



Tuesday Talk – monthly sessions

March 3	Prof. Peter Hill, Child Psychiatrist + Sam Wadham, Richmond CAMHS
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: Normansfield Room, Richmond Royal Hospital, Kew Foot Road, Richmond TW9 2TE (Please note there are stairs)

Time: 11:00 – 13:00

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