunity to explore their imagination in a musical context; the sessions being accompanied by music and multisensory equipment. Apart from developing positive expectations from music, the aim of the Music Club sessions is to encourage a child's ability to listen and develop their communication skills, as well as an increase in self-awareness, motivation and confidence. Tel: 020 8894 2007 or email info@okmtrust.co.uk



Neurofeedback

This treatment is valued by those who have tried it. Here's our [video](#) of Dr Neil Rutterford, check out his company [here](#) and see his PowerPoint: [Dr Neil Rutterford – LANC – pp](#)



Occupational Therapy (OT)

Richmond's [Occupational Therapy 020 8891 8136](#) can benefit children with ADHD – with sensory skills, physical coordination, organization, controlling energy levels, hyperactivity, working out anger and aggression, improving focus, handwriting, social skills, time management. Visit also [occupational therapy unit](#)

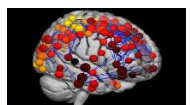
For independent services visit: <https://www.cotss-ip.org.uk/>

For Kingston contact: 020 8547 5743 Find out how OT can help your ADHD child [here](#)



Osteopathy (including cranial osteopathy)

There are specially accredited osteopaths who advocate gentle manipulation of the head which may relieve certain problems, including stress and digestion difficulties. Contact: The General Osteopathic Council, 176, Tower Bridge Road, London SE1 3LU Tel: 020 7357 6655 Email: contactus@osteopathy.org.uk www.osteopathy.org.uk



Psycho-education

means that you or your child will be encouraged to discuss ADHD and how it affects them. It can help children, teenagers and adults make sense of being diagnosed with ADHD and can help them cope and live with the condition. See your consultant, specialist or educational psychologist



Sleep management

Good sleep hygiene is an important aspect of managing ADHD including optimising attention and mood the following day. Sometime medication, a side effect of medication used to treat ADHD, can cause sleep difficulties.

If good sleep hygiene alone is ineffective, medication such as a sleeping tablet (Circadin i.e. melatonin) may be offered by your consultant psychiatrist

Herbal night-time teas can be tried

It's important to remove all electronic visual devices from the bedroom at least 1 hour before bedtime.

ADHD children can benefit from listening to low-level music or talk radio

Social skills



Most children with ADHD have trouble with social skills and building friendships. This type of training involves your child taking part in certain 'role play' situations to teach them how to behave in a social setting and how their behaviour affects others around them. Watch this [video](#) and see the [ADHD and social skills – Dr Lax Pericall](#) slides from our Talk on Social Skills. Contact Richmond Paediatric Speech and Language Therapy Department: 020 8973 3512 & visit [Speech and language therapy for children and young people in Richmond – information for parents](#)

Speech & Language (SaLT)



Many with ADHD may be very good at basic communication and letting people know what they think and feel. Their difficulties lie in the social aspects of communication: understanding gestures, body language and facial expressions; they may not be aware of what is socially appropriate. So they may not have many friends and choose not to socialise very much. Socialising can be difficult, often because of impulsive acts, and may cause considerable anxiety. There are often difficulties understanding the unwritten 'social rules' that other people just seem to know. How close do you stand to another person? How do you know what's an appropriate topic of conversation? Many find it hard to understand or interpret other people's thoughts, feelings or actions, and therefore to understand their intentions or to predict what they're going to do next. They are not always comfortable with the idea of change and prefer to stick to a routine, enjoying carrying out particular activities or learning about certain topics. Contact Richmond Paediatric Speech and Language Therapy Department: 020 8973 3512 & visit [Speech and language therapy for children and young people in Richmond – information for parents](#)

Parenting courses

Parent training programmes are essential part of ADHD. The NICE guidelines say you should attend these courses, alongside any other treatments your child may be receiving. ADHD Richmond partners with Achieving for Children to produce excellent 123 Magic [Parenting courses](#) if your child is between 2-13 yrs. Register your interest with this [Parenting Self Referral Form Sept 14 1](#)

They are free of charge and we recommend both parents attend, even if it's on separate occasions.

You'll learn how to cope with ADHD; what we know about the cause; and how children feel about the condition. There are 6 workshops in all and by the end you will have met a group of parents who are dealing with exactly the same types of issues relating to the condition. Contact Karen Williams Tel: 0208 5476965 or 07771974388 Email: karen.williams@achievingforchildren.org.uk



Wellbeing – Look after yourself

As your child's role model and most important source of strength, it is vital that you live a healthy life. If you are overtired or have simply run out of patience, you risk losing sight of the structure and support you have so carefully set up for your child with ADHD.

- Take care of yourself. Eat well, exercise, and find ways to reduce stress, whether it means taking a nightly bath or practicing morning meditation. If you do get sick, acknowledge it and get help.
- Seek support. One of the most important things to remember in rearing a child with ADHD is that you don't have to do it alone. Talk to your child's doctors, therapists, and teachers. Join our support group for parents of children with ADHD which offers a forum for giving and receiving advice, and provides a safe place to vent feelings and share experiences.
- Take breaks. Friends and family can be wonderful about offering to babysit, but you may feel guilty about leaving your child, or leaving the volunteer with a child with ADD/ADHD. Next time, accept their offer and discuss honestly how best to handle your child.

Richmond Carers Centre — 12 weeks of free, one-to-one counselling for carers registered with Richmond Carers Centre. Counsellors are either fully qualified volunteers or students on placements. All students are fully supervised by their college or university. Tel: 020 8867 2380 Website: www.richmondcarers.org Email: info@richmondcarers.org

Richmond Wellbeing Service is a free and confidential service for local people who experience depression, anxiety, sadness, anger, extreme shyness, obsessive behaviour, phobias, relationship difficulties or other psychological issues. It offers group workshops, counselling, self-help courses, a range of talking therapies and computer-based therapies. The service is run through a partnership between East London NHS Foundation Trust and Richmond Borough MIND. Contact: NHS Richmond Wellbeing Service Richmond Royal Hospital, Kew Foot Road, Richmond upon Thames, TW9 2TE Tel: 020 8548 5550 / 020 3513 3266 <http://www.nhs.uk/Services/clinics/Overview/DefaultView.aspx?id=103378>

Live Well Richmond is a free health improvement service available to anyone over the age of 16 who either lives or is registered with a GP in Richmond. It offers free help and advice to help you develop a healthy lifestyle and improve your health and wellbeing. Tel: 0208 487 1745 www.livewellrichmond.org.uk/richmond/ Email: info@livewellrichmond.org.uk



MEDICATION

Medication can play an important role in managing moderate to severe ADHD. It can help reduce hyperactivity and improve concentration. The consultants at the Mental Health Team in Richmond will discuss with you if medication is a good path. This decision is for you and your child/teen. Try to think hard about the areas where your son or daughter is really finding things difficult and ask the consultant if these areas will be improved by the use of a particular type of medication, or if there are other therapies they can suggest. These may also go side by side with the medication. Medication is not right for some children, and in some cases there may be other investigations that will need to be carried out to find out if medication is suitable.

