

Membership

Free membership for parents and carers or professionals offers:

- Priority information for ADD-vance courses, training and workshops
- Carefully selected relevant and useful information

Further details on the website.



We also have an ADD-vance 'closed' and moderated Facebook group which parents and carers can join

Donations and Payments

As ADD-vance is a registered charity, we rely on supporters, volunteers and donations of both time and money to enable us to provide this service in Hertfordshire. Any help in this way would be gratefully received.

Donations and payments can be made through the website www.add-vance.org

Information and Support

Professionals, adults and families can reach us for information or support via.

Telephone Helpline: 01727 833963

Open Monday-Friday 9am - 1pm

Answer phone service at other times

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

Tel: 01727 833963

E-mail: herts@add-vance.org

www.add-vance.org

Reg. Charity No. 1158968

ADD-vance

ADD-vance

The ADD-vance ADHD and Autism Trust

Working to support people with ADHD and Autism



**Training and
Consultancy**

**Family Support and
Coaching Helpline**

www.add-vance.org

Reg. Charity No. 1158968

ADD-vance

ADD-vance was founded in Hertfordshire in 1996. We provide training and consultancy for professionals as well as support for children, adults and families affected by Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD).

Training and Consultancy

We design and deliver individually tailored training courses and workshops for:

- professional organisations and practitioners, including schools, colleges, social services, health services (including mental health) and leisure providers
- parents, carers and anyone involved with children or young people with ADHD and/or autism

We offer:

- a complimentary assessment to determine learning requirements of participants
- training on ADHD, autism and related conditions
- high quality interactive workshops which are engaging, visual and fun

Topics include:

- ADHD and Autism: understanding, strategies and support
- Difficulty in social communication and social interaction
- Behaviour which challenges
- Managing anger, anxiety and transition
- Sensory issues
- ADHD and/or autism in girls
- Understanding the role of medication in ADHD
- Tried and tested practical resources
- Effective classroom interventions
- Social Stories and Visual supports



Specialist Family Support and Coaching

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

Our service is confidential, supportive, non-judgemental and tailored to your individual needs. It is a family centred Service which empowers the parent to take control, helps the child realise his/her full potential and enables the family to thrive. We work towards lasting and successful change.

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

- Emotional, social or behavioural difficulties
- Oppositional or challenging behaviour
- Anger and/or anxiety management
- Low self esteem
- Social and communication skills
- Organisational skills and time management
- Motivation
- Relationships

A diagnosis or GP referral is not required for us to help children, adults or families – a suspected diagnosis is sufficient.

We can (with parent's written permission) contact schools for information, or work with teachers to help resolve issues.

One of our team of specialist coaches will work with a family for one hour a week, exploring options and strategies. The number of sessions will vary depending on the family situation.

Monthly Support Group Meetings

- Our Support Groups bring parents and carers together to share experiences, give mutual support and reduce feelings of isolation
- Specialist coaches are always on hand, and professional guest speakers are sometimes invited
- Library books are available for loan in exchange for a returnable deposit
- Meetings are held monthly in St Albans and Hertford. Please see website for details.