










## ADHD Resources & Support

Local Support	 <p>www.add-vance.org 01727 833963</p>	<p>ADD-vance is now a registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers. Services include training for families and schools, coaching, consultancy and a helpdesk.</p>
	 <p>www.angelsupportgroup.org.uk</p>	<p>Angels supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis). All Angels staff are parents of neurodivergent children. They offer group meetings, workshops and individual support for parents/ carers.</p>
	 <p>www.spaceherts.org.uk</p>	<p>Space are a Hertfordshire based charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions.) They offer support groups, training and events.</p>
Books		<p>Emily Katy (featured in the ADHD training) is a local author, recognised in the Sunday Times Bestseller list. She attended school in Hertfordshire and shares her experiences of life with autism and ADHD.</p>
Websites	 <p>www.adhduk.co.uk</p>	<p>ADHD UK is by people with ADHD for people with ADHD. It includes videos, research and information about ADHD.</p>
	 <p>www.adhdfoundation.org.uk</p>	<p>The ADHD Foundation offers training courses and resources to support families. It also offers training for schools and details of how to gain the ADHD Friendly Schools Award.</p>
	 <p>www.youngminds.org.uk</p>	<p>Young Minds provides information about ADHD and mental health, and strategies to help young people manage their ADHD.</p>
Websites	 <p>https://www.adhdandyou.co.uk/young-person/</p>	<p>ADHD and You provides information to support young people in understanding what ADHD is and how it might affect them.</p>
	 <p>www.addiss.co.uk</p>	<p>ADDISS provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, those with ADHD, teachers or health professionals.</p>