

	20.15 – 21.30 by video conference	20.15 – 21.30 by video conference
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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