

Month	Thursday evening 20.00 – 22.00 by video conference	Tuesday daytime 10.00 – 11.30 by video conference
April	<p>2 April “Building a sensory rich home during the lock down” Charlotte O'Reilly, Director OT Play & Children's Occupational Therapist</p> <p>Join us for an interactive session to learn about some practical exercises to support the needs of our ADHD children and adolescents whilst at home during the lock down</p>	<p>21 April “Problematic gaming and social media use: more questions than answers” Hully Wolderufael, Clinical Specialist Schools Programme, AfC Emotional Health Service</p> <p>A talk on computer online games and social media use and when recreational use can become addictive. Your teenagers are also welcome to join the seminar.</p>
	Thursday 20.15 – 21.30 by video conference	Tuesday 20.15 – 21.30 by video conference
May	<p>14 May “Teaching support for primary school children with ADHD” Soli Lazarus, ADHD coach and educational consultant</p> <p>A talk for parents, teachers and teaching assistants covering practical adjustments for those with ADHD and positive and counter productive behaviour management.</p>	<p>19 May “Managing anxiety during lockdown” Dr Tamsin Owen, Deputy Head & Clinical Psychologist and Gemma Armstrong Assistant Psychologist; both with the Emotional Health Service of Achieving for Children</p> <p>Join us for a talk for parents and carers on managing anxiety of children and teenagers whilst in lockdown and practical strategies to manage anxiety even after lockdown.</p>
June	<p>4 June "Classroom support for secondary school young people with ADHD" Colin Foley, ADHD Foundation</p> <p>A talk for parents, teachers and teaching assistants covering some of the challenges for ADHD young people in secondary school and practical adjustments in the class room for learning and behaviour management.</p>	<p>16 June “Teens and ADHD: which is which?” Dr Alex Doig, Child and Adolescent Psychiatrist, Richmond CAMHS</p> <p>As parents of teenagers we often find we are on the receiving end of uncalled for behaviours and attitudes. This talk will give some insights as to what is ADHD and what is typical adolescent behaviour and give some strategies for managing stroppy teenagers with ADHD.</p>
July	<p>9 July “Calmer, Easier Happier Teens and Preteens: Raising respectful, responsible and confident adolescents” Noël Janis-Norton, parenting coach and Founder of Calmer, Easier, Happier Parenting</p> <p>Do you find yourself reminding, lecturing or telling off because your teenagers are not using their initiative? Do your teens complain and blame, rather than thinking about solutions? Do they argue back, roll their eyes or talk to you disrespectfully? Come and learn how you can bring out the best in your teens. Noel will demonstrate practical and effective strategies for improving communication, cooperation and self-reliance. This will reduce conflicts and teach your teens more mature problem-solving skills and self-control.</p>	<p>21 July “Managing family dynamics” Panel discussion: Val Ivens, Family Support ADHD Richmond and Kingston and ADHD coach and Jenny Missen, specialist 123 Magic practitioner, parent and trainer Moderated by Annette Wilson, Chair ADHD R&K</p> <p>Family dynamics can sometimes be challenging: emotional outbursts, siblings not understanding the need to make adjustments for those with ADHD and parents sometimes not being on the same page on matters of discipline. Come a hear a panel discussion on how best to navigate these tricky times.</p>

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September	<p>3 September Parents only “Returning to school and how to support your child/young person with ADHD” Emma Weaver, ADHD Foundation</p> <p>A seminar for parents to discuss how best to support their children with ADHD returning to school. Being proactive can hugely facilitate the transition. We will cover matters to consider on returning to school including how to discuss the situation with your child and also how to work closely with the school.</p>	<p>22 September “What does it mean to have a grandchild / nephew/ niece with ADHD and how best can I support my family?” Soli Lazarus, ADHD coach and educational consultant</p> <p>A seminar for grandparents and other wider family members to learn more about ADHD and hearing about strategies and techniques to support the child / young person with ADHD and his/her parents and other siblings.</p>
	<p>9 September – Teaching professionals only “Supporting teachers working with neurodiverse learners returning to school” Colin Foley, ADHD Foundation</p> <p>A seminar for teaching professionals highlighting considerations for pupils with ADHD now returning from lockdown and how to facilitate them successfully engaging with their learning and in school life.</p>	
	20.00 – 21.30 by video conference	20.00 – 21.30 by video conference
October	<p>8th October – “How understanding and meeting our innate emotional needs can lower stress levels and help us have greater empathy towards ourselves and others ” Julia Langensiepen. Psychotherapist and life-coach, NurturingLife</p> <p>A seminar explaining how to develop awareness of the emotional needs of you and your child, creating greater empathy and harmony within your family setting. When innate needs are understood you can create a more balanced, happier life.</p>	<p>22th October – “Education, Health and Care Plans (EHCPs) for children and young people with ADHD” Jonathan Rourke, SENDIASS Team Coordinator and ADHD R&K Volunteer and Val Ivens, ADHD R&K Family Support and ADHD coach</p> <p>The webinar will cover the following in relation to EHCPs:</p> <ul style="list-style-type: none"> • How it can be applied to children with ADHD • What evidence will I need? • How do I work with School/ CAMHS to collect evidence? • How does the process work? How long will it take? • Common issues in seeking an EHCP? <p>The above will be discussed in relation to Richmond and Kingston Boroughs specifically, however, if out of Borough participants are interested they may find their Boroughs follow similar criteria and processes.</p>
November	<p>3rd November - "What is Tourettes and how do I help a child with ADHD?" Dr Tamsin Owen, Deputy Head & Clinical Psychologist of the Emotional Health Service of Achieving for Children</p>	<p>19th November – "Medication & ADHD: what we can and cannot expect. “ Dr Maite Ferrin, Consultant Psychiatrist, ReCognition Health Clinic</p> <p>The seminar on medication and ADHD will also cover considerations on when to start medication, how</p>

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	A seminar on tourettes, whether medication effects it and covering therapies and strategies to support children with tourettes	medication really works, doses and possible side effects
December	<p>3rd December – “Nutrition and ADHD” Dr Robin Pauc, Past Assistant Professor (Clinical Neurology), researcher, author of numerous books including ‘Is that my Child?’ and ‘The Brain Food Plan’ and practitioner at the Tinsley House Clinic UK</p> <p>A webinar explaining the importance of nutrition for those with ADHD as part of taking a holistic approach to the treatment of ADHD.</p>	No seminar

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