

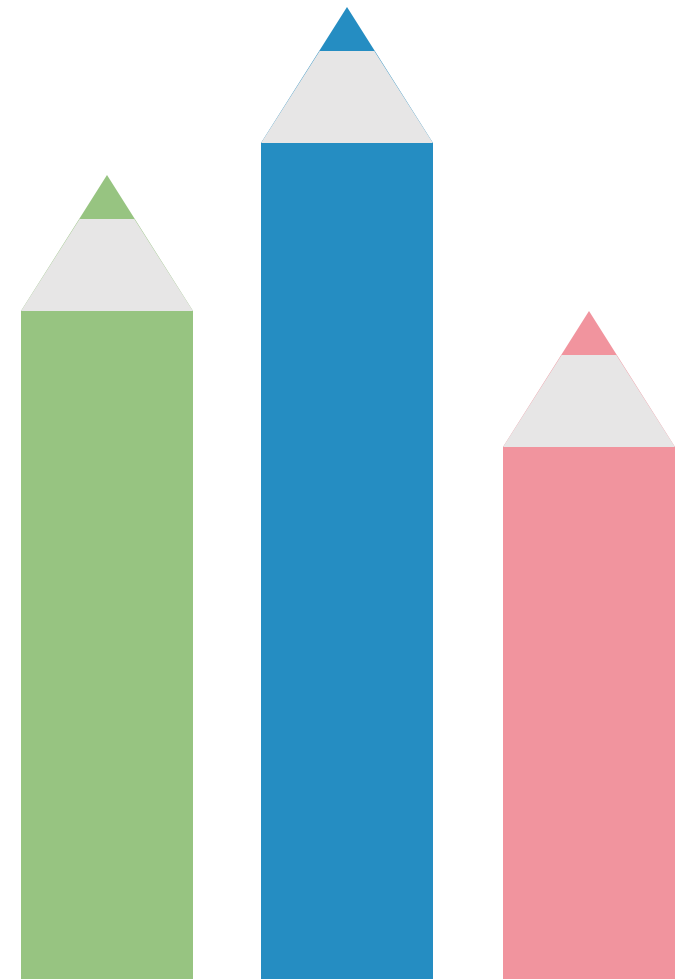


Annual Review | April 22 – March 23



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A Message from our Chair



"We work to positively improve the lives of young people with ADHD and their families"

Annette Wilson,
Chair

ADHD Embrace continues to grow and thrive. Our objective is that the young people with ADHD can be understood, supported and ultimately thrive.

In the last year our service provision was strong with an increasing breadth of offering and growing demand for our services. Our impact over the last year has been significant as we focus on areas that will positively improve the lives of young people with ADHD.

We are particularly delighted with the success of our School Outreach Programme, which in the last year has really taken off through our visits to schools, where we offer ADHD awareness and teacher training to schools in our vicinity.

Our School Outreach Programme was launched in response to learnings from our work, where we see pupils with ADHD being excluded, suffering from mental health issues or school avoidance when feeling unsupported at school.

We concluded we needed to empower schools and teachers by providing training on how they could better support

pupils with ADHD. The School Outreach Programme has been extremely positively received by schools, individual teachers and parents.

Our offering to our parents' community continues to attract strong engagement and attendance, with the community aspect of our offering continuing to be highly valued.

We continued our collaboration with Kingston University and are excited to be working with St Mary's University, where we offer lectures to student teachers on ADHD. We continue to be active on the advocacy side, working with education and healthcare statutory service providers to highlight the needs of our community.

In the last year we transitioned to an organisation where the service provision is led by a full-time Executive Director, Jenny Cooper. We are hugely proud of achieving this milestone within the three-year timescale, which we set ourselves at the time of becoming a charity in March 2020.

