

Workshops are happening around Dorset, Bournemouth and Poole over the next year.

The workshop will last for 3 hours from 10am – 1pm with coffee and tea available before the start.

Below are the dates for workshops in Dorchester. There is another leaflet with East Dorset, Bournemouth and Poole dates if that is more convenient.

21 January	Bridport
18 March	Sturminster Newton
13 May	Portland
8 July	Blandford
23 September	Dorchester
18 November	Weymouth

If you are interested in any of these workshops or would like to register, please contact:-

Rose

Tel: 01305 255705

Email: rose.newiss@dhuft.nhs.uk



Understanding children and young people with ADHD/ADD

West Dorset 2015

Does your child, or a child you are working with, have difficulty settling to anything, or acts before thinking, or, has trouble sitting still?



Contact:

Rose Newiss

Tel: 01305 255705

Email:

rose.newiss@dhuft.nhs.uk

www.dorsethealthcare.nhs.uk

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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What is ADHD or ADD?

Young people and children who have trouble following instructions, find it hard to settle to activities, act without thinking or cannot sit still may have symptoms of ADHD (Attention Deficit Disorder with Hyperactivity) or ADD (Attention Deficit Disorder). Another term that is sometimes used is Hyperkinetic Disorder

CAMHS (Child and Adolescent Mental Health Services) have been looking at ways to help. We are running workshops lasting three hours which will talk about these difficulties. We will also explain about other conditions which can help us understand more about why children can behave in the way they do.

In the second part of the workshop we will look at some top tips for managing ADHD behaviours

Who can come?

Your doctor or health visitor may suggest that you would like to come and find out more. Parents, other family members such as grandparents, school staff would be welcome. You can bring a friend with you if you want.

It is not for your child or young person and we are sorry but there will not be a crèche available.

Professionals are welcome to attend.

Do I have to have a child with an ADHD diagnosis to come?

No, but the workshops are designed for those parents of a child with an ADHD diagnosis or professionals working with children with this diagnosis. If your doctor says that it might be helpful because your child has some symptoms of ADHD they are welcome to refer you. However coming to the workshop does not confirm a diagnosis.

Where are they going to be held?

They are held around Dorset. There is another leaflet for workshops in East Dorset, Poole, and Bournemouth if you prefer.

Are they always in the morning?

At present we have only arranged morning workshops but if there is a demand for evening workshops we would be happy to run a set in a central location.

Will I have to say anything?

No but there will be lots of chances to ask questions if you want.

What happens after the workshop?

CAMHS run parent mentoring sessions, sometimes together with Action for Children and you would be welcome to find out more about whether this is for you at the workshop.

CAMHS are offering these workshops to support families and professionals but your ongoing care remains under your current paediatrician, GP, or child psychiatrist.

