

Support and Helpline

Monthly Support Group Meetings

Our support groups bring parents and carers together to share experiences and reduce feelings of isolation. Our specialist coaches are always on hand and professional guest speakers are occasionally invited. Library books are available for loan in exchange for a returnable deposit.

Support groups are held monthly 7.30-9.30pm at:

Alban Way Children's Centre
Sherwood Park
Sherwood Avenue
Marshalswick
St Albans
AL4 9QL
(on the 1st Tuesday)

and

monthly 10.00-12.00 at:

Hollybush Primary School (community room)
Fordwich Rise
Hertford
SG14 2DF
(on the 2nd Wednesday)

Telephone helpline

Information and support for professionals, children, adults and families.
Helpline: 01727 833963, open Mon-Thurs 9am-1pm (answer phone service at other times).

At ADD-vance we rely on supporters, volunteers and donations of both time and money in order to provide this service in Hertfordshire.

ADD-vance moves you from where you are to where you want to be.

For more information contact:

ADD-vance

Tel: 01727 833963

Email: Herts@add-vance.org

www.add-vance.org

ADD-vance

Understanding ASD/ADHD

Working to support people with Autism Spectrum Disorder, Asperger's Syndrome, ADHD and related conditions



**Training and
Consultancy**

Coaching

Support and Helpline

www.add-vance.org

ADD-vance

ADD-vance is a voluntary organisation founded in Hertfordshire in 1996. We provide specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Training and Consultancy

Our trainers and consultants have many years of both professional and personal experience of working with these conditions. We design and deliver individually-tailored training courses and workshops for:

- practitioners and professional organisations, including local education authorities, schools, colleges, social services, health services (including CAMHS teams), leisure providers and anyone involved with children and young people with ASD and/or ADHD
- parents and carers

We can offer:

- training in ASD (including Asperger's Syndrome), ADHD and related conditions
- high-quality workshops which are engaging, interactive, visual and fun
- a complimentary needs assessment to determine the learning requirements of our participants

Courses include:

- ASD & ADHD: understanding, strategies and support
- Social communication and social interaction difficulties
- Challenging behaviour and ASD/ADHD
- Anger management
- Sensory issues
- Girls with ASD and/or ADHD
- Understanding the role of medication in ADHD
- Tried and tested practical resources
- Effective classroom interventions
- Visual supports

'Why try?' programme for young people

An innovative 10-week programme to help children and young adults answer the question 'Why Try?' when they are frustrated, confused or angry about life's pressures and challenges. The 'Why Try?' programme teaches students that trying hard and putting effort into challenges at home, school and with peers, is worthwhile.

Coaching

We are a confidential, supportive and non-judgmental service which is tailored to your individual needs. We will work with you towards successful outcomes and lasting changes.

We are the only team of qualified specialist ASD/ADHD coaches in the UK who all have first-hand personal experience and knowledge of living with these conditions.

Are any of these an issue for you or your family?

- challenging behaviour
- emotional, social and behavioural difficulties
- anger management
- low self-esteem
- social and communication skills
- organisation skills and time management
- motivation
- relationships

A diagnosis or a GP referral is not required to take advantage of our coaching.

We can help children, adults and families. With written permission we can contact school for information or can work with teachers to help resolve issues.

One of our team of experienced specialist coaches will work in partnership with the family for 1 hour a week, over a period of 6 – 8 weeks. We will explore options, focus on potential, and empower them to take control.

