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| **Who are the trainers?**  The course is delivered by a range of clinicians from the Oxfordshire CAMHS Neurodevelopmental Conditions (NDC) Team, Oxford Health NHS Foundation Trust.  **Who can attend the course?**  Any parent or carer with a child who has recently received a diagnosis of ADHD through Oxford Health NHS Foundation Trust.  A maximum of 2 places per family will be offered.  **Where will the courses be held?**  Courses will mainly run at our base Maple House, which is on The Slade site in Oxford and occasionally at alternative locations around Oxfordshire.  **When will the courses run?**  There will a mix of both daytime and evening courses.  Places will be limited therefore we recommend that you apply for a place as soon as possible. | **How do I apply?**  The course is free of charge however,  booking is essential.  You can register your interest as soon as  possible after receiving a diagnosis.  Please contact us for more information,  course dates and to book a place on the  course.  You can contact us at:  **NDC.OxonCAMHS@oxfordhealth.nhs.uk**  Adding ***“All Things ADHD”*** to the subject  line or call **01865 902447**    **Parent Feedback**  ***Thank you for all the tricks and magic strategies you’ve taught us over the past few weeks. As I’d hoped, the course has been extremely helpful – in fact, it’s been quite life-changing to our family unit. Instead of feeling frustrated on a daily basis, we’ve now got things to try and is having a positive effect.*** | All  THINGS  ADHD  A post diagnosis course  For parents |
| ***All Things ADHD*** is a course specifically for parents and carers who have a child/young person with a recent diagnosis of ADHD