



Tuesday Talk – monthly sessions

Jan 13	Sam Wadham - Services available at CAMHS Richmond. Accessing them
Feb 3	Caroline Baxter, Head of Integrated Services, AFC – what's on offer
March 3	Medication and ADHD. Pros and cons
April 14	Mindfulness for children and young people (Calming strategies for children)
May 5	Benefit entitlements. Richmond Aid & Access explain
June 2	Holiday schemes for the summer: grants for the summer
July 7	Alternative therapies explored: nutrition, neuro-feedback and supplements
Sept 15	The role of the school: expectations & forging relationships
Oct 6	ADHD and adolescence: anxiety? depression and relationships
Nov 3	Girls and ADHD
Dec 1	ADHD and social skills

Venue until/inc. April: Normansfield Room, Richmond Royal Hospital, Kew Foot Road, Richmond TW9 2TE. Please note there are stairs.

From May: please check our website or Facebook for venue details

Time: 11:00 – 13:00

Website	www.adhdrichmond.org
Facebook	https://www.facebook.com/AdhdRichmond
YouTube	http://www.youtube.com/user/AdhdRichmond
Twitter	@AdhdRichmond
Email	info@adhdrichmond.org
Tel	07768 600706