Medications used to treat ADHD are broadly divided in two groups: Stimulants, like methylphenidate Medikanet or Concerta are the brand names used mainly in Richmond and dexamphetamine and Non-stimulants like atomoxetine.

Stimulant medication (methylphenidate) is usually prescribed first. The type of stimulant prescribed will depend on a number of things like the symptoms your child has, your choice of treatment, the ease of giving the medication and even availability/cost of the medication.

ADHD is often treated with stimulant medication which return dopamine to normal levels in the brain. Medication does not cure ADHD – it can only reduce the difficulties it causes. Also, they are very powerful drugs – some are classed as amphetamines – and can carry other health risks.

The reported side effects of stimulant medication for ADHD include difficulty sleeping and appetite loss (common), irritability and mood swings, depression, headaches, upset stomach, dizziness, tics (uncommon), racing heartbeat and high blood pressure (very rare) Sometimes growth slows down when children are on methylphenidate. For these reasons, stimulant medication is only prescribed to children who have been professionally assessed and diagnosed by an expert, and will be reviewed regularly.

Sometimes a child may respond to a different form of methylphenidate or other stimulant or non-stimulant medications may be prescribed.

Most children and young people need the medication at least until they finish their education or schooling. A few might need to take it even when they grow up in order to focus at work. Some children need medications only at specific times, like for example while attending school and do not have to take it on weekends or on school holidays, however, this needs to be discussed with your doctor

Stopping medication can cause symptoms to return, and some young people can put themselves at risk in terms of their education, their work, and socially by being impulsive and taking alcohol or drugs.

Remember: if you have any questions regarding medication, do not hesitate to contact your doctor



SERVICES

Here are some of the local authority and charity services which may be useful to you:

Achieving for Children has produced this useful [guide](#) on what services are available locally

Adolescent Response Team (ART) is a specialised social work team working with serious cases. Find out [more](#)

Buddy Up and Travel Buddy This Richmond AID project gives young people the confidence and opportunity to access activities, to participate in their community, and to develop friendships along the way. Buddy Up matches young people aged 14 to 18 with a volunteer Buddy, and Travel Buddy does the same for those aged 14 to 25, supporting them to access activities and opportunities using public transport. This project aims to give young people with additional needs and/or disabilities the confidence to plan routes, travel to and from activities, and attend activities independently. Contact Richmond AID on 020 8831 6079 Email: info@richmondaid.org.uk

Childcare Brokerage Officers assist parents who are finding it hard to find a suitable childcare place for have a child with additional needs. Richmond: Aileen Steward 020 8831 6420
aileen.steward@achievingforchildren.org.uk Kingston: Maxine Darling 020 8547 6581
maxine.darling@achievingforchildren.org.uk

Family Information Service (FIS) – offers a free telephone and online service on information for parents, carers, and professionals to assist with supporting children and young people up to 25 years of age. Also - impartial information, guidance and advice sessions at the Borough's Children's Centres about the following: registered childcare options (e.g.: childminders, day nurseries, sessional care), brokerage service for parents who are looking for childcare places, out of school and holiday care, activities for children and young people from birth upwards, support groups, plus career opportunities in childcare and play work. Tel: 020 8831 6298 Email: fis@achievingforchildren.org.uk Webpage: www.richmond.gov.uk/fis

RUILS Sitting and Befriending Service can help find a sitter and/or befriender to support families, giving them a break from caring or being a companion to their child or young person and helping them to access social and leisure activities. Tel: 020 8831 6083

Richmond AID (Advice and Information on Disability) is a charity run by and for people with disabilities in the borough of Richmond upon Thames providing a variety of services that include an advice service helpline, a benefits service, an employment project (job club), plus downloadable publications and factsheets and a Disability Information Handbook. Richmond AID. Disability & Advice Centre (DAAC). 4, Waldegrave Road, Teddington. TW11 8HT 0208 831 6080 or 07894 215835 Advice Service Helpline: 020 8831 6070 Email: advice@richmondaid.org.uk Benefits Service: 020 8831 6080/6070 Email: benefits@richmondaid.org.uk Job Club: 020 8831 6072 Email: j.cutler@richmondaid.org.uk www.richmondaid.org.uk General enquiries email: info@richmondaid.org.uk



HEALTH CARE

Here are some of the health care services which may be useful to you:

Emotional Health Service: Tier 2 CAHMS Service offers an early response to children and young people experiencing poor emotional well-being and mild-moderate mental health issues. Contact SPA Tel: 020 8891 7969 (Monday - Friday, 8.00am to 6.00pm) Out of hours Tel: 020 8770 5000 Find out [more](#)

Hospital Passports: Patients who have learning disabilities can be given a Learning Disability Hospital Passport by their GP or through their learning disability social services team, just in case they have to be admitted to hospital. These passports can be used to list such important information as personal details, capacity plus level and type of support required, best ways to communicate, behavioural issues (and how to deal with them) past medical interventions, allergies, etc, etc. Visit www.easyhealth.org.uk/categories/useful-things-for-your-health-care then scroll down to the 'Hospital Passports (leaflets)' link. The South West London Hospital Passport can be found at the top of this webpage.