We also increased our part-time staff to five, who all support different aspects of our service provision. We are also hugely grateful for the support we received from our many volunteers. The service delivery could not be achieved by the team alone and we continued to be significantly supported by our volunteers and Trustees. In the year we appointed a new Trustee, Dr Bozhena Zoritch, a practising clinician, bringing a new perspective and skillset.

We were delighted to secure renewal and new funding in support of our work. We also benefitted from our community raising money for us.

We are excited about the future as to the impact of our work. We continue to see unmet needs and more areas in which to develop our service provision.

My sincere thanks to our funders, the whole team of our dedicated staff, volunteers and my fellow Trustees, who have each contributed in their respective ways to what has been a very busy and productive year.

Annette Wilson, Chair



1 in 20 children have ADHD

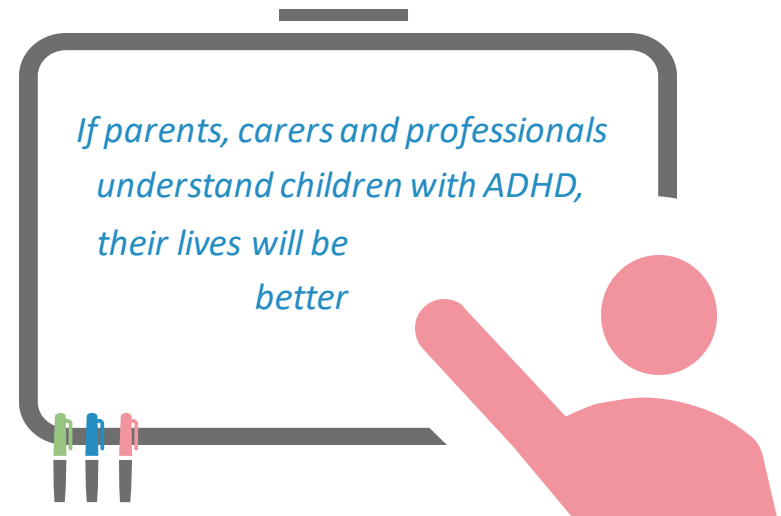
ADHD is a complex neurodevelopmental condition and often also presents with co-occurring conditions such as dyslexia, social communication difficulties, sensory issues and more.

Many individuals with ADHD do not reach their potential due to the challenges they face. During their school life and careers, they are more likely to suffer from:

- > School exclusions or school avoidance
- > Social isolation
- > Mental health issues
- > Economic hardship
- > Teen pregnancy
- > Prison sentences

Early intervention and support can change the direction of lives.

There is a lot parents, carers, educators and other professionals can do to help children with ADHD on this journey. ADHD Embrace provides knowledge and support to enable them to do so. We do this by providing the tools that enable that support and intervention.



Community is the core of our work

Since 2002, we have been supporting families, carers and professionals. Together with an incredibly supportive community of families, healthcare professionals, schools, teachers and ADHD experts, we have **improved the lives of countless children and young people with ADHD**.

The key elements of our work are:

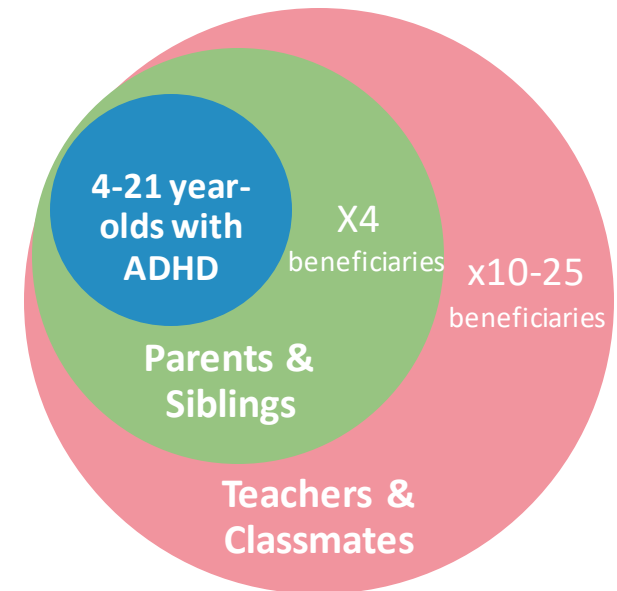
- **knowledge** provision
- **advocacy** by raising awareness of ADHD
- **empowering** those with ADHD and their families

“The class teachers feel empowered to support their pupils with ADHD as the recommended teaching practices were so achievable. The link between neurodiversity and mental health difficulties was well made..... I am hopeful that report writing within school has been changed forever.”
(School)

“Covers a real gap in service provision in relation to accessing pre and post diagnostic support.”

(Healthcare professional)

The beneficiaries of our work are ultimately the **children and young people with ADHD** as they grow up in a better supported environment. For each child with ADHD supported there is a ripple effect from the child to their **families** and **school communities**



“What an amazing job you are all doing supporting parents, helping kids, educating schools and the wider community. Your work is so appreciated and I have found your group a constant source of information and support during some difficult years.”
(Parent)

- > We expanded the team from four to six and were delighted to bring onboard our first paid Executive Director with the appointment of Jenny Cooper, leading our mainly part-time team.
- > We are fortunate to continue to benefit from significant contributions from the volunteers who support our work.
- > Our community offering especially for families continues to be highly valued and we have continued to see growth in our overall community and seen strong attendance at our events.
- > The growth of our School Outreach programme has been a particular success over the past year:
 - We have provided ADHD training to schools where we have addressed teachers, other staff and parents.
 - We have also developed a strong relationship with two local universities to support their students with ADHD training and awareness
 - Our teacher seminars have also been well received



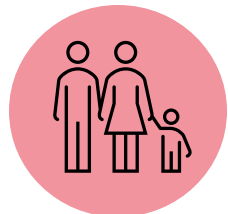
Jenny Cooper
Executive Director

Team
FTE
2.73

Volunteer
support
FTE 1.64

“It’s been a life-line. A local community of support for me to draw on” - **Parent**

“Possibly the most useful training we have had in over a decade . . .” - **Teacher**



Parent Seminars

16 seminars
600 attendees

Teacher Seminars

8 seminars
300 teachers and
students



Post Diagnosis Workshops

11 workshops
125 attendees

One-to-one advice
sessions
over 160 attendees



Meet-ups

10 events, 65 attendees



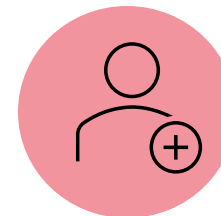
Parent Courses

almost 100 attendees



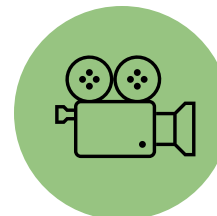
School visits

55 schools visited and 1,300
teachers and 460 parents
trained



Facebook

4,482 Facebook
followers



Videos

over 470 downloaded from
our website



Website

111,186 website
unique users

In the past year we
have worked directly
with **over 1,000 families**
and **1,500 professionals**
with our broad service
offering

School Outreach Case Studies

Hampton Primary Partnership

Hampton Primary Partnership includes Hampton Infant School and Nursery and Hampton Junior School in the Richmond Borough. It caters for children aged 3 to 11 across four-forms of entry with approximately 850 children.

We delivered ADHD awareness and teachers training to 50 teaching and non teaching staff. A coffee morning was also organised for parents, with the focus of creating awareness of ADHD and explaining how to support their child (with or without a diagnosis).



"We are extremely lucky to have had the opportunity to work so closely with ADHD Embrace, receiving such high quality and informative training for our staff, as well as offering support to our parents. The practical ideas to support our children and the wealth of knowledge and expertise shared in the session has been invaluable."

Gemma Delaney

SEND Lead Teacher
Hampton Primary Partnership



Waldegrave School

Waldegrave is a senior school in the Richmond Borough taking girls from age 11 to 16, and girls and boys for 6th form. They have around 1,200 students across 7 year groups.

The Inclusion Team at the school supports upwards of 200 students on the SEND list and they regularly have therapists and other educational professionals in to support the students, the staff as well as parents.

ADHD Embrace has provided training to the Teaching Assistants as well as delivering a coffee morning session for parents.

"The training sessions provided by ADHD Embrace were so well received by both parents and TA's. All have described how helpful it was to learn more about ADHD, how it presents and ways that they could support their child or student better."

ADHD Embrace has also offered to come back to do future sessions and we intend to take advantage of whatever they have to offer - so impressed."

Emma Salsbury and Cindy Parsons

Waldegrave Senco Team



University Partnerships

Kingston University

"The collaboration of our Kingston University SIG on Inclusion and Social Justice with ADHD Embrace over the past year has provided an invaluable opportunity for our student teachers to enhance their skills and become more inclusive educators."

This partnership supports our student teachers be equipped with the knowledge and expertise to create inclusive classrooms, where every pupil feels valued, respected, and empowered. This has been evident in some student work and posters shared with other students and schools."

Dr Paty Paliokosta
PhD, MEd, BA (Hons), SFHEA

Associate Professor
Inclusive Education

Kingston
University
London



"It has been a pleasure building our partnership with ADHD Embrace this year. They have been invaluable in the secondary PGCE SEND provision for our trainees and colleagues, providing us all with an extremely informative, engaging and thought-provoking overview of working with learners with ADHD."

The impact on our trainees has been tangible as they continue to grow in confidence, adapting, applying and sharing a range of strategies in their daily practice in schools. Many have expressed a desire to further enrich their pedagogical understanding and repertoire of working with learners with ADHD. We are very excited about working further with ADHD Embrace."

Mandy Byrne
Senior Lecturer in Primary
Education, Professional
Studies, Primary Education
Foundation Degree Course
Lead, FHEA

Kirsty Harding
Senior Lecturer,
Secondary PGCE Physical
Education Course Leader

St Mary's University

Parent Meet ups

Our drop in coffee mornings are fantastic opportunities for parents to connect with one another and also an opportunity to find out about other events and services that are available to users of our services.

"Thank you for organising another ADHD meet up. It really helps talking to other parents who are in the same boat."



"Thank you so much for organising this event. My daughter is buzzing and so happy to have had this opportunity"

Easter Holiday Pony Session

One of our fantastic long standing volunteers, Martine Bodur very kindly arranged a very special 'Pony Session' at Kingston Riding Centre. Not only was it a wonderful opportunity for children to spend time with the ponies and a chance for some pony riding, grooming and feeding, but it gave the parents a chance to connect too.

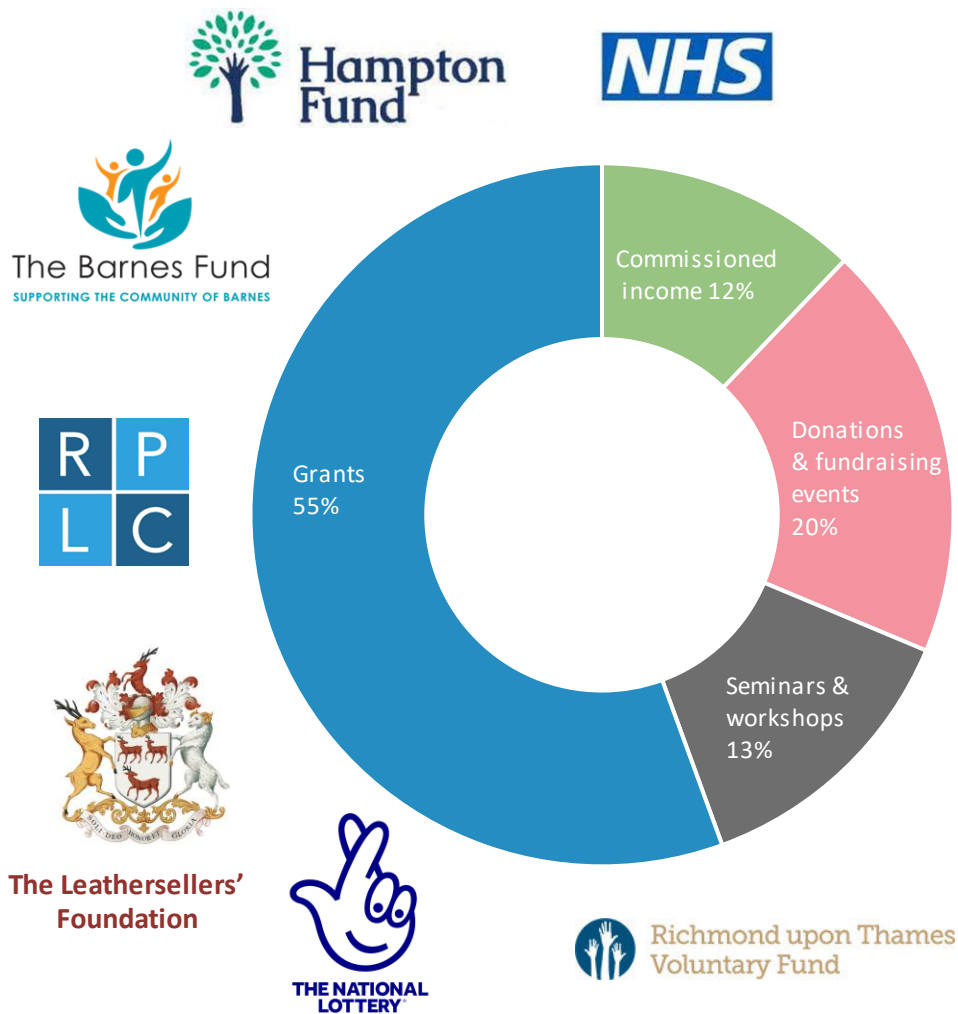


We've also held several **fundraising events** including:

Kew 10K – 5 runners from our community took part and contributed over £2,000 in funding.

White Hart Lane Christmas Fair - we were again selected as one of two beneficiary charities for this event which was held on 6th December 2022. We had our own stand to heighten awareness of our services and attracted visitors by having fun games for children. £1,200 was raised for our Charity.

The Rotary Club of the Hamptons and Teddington Christmas Walk - This festive fun walk took place on 14th December around Teddington where several of our wonderful volunteers and Santa in his sleigh helped us raise £640. Thanks to all the families who supported us.



Meet more of our community fundraisers:

Sarah Hoeksma's fundraising team, Hampton Half Marathon



"We were delighted to choose ADHD Embrace as the PA's nominated charity this year. We know how important the work they do is, raising an understanding of ADHD in schools across the Borough. It's always important to us to try and help local charities, choosing one which also supports families and teachers has been even more meaningful."

Nick and Mariya Sarbicki, co-chairs of Newland House School's Parent Association



Newland House



"My name is Jaxon, and I am 9 years old. I recently decided to complete a charity walk, walking from Manchester to Stockport Town centre and I decided my chosen charity would be ADHD Embrace....I have ADHD myself you see! "



Supporting families and professionals

"Having ADHD makes me feel misunderstood and constantly judged. People think I do things on purpose when I don't and think that just because they can control their impulses I can too."

(Young person)

"I'm so grateful to be hooked into this group, I used to feel so alone and now I have met all these other parents who understand."

(Parent)

"A high quality presentation that opened eyes to the reasons why some students behave in certain ways. We were pleased with the wide range of strategies to support students with ADHD"

(Teacher)

Find out more at

info@adhdembrace.org

<https://adhdembrace.org/>

@AdhdEmbrace

@AdhdEmbraceUK