Community Paediatrics (Hounslow and Richmond) is a specialist child health assessment and diagnostic service to meet the needs of children with special or complex health needs. We work very closely with other health professionals, such children's therapies, and also offer joint assessments. We also work closely with non-health specialists working in education and social care <http://www.hrch.nhs.uk/our-services/services-directory/hounslow-and-richmond/community-paediatrics>

NHS Choices guide for people who have care and support needs, their carers and people who are planning for their future care needs.

www.nhs.uk/carersdirect/carerslives/updates/pages/carersdirecthelpline.aspx



EDUCATION

A child or young person exhibiting symptoms of ADHD has special educational needs (SEN). They are highly likely to require support and/or adjustments additional to their peers. Despite often being of average or above intelligence, impaired 'executive functions can make managing the demands of the school environment, designed for a neurotypical child, really difficult'. Common challenges include: staying seated, focused on learning tasks and not calling out during lessons; relationships with peers and teachers; organisation and impulsivity particularly when managing frustration.

Special educational provision may include help with learning and/or with navigating the school environment. Examples include additional adult support or therapeutic intervention such as occupational therapy, social communication programmes or movement breaks.

A child with ADHD should at the very least be on 'SEN Support' if their needs can be met from the school's own resources. They should have an Education Health and Care Plan if additional funding is required or a specialist school placement is appropriate.

Subject to few exceptions, a child with ADHD is entitled to the protection of the Equality Act 2010. This means that reasonable adjustments should be made for him or her to avoid (so far as is possible) the disadvantages they face in school e.g. in the application of the behaviour policy. They should also not be discriminated against, that is treated unfavourably because of something arising in consequence of their disability.

There is no doubt that navigating school life and accessing the SEN system can be a real challenge and result in parents losing confidence in the education system. However, with their needs fully identified and understood and with the right provision and placement to meet them, ADHD children can successfully meet their full academic potential.

For more information, relevant to both parents and teachers, please see the Education resources on our Web Page @ <https://adhdrichmond.org/education> or follow the links below:

EHCP advice and help is given by these organisations:

<http://www.richmondaid.org.uk/independent-support-partnership-and>

<http://www.ruils.co.uk/services/send-independent-support/>

IPSEA (Independent Parental Special Education Advice) offers advice on educational issues, EHC Plans/Statements, tribunals, etc. General advice line: Tel: 0800 018 4016. Please note the opening hours for this number are limited, so you are advised to visit www.ipsea.org.uk/contact/advice-and-support/advice-line to check the operating times. Tribunal help line: Tel: 0845 602 9579. Again, you are advised to check the dates and times this line is open by visiting www.ipsea.org.uk/contact/advice-and-support/tribunal-helpline

LEGAL: Part 1 of our [Video](#) of our legal expert, education lawyer, Eva Akins of Russell Cooke Solicitors talking about Education & law with Part 2 of the [video](#) with Q & A. Here are the [Eva Akins Presentation Slides for ADHD talk 12.4.16](#)

Eva also wrote this extensive list of what you can expect school to do for your child [101 reasonable Adjustments for ADHD](#).

SEN Advocacy: free legal advice on SEN and educational matters. RUILS offers a SEN Advocacy Clinic which takes place most Fridays from 9.30am to 2.30pm. Appointments can be booked via email to helen@advocacyandmediation.co.uk or by calling 07702 189889. For more information on the service

please go to: <http://www.metooandco.org.uk/activities/senadvice>. If you are new to Me too & Co, please complete the registration form before your appointment with their legal clinic.

Send Family Voices have also produced an education [advice table](#)

SENDIASS - Special Educational Needs and Disabilities Information Advice and Support Service or SENDIASS is a free, confidential and impartial service for parents and carers, children and young people (up to 25 years) <http://www.kids.org.uk/sendiaass>

SOS!SEN - an independent resource for special educational needs offers a free, independent, confidential telephone helpline for parents and others looking for information and advice. Help with preparing EHC Plans, interpreting the SEN Code of Practice and official letters, locating independent professional experts, advising how to prepare tribunal appeals and helping with complaints to the Local Government Ombudsman. There is a 'walk-in' advice centre in East Molesey available between 10.15am and 12.15pm on the third Wednesday of each month; please see the website for more details. Fontenay, 11a, Creek Road, East Molesey, Surrey. KT8 9BE Helpline: 020 8538 3731 (Monday to Friday 9.30am — 12.30pm and 2.00pm — 5.00pm) Email: admin@sossen.org.uk www.sossen.org.uk



There are a number of benefits available for ADHD children & young people as well as the family members who provide care for them. For an overview of Government benefits visit:

<https://www.gov.uk/browse/benefits/disability>

Carer's Allowance (CA) is paid to a carer who looks after an ADHD child more than 35 hours a week and earns under a certain threshold. Conditions are: they must receive DLA at the middle or highest care rate if they are under 16 years old, and for those aged 16 to 64, they have to be in receipt of the daily living component of Personal Independence Payment. You will not be able to receive Carer's Allowance if you are claiming the State Pension or certain other benefits. Visit: www.gov.uk/carers-allowance/eligibility You can download a claim form or to complete your application online @ www.gov.uk/carers-allowance/how-to-claim For further information, contact: Carer's Allowance Unit. Mail Handling Site A, Wolverhampton. WV98 2AB Tel: 0345 608 4321 Textphone: 0345 604 5312 Email: cau.customer-services@dpw.gsi.gov.uk (Monday to Thursday, 8.30am to 5.00pm; Friday 8.30am to 4.30pm) www.gov.uk/carers-allowance/overview

Cerebra's Guides for Parents covers many topics, including claiming DLA for children under 16. www.cerebra.org.uk Email: enquiries@cerebra.org.uk DLA webpage: <http://w3.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide/>

Cinema Exhibition Card (CEA) This is a cinema discount card for carers. Any responsible one adult who goes to the cinema with the child who has a disability gets in free. To be eligible the child or young person must be in receipt of DLA. Application forms can be picked up from cinemas. Prove of DLA must be sent together with processing fee of £6 and passport photo of child. Please note children must be 8 years or over to be eligible <https://www.ceacard.co.uk>

Disability Living Allowance (DLA) helps with the cost of caring for an eligible ADHD child, under 16 years of age, needing extra looking after and having had these difficulties for at least three months. Just describe your child at his/her worst. Do not understate the problems and be particularly be clear about night-time issues e.g. incontinence, difficulty going to sleep, waking up all the time, tantrums, fits, lack of sleep, etc. (the higher benefit care rate for DLA is only paid for those with night time problems). It will aid you to obtain a Disability Register Identity Card for your application. Visit www.gov.uk/disability-living-allowance-children/how-to-claim or order a printed claim pack by calling the DLA Helpline: Tel: 0845 712 3456 Textphone: 0845 722 4433 (Monday to Friday, 8.00am to 6.00pm) Visit www.gov.uk/disability-living-allowance-children/overview to find out more about DLA.

Disability Register Identity Card (for children and young people) This is invaluable for ADHD children. The Integrated Service Disabilities Team has introduced the card to help parents and carers prove that their child is registered with their local authority as disabled. It can then be used to gain concessions on entrance fees to places where disability concessions apply. Call 020 8831 6093 Visit <https://www.afclocaloffer.org.uk/pages/home/social-care/register-for-children-and-young-people-with-disabilities>

Disabled Person's Railcard - is valid for one or three years and entitles the holder to discounts of up to one third off the price of a range of tickets; the same discount also covers tickets purchased by the accompanying adult. Children aged 5 to 16 may also be eligible to hold a Disabled Person's Railcard; in such cases, they should be charged a child's fare; the accompanying parent/carer travelling at the discounted rate mentioned above. To qualify for a Disabled Person's Railcard, the person concerned has to receive DLA/PIP at the higher rate for getting around OR receive DLA/PIP at the higher or middle rate

for personal care. Contact Disabled Persons Railcard Office. PO Box 6613, Arbroath, DD11 9AN Tel: 0345 605 0525 (Monday – Sunday, 7.00am to 10.00pm) Textphone: 0345 601 0132 Email: disability@atoc.org
www.disabledpersons-railcard.co.uk

Family Fund: helps families who are raising a disabled (ADHD) or seriously ill child or young person aged 17 or under <https://www.familyfund.org.uk/FAQs/our-disability-criteria>

Freedom Pass - Disabled Persons Freedom Passes are available to ADHD children over the age of 5 who is a permanent resident in the borough and meets the eligibility criteria. The Freedom Pass entitles the holder to free travel on all London transport buses, London Underground, Docklands Light Railway, Croydon Tramlink and train services in the London area (not the Heathrow Express), plus concessionary fares on some of the Thames riverboats. Freedom Passes are also accepted by English local bus companies outside London (9.30am to 11.00pm Monday to Friday, all day weekends and public holidays). Application forms are available from the Accessible Transport Unit (ATU) 020 8831 6312/6191/6097 Email: accessibletransport@richmond.gov.uk Visit the Council website: www.richmond.gov.uk/disabled_persons_freedom_pass_scheme.htm

Free Early Education: The UK Government offers free early education for ALL 3/4 yr olds + for 2 yr olds with special education needs (SEN) or an education health and care plan or if they get Disability Living Allowance or with income support <https://www.gov.uk/help-with-childcare-costs/free-childcare-and-education-for-2-to-4-year-olds>

Happy Days You can apply for days out or a UK family holiday break. Your child must be between 3 and 17 years old www.happydayscharity.org

Merlin Pass includes passes for one child or young person with a SEN disability, one carer, plus up to three additional family members, a total of five passes per family! A maximum of three adults are allowed per Family Pass and anyone 12 years old and over is classed as an adult (children under 3 are admitted for free) This Pass gives families access to such attractions as Chessington World of Adventures, Legoland, Alton Towers, Thorpe Park, the London Eye, London Dungeons, Madame Tussauds, and Sea Life Centres. Call Jodi Williams 0208 831 6357 (Monday to Wednesday) Email: jodi.williams@achievingforchildren.org.uk

Personal Independence Payment (PIP) is replacing DLA for people aged between 16 and 64 years of age (there are no current plans to replace DLA for children aged under 16). Those already receiving DLA will not be automatically transferred to PIP, but will have to make a claim for the new benefit when invited to do so. To qualify, individuals will have to score a certain number of points relating to twelve activities i.e. preparing food, taking nutrition, managing therapies or monitoring a health condition, washing and bathing, managing toilet needs or incontinence, dressing and undressing, communicating verbally, reading and understanding signs, symbols and words, engaging with people face-to-face, making budgeting decisions, planning and following journeys (used in the mobility component test). Visit www.benefitsandwork.co.uk/personal-independence-payment-pip/pip-points-system

If you are claiming for the first time, ask to be sent a 'How your condition affects you' form. Contact: Personal Independence Payment New Claims, Post Handling Site B, Wolverhampton. WV99 1AH Tel: 0800 917 2222 Textphone: 0800 917 7777 (Monday to Friday, 8.00am to 6.00pm) Visit: www.gov.uk/pip/how-to-claim For general information Tel: 0845 850 3322 Textphone: 0845 601 6677 (Monday to Friday, 8.00am to 6.00pm)

Richmond AID the Disability Action and Advice Centre 4 Waldegrave Road, Teddington, TW11 8HT Tel: 020 8831 6080 www.richmondaid.org.uk/contact-us/daac/ Their advisors will assist with form filling and benefits reviews, providing information, supplying details of how to challenge a decision as well as lending a sympathetic and listening ear. Advice line: 020 8831 6070 Email: benefits@richmondaid.org.uk

Richmond Card is a card for Richmond borough residents (children and adults). You can get discounts for various activities at leisure centres. The cost for children and young people is free, however, for adults it is £18.50. If you register with the Richmond Carers Centre, you can get a discount as a carer and pay just £6.90 <http://www.richmond.gov.uk/home/services/richmondcard.htm>

Short Breaks and Aiming High (Kingston and Richmond) offers up to £500 for after school clubs, holiday activities, sports and inclusion in mainstream settings programmes. [Aiming High - Short Break Bid Form for Individual Children 2015 2016](#) Tel: 020 8547 6069

ACTIVITIES



Achieving for Children activities list:

https://www.afclocaloffer.org.uk/site_search?utf8=%E2%9C%93&search_site%5Bterm%5D=activities

Action-attainment and Brentford FC CST offer a sports-based programme of activities including kayaking, paddle-boarding and ball sports for children and young people with social communication needs and their families. Tel: 0208 392 9946 Email: info@action-attainment.com

Activity Station organises fun and exciting activities for people with disabilities in Richmond across different age ranges, covering a wide variety of interests 07946 774423 Email: activitystation@outlook.com
<http://www.activitystation.org.uk/calendar-list>

ADHD Richmond activities list: <https://www.facebook.com/notes/adhd-richmond-support-group-uk/activities/1238811026148025>

The British Disabled Waterski & Wakeboard Association includes those with learning disabilities

<http://bdwsa.org/who-we-are>

Families Upon Thames has general events <https://www.familiesonline.co.uk/locations/upon-thames/whats-on>

Fulham FC Foundation Summer Disability Sport incl. ADHD & SEN - a range of activities from watersports to football <http://adhrichmond.org/2016/07/01/fulhamfc-foundation-summer-disability-sport-adhd-sen>

Kids Day Out: More general activities in Surrey <http://www.kidsdaysout.co.uk/kids-days-out-england/surrey.html>

Kids.org may be able to find specific activities for you. Contact Lena Vantol at RichmondKingston@kids.org.uk or on 0208 831 6179

Knots Arts runs drama and youth group sessions on Saturdays in Mortlake for children and young people who have social and communication needs. The sessions are run by drama facilitators and play guides, with support from a speech and language therapist. Email: helloknots@gmail.com
<http://www.knotsarts.com>

Marble Hill Park adventure playground for SEN between Richmond & Twickenham on Saturday mornings 10 – 12pm for 0-15 year olds: <http://marblehillplaycentres.com/inclusive-play-project>

Me Too & Co Play Sessions for children with additional needs and their siblings. These fun and vibrant sessions are facilitated by trained volunteers, all of whom have direct personal or professional experience of children who have additional needs. The children can make friends and have fun playing with a variety of toys, plus enjoying art activities, story-telling and music activities. The play sessions run during term time on Tuesdays and Fridays, and are based at the Crossway Centre, 306, Richmond Road, Twickenham. Contact Me Too & Co at 07946 646033 or visit: www.metoandco.org.uk/activities/playsessions

Me Too & Co Activities for 8 to 12 year olds – Karate courses for children with additional needs and siblings. The course is run by Sensei from the Busen Academy and beginners are very welcome. Classes are free of charge and karate suits are also provided. Contact Me Too & Co at 07946 646033

Me Too & Co Activities for 8 to 12 year olds – Drama led by specialists Cobblers Drama group for children with additional needs and siblings aged 8 to 12 years. The courses, which have a different theme each half term and have included drama, movement, music, puppet-making and puppetry, art, storytelling, interactive imagination games and improvisations, movement and vocal exploration, mini-performances and opportunities for the children to feedback on the sessions. These workshops are fun and inspiring and are specifically designed to encourage and enhance creative thinking and bodily awareness as well as develop social and communication skills and build self-confidence. Beginners are very welcome. Drama workshops are free of charge. Contact Me Too & Co. Tel: 07946 646033
www.metooandco.org.uk/activities/for8to12s#drama

MouseTrap discounted theatre seats for SEN & carers. <http://www.mousetrap.org.uk/index.php/special-educational-needs/relaxed-performances.html> Email: molly@mousetrap.org.uk to be put on their newsletter database

On the Ball is a fun, active programme of family learning and is for parents and their children aged between 5 and 11 years living in Richmond. Parents learn about communication and sensory needs through an innovative 12-week course. Through sport, the children learn to have fun while developing communication skills and concentration. On the Ball is designed and run by Action-attainment with Brentford Football Club CST. Contact: Action-attainment Ltd. 29, St. Leonard's Road, London SW14 7LY Tel: 020 8392 9946 Email: info@action-attainment.com www.action-attainment.com

Richmond Mencap activities for local children with learning disabilities (8 to 17+) Tel: 020 8744 1923 <http://richmondmencap.org.uk/events> **Club 47 is for 12 to 17 year olds** with additional needs & includes pool, table football, art, creative art activities, indoor sports and team games. Meets every Friday 4-7pm. Contact: Club 47. Whitton Youth Centre. 1 Britannia Lane, Twickenham. TW2 7JX Tel: 020 8744 1923 Email: rmoffice342@gmail.com

Riding for the Disabled Association (RDA) is an excellent, therapeutic sport for ADHD children. Contact Park Lane Stables Riding Centre, Teddington 07796 842 328

RISE (disability and inclusive sports) promotes sports and exercise activities for children and young people with a multi-sports club, football, golf, swimming, tennis and trampolining 020 8831 6133 Email: rise@richmond.gov.uk www.richmond.gov.uk/home/services/sports/rise/rise_activities_for_children.htm

Special Needs Swimming Club a swimming club for children and young people with special needs based at Teddington Pool every Wednesday evening during term time Contact Wendy Dorgan: 020 8943 0796 Email: wendydorgan@hotmail.co.uk

TAG Youth Club for 15-25 yr olds with SEN, held at Ham Youth Centre <https://www.facebook.com/TAG-Youth-Club-1488760748092537/>

TAZ holiday activities, Surrey <https://www.surreyoutdoorlearning.uk/the-adventure-zone/holiday-activities>

Wild Education: runs Forest School activities encouraging child led play & learning in a natural Richmond environment <http://www.wildededucation.co.uk/>

LOCAL CONTACTS A-Z

Accessible Transport Unit (ATU) Freedom Passes are available to ADHD children. Disability and Advice Centre (DAAC). 4, Waldegrave Road, Teddington. TW11 8HT Tel: 020 8831 6191 or 020 6191 6097 (general enquiries) Email: accessibletransport@richmond.gov.uk
www.richmond.gov.uk/accessible_transport_unit

Achieving for Children (AfC) - Richmond and Kingston children's services. Contacts guide: [https://www.afclocaloffer.org.uk/uploads/afclocaloffer/document/file/219/ISCD Guide to services 2015 fi nal_1_.pdf](https://www.afclocaloffer.org.uk/uploads/afclocaloffer/document/file/219/ISCD_Guide_to_services_2015_fi nal_1_.pdf) Civic Centre. 44, York Street, Twickenham TW1 3BZ Tel: 020 8891 7500
<https://www.afclocaloffer.org.uk> www.facebook.com/achievingforchildren

ADHD Richmond is a voluntary, independent, non-funded, parent/carer support group for the neuro-developmental condition Attention Deficit Hyperactivity Disorder & all its comorbidities. Email: info@adhdrichmond.org <https://adhdrichmond.org> <https://www.facebook.com/AdhdRichmond>
<https://twitter.com/AdhdRichmond> www.youtube.com/user/AdhdRichmond

Action-Attainment's aim is about enabling children with speech, language, communication and sensory needs to achieve and have active lives. They work directly with families, community groups, schools and with professionals to provide understanding, strategies and opportunities for learning, play and friendships. It also runs On the Ball which is a fun, active, football based programme of family learning. Tel: 020 8392 9946 Email: info@action-attainment.com www.action-attainment.com

Carer's Allowance (CA) Tel: 0345 608 4321 Textphone: 0345 604 5312 (Monday - Thursday 8:30am to 5.00pm. Friday - 8:30am to 4:30pm) www.gov.uk/carers-allowance-unit

Carers Hub Service - led and managed by the Richmond Carers Centre, it's a group of nine charities working together to provide a gateway to direct support, information and access to services for unpaid carers in the Borough of Richmond. www.richmondchs.org

Child and Adolescent Mental Health Service (CAMHS) Richmond Royal Hospital, Kew Foot Road, Richmond, Surrey TW9 2TE. Tel: 020 8891 7969 (SPA) www.swlstg-tr.nhs.uk/our-services/camhs-richmond

Child Benefit Helpline Tel: 0300 200 3100 Textphone: 0300 200 3103 (Monday - Friday 8.00am to 8.00pm Saturday - 8.00am to 4.00pm www.gov.uk/child-benefit/overview

Childcare Brokerage Officers assist parents who are finding it hard to find a suitable childcare place for have a child with additional needs. Richmond: Aileen Steward 020 8831 6420
aileen.steward@achievingforchildren.org.uk Kingston: Maxine Darling 020 8547 6581
maxine.darling@achievingforchildren.org.uk

Children's Centres have Family Support Workers and Children's and Family Workers, who apart from offering general extra help, are also able to help families access specialist support.
www.richmond.gov.uk/home/services/children_and_family_care/childrens_centres.htm

Ham Children's Centre, Ashburnham Road, Ham. TW10 7BG Tel: 020 8734 3400 Email: hamcc@achievingforchildren.org.uk

Mortlake Children and Family Centre. Mullins Path, North Worple Way, Mortlake. SW14 8EZ Tel: 020 3021 1990 Email: barnescc@achievingforchildren.org.uk

Stanley Children and Family Centre. Strathmore Road, Teddington. TW11 8UH Tel: 0208 734 3372 Email: stanleyccinfo@richmond.gov.uk

Barnes Children's Centre. Lowther Primary School, Stillingfleet Rd, SW13 9AE Tel: 020 3021 1990 Email: barnescc@achievingforchildren.org.uk

Mortlake Powerstation. 121a, Mortlake High Street, Mortlake. SW14 8SN Tel: 020 3021 1990 Email: barnescc@achievingforchildren.org.uk

Tangle Park Children and Family Centre. 1, Bramble Lane, Hampton. TW12 3XB Tel: 020 8481 9420 Email: tangleparkcc@achievingforchildren.org.uk

Heathfield Children's Centre. Powder Mill Lane, Whitton. TW2 6EX Tel: 020 8734 3405 Email: heathfieldcc@achievingforchildren.org.uk

Norman Jackson Children's Centre. 50 Windmill Road, Hampton Hill. TW12 1QU Tel: 020 8941 6843 Email: normanjacksoncc@achievingforchildren.org.uk

Windham Croft Centre for Children. 20, Windham Road, Kew. TW9 2HP Tel: 020 3021 1990 Email: barnescc@achievingforchildren.org.uk

Citizens Advice Bureau: Twickenham: 5th Floor, Regal House. 70, London Road, Twickenham. TW1 3QS

Sheen: Sheen Lane Centre, Sheen Lane, SW14 8LP

Hampton: White House Community Centre, 45 The Avenue, Hampton. TW12 3RN

Ham: The Health Centre. Ashburnham Road, Ham. TW10 7NF

North Barnes: Castelnau Community Centre, Stillingfleet Road, Barnes SW13 9AQ

There are also additional drop-in centres available around the Borough of Richmond. Please visit

www.rcabs.org/get-advice/find-citizens-advice-office/?target=other for more information. Tel: 020 8712 7800 (Monday to Thursday, 10.00am - 3.00pm) www.rcabs.org.uk

Clinical Psychologists: <https://www.afclocaloffer.org.uk/organisations/15630-clinical-psychology> 020 8547 6597 gemma.fisk2@achievingforchildren.org.uk

Community Paediatricians Community Paediatrics (Hounslow and Richmond) Ham Clinic. Ashburnham Road, Ham, Surrey. TW10 7NF Tel: 020 8891 8188 Email: hrch.richmondcompaed@nhs.net <http://www.hrch.nhs.uk/our-services/services-directory/hounslow-and-richmond/community-paediatrics/>

Crossroads Care - charity providing ongoing support and respite for carers 1, Beverley Court, 26, Elmtree Road, Teddington. TW11 8ST Tel: 020 8943 9421 Email: richmonduponthames@crossroads.org.uk www.carers.org/local-service/richmond-and-kingston

Crossroads Saturday Club in Hampton during term time provides respite for parent/carers of children and young people with additional needs aged between 8 and 18 years. The club is a safe and secure environment to develop and enjoy social, creative and sporting activities. Venue: Hampton Youth Project. 32, Tangle Park Road, Hampton TW12 3YH Cost: £5.00 per person/session. Tel: 020 8943 9421 Email: richmonduponthames@crossroads.org.uk www.crossroadscareruk.org/saturday-club

Disabled Living Allowance for Children (DLA) Tel: 0345 712 3456 Textphone: 0345 722 4433 (Monday - Friday, 8.00am to 6.00pm) www.gov.uk/disability-living-allowance-children/overview

Educational Psychology Service: (with a special interest in ADHD) - Jennifer Head, Richmond Borough Council, Civic Centre, 44 York Street, Twickenham TW1 3BZ Tel: 8487 5464 http://www.richmond.gov.uk/home/education_and_learning/education_welfare_services/educational_psychology_service.htm

Emotional Health Service: Tier 2 CAHMS Service offers an early response to children and young people experiencing poor emotional well-being and mild-moderate mental health issues. Contact SPA Tel: 020 8891 7969 (Monday - Friday, 8.00am to 6.00pm) Out of hours Tel: 020 8770 5000 Find out [more](#)

Family Information Service offers a free telephone and internet service, dedicated to providing up to date information for parents, parents to be, carers and professionals to help support children Tel: 020 8831 6298 Email: fis@achievingforchildren.org.uk <http://www.richmond.gov.uk/fis>

Fastminds Adult ADHD group for Kingston and Richmond meets every Thursday 1000-1230 @ Queen Mary's Hall, Cambridge Gardens, Cambridge Estate, Norbiton and their evening meetings are every 4th Monday 1900-2100 @ Kingston Quaker Centre, Fairfield East, Kingston. Email: info@adhdkingston.co.uk <http://www.adhdkingston.org.uk>

Independent Support Partnership (c/o Richmond AID) help in applying for an EHC Plan or converting from a Statement to an EHC Plan. Tel: 020 8831 6076 Email: independent.support@richmondaid.org.uk

Integrated Service for Children with Disabilities (ISCD) Social Care, Short Breaks Service, Transitions and Family Support Service, Participation and Engagement Service (Young People's Service) are some of the services offered by the ISCD, Windham Croft Centre for Children. 20, Windham Road, Kew. TW9 2HP Tel: 020 8831 6470 Email: dct@richmond.gov.uk

IPSEA (Independent Parental Special Education Advice) Hunters Court, Debden Road, Saffron Walden, Essex CB11 4AA General advice line: Tel: 0800 018 4016 Tribunal help line: 0845 602 9579 www.ipsea.org.uk

Jigsaw at Windham - Nursery for children with social and communication disorders. Windham Road, Richmond, Surrey TW9 2HP. Tel: 020 8831 6309 Please phone weekdays before 9.00am or after 11.30am. Email: info@windham.richmond.sch.uk

KIDS charity - SEND Information, Advice and Support Service, Windham Croft Centre. 20, Windham Road, Kew. TW9 2HP Tel: 020 8831 6179 Email: RichmondKingston@kids.org.uk

Legal Advice Service (Richmond) Free service. Weekly sessions between 8.00pm and 9.00pm each Wednesday at Duke Street Church, Duke Street, Richmond, TW9 1DH. Tel: 020 8891 2105 www.rlas.org.uk Email: rlas@rlas.org.uk

Mencap Richmond aims to improve the lives of children and adults with learning disabilities and their family carers, provide services and support, represent their interests and campaign on their behalf, raise awareness and understanding, promote social inclusion in the community. 342, Richmond Road, East Twickenham. TW1 2DU Tel: 020 8744 1923 Email: laura@richmondmenap.org.uk <http://richmondmenap.org.uk>

Me Too & Co is a parent-led charity which helps children and young people with additional needs, and their families, in Richmond and surrounding areas. Play areas in a friendly and welcoming environment; provide information and emotional support for their families and carers. Advocacy Service - five hours of term time surgery free Tel: 07702 189889 (leave a message) Email: helen@advocacyandmediation.co.uk www.metooandco.org.uk/activities/senadvice Crossway Centre. 306, Richmond Road, East Twickenham TW1 2PD Tel: 07946 646033 Email: info@metooandco.org.uk www.metooandco.org.uk

Moor Lane Centre. Moor Lane, Chessington. KT9 2AA Tel: 020 8547 6527 Email: disabled.children@kingston.gov.uk

National Autistic Society (NAS) Richmond Branch A friendly parent-led group aiming to support families in the borough living with autism spectrum disorders. Laura Lennuyeux-Connene Tel: 07810 505982 Email: richmond@nas.org.uk www.richmondnas.org

Occupational Therapy: can benefit children with ADHD – with sensory skills, physical coordination, organization, controlling energy levels, hyperactivity, working out anger and aggression, improving focus, handwriting, social skills, time management. For Richmond [020 8891 8136](tel:02088918136) For Kingston contact heather.anderson@achievingforchildren.org.uk 020 8547 5837/ 020 8547 5741
<http://www.hrch.nhs.uk/our-services/services-directory/services-in-richmond/childrens-ot-richmond/>

Off The Record is a drop-in and after school service offering free information, advice and guidance plus appointment based counselling to children and young people aged 11 to 24 years of age.

Off the Record. 2, Church Street, Twickenham. TW1 3NJ Tel: 020 8744 1644 Email: info@otrtwickenham.com <http://otrtwickenham.com> YouTube: www.youtube.com/watch?v=rSphvQjh7WE

Parenting 1,2,3 Magic courses - Karen Williams, Parenting Officer, AfC Tel: 0208 5476965 or 07771974388 Email: karen.williams@achievingforchildren.org.uk

Preparing for Adulthood Programme (PfA) supports young people into adulthood with paid employment, good health, independent living and friends, relationships and community inclusion. First Floor, 30 - 32, Westgate Buildings, Bath. BA1 1EF Tel: 020 7843 6348 Email: info@preparingforadulthood.org.uk www.preparingforadulthood.org.uk Also: **Transition – Supporting Young People with Disabilities**, 2nd Floor, Civic Centre, 44, York Street, Twickenham TW1 3BZ Tel: 020 8891 7285 or 0795 8701260

Richmond Aid (RAID) Disability, Action and Advice Centre (DAAC). Free service. 4, Waldegrave Road, Teddington. TW11 8HT Reception: 020 8831 6080 Advice Line: 020 8831 6070 Advice, support and information on disability & benefits. Email: advice@richmondaid.org.uk General enquiries email: info@richmondaid.org.uk www.richmondaid.org.uk

Richmond Carers Centre offers information and support through a helpline and workshops, runs a Young Carers Project that organises trips out for siblings, produces a newsletter, offers complementary therapies and help carers to apply for grants, etc. 5, Briar Road, Twickenham, Middx. TW2 6RB. Carers Support Line: Tel: 020 8867 2380 (Mon to Fri, 9.30am - 4.00pm) 1 to 1 support service available by appointment. Email: info@richmondcarers.org.uk www.richmondcarers.org

RUILS (Richmond Users Independent Living Scheme) Family Matters Service is offered to the parents of children and/or young people who have additional needs living in Richmond. A support worker aims to help by listening to parents' worries and experiences in a non-judgmental way. Also offers a befriending service; information on activities and services. Tel: 07963 633 326 www.ruils.co.uk/1260

School & Family Works – Families Helping Families - primary purpose is to advance the education and promote the well-being of children who have additional needs and other members of families who are often labelled 'hard to reach'. Therapist & families work together to generate insight into what behaviour means, resourcing each other with new ideas and strategies. Mark Griffiths Tel: 07540 806248 Email: mark@theschoolandfamilyworks.co.uk www.theschoolandfamilyworks.co.uk

SEN Advocacy: free legal advice on SEN and educational matters. RUILS offers a SEN Advocacy Clinic which takes place most Fridays from 9.30am to 2.30pm. Appointments can be booked via email to helen@advocacyandmediation.co.uk or by calling 07702 189889. For more information on the service please go to: <http://www.metooandco.org.uk/activities/senadvice>. If you are new to Me too & Co, please complete the registration form before your appointment with their legal clinic.

SEND Family Voices (SFV) is a mix of parents and representatives from disability specific support groups and governors from specialist schools. They seek to represent all parents & children, across Kingston and Richmond, to obtain the best possible care and services. 07469 746145 Email: sendfamilyvoices@outlook.com www.sendfamilyvoices.org Facebook: www.facebook.com/sendfamilyvoices

Single Point of Access (SPA) is your first port of call to Children's Services including enquiries about CAMHS Tel: 020 8891 7969 (Monday - Friday, 8.00am to 6.00pm) Out of hours Tel: 020 8770 5000
www.richmond.gov.uk/single_point_of_access

SOS!SEN - an independent resource for special educational needs offers a free, independent, confidential telephone helpline for parents and others looking for information and advice. Help with preparing EHC Plans, interpreting the SEN Code of Practice and official letters, locating independent professional experts, advising how to prepare tribunal appeals and helping with complaints to the Local Government Ombudsman. There is a 'walk-in' advice centre in East Molesey available between 10.15am and 12.15pm on the third Wednesday of each month; please see the website for more details. Fontenay, 11a, Creek Road, East Molesey, Surrey. KT8 9BE Helpline: 020 8538 3731 (Monday to Friday 9.30am — 12.30pm and 2.00pm — 5.00pm) Email: admin@sossen.org.uk www.sossen.org.uk

South West London Girls Connect has been created specifically to facilitate networking of parents, as well as girls and women who have an ASD (including Asperger's Syndrome and other similar communication difficulties. Email: swlondongirlsconnect@gmail.com

St George's Hospital, Tooting <https://www.stgeorges.nhs.uk/?s=adhd> Tel: 020 8725 3727
<http://www.nhs.uk/Services/hospitals/Services/Service/DefaultView.aspx?id=243409>

Springfield University Hospital (Camhs Tier 3)
<http://www.nhs.uk/Services/hospitals/Services/Service/DefaultView.aspx?id=243409>

Wellbeing Service - Richmond: <https://www.richmondwellbeing.nhs.uk/>

Windham Nursery has experience of children with SEN. Tel: 020 8831 6060 Email: info@windham.sch.uk



FURTHER READING

ADDISS (UK national charity) has books, DVDs and gift items. 020 8952 2800 <http://addiss-shop.com/>

SEN Books is a specialist bookshop offering literature about ADHD, dyslexia, dyspraxia, autism spectrum disorders and other learning difficulties. SEN Marketing. 618, Leeds Road, Outwood, Wakefield. WF1 2LT
Tel/Fax: 01924 871697 (Mon - Fri, 9.00am to 5.00pm) Email: sales@senbooks.co.uk www.senbooks.co.uk



USEFUL NATIONAL LINKS

[The National Attention Deficit Disorder Information and Support Service \(ADDISS\)](#)

www.adhdfoundation.org.uk

www.youngminds.org.uk Helpline free on 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
or email parents@youngminds.org.uk

<http://www.hacsg.org.uk>

www.cafamily.org.uk

www.challengingbehaviour.org.uk

http://www.counselling-directory.org.uk/search.php?search=Richmond+upon+thames&services%5B70%5D=on&services_select=70&approaches_select=&session_type%5Bface%5D=on&keywords

www.senmagazine.co.uk

<http://councilfordisabledchildren.org.uk/search/content/adhd>

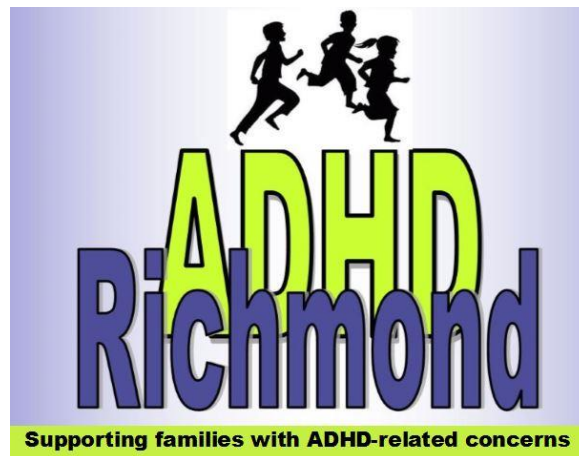
www.therapy-directory.org.uk

www.specialneedsjungle.com

<http://minded.e-lfh.org.uk/families/index.html>

Please use this page to enter your own notes and contacts

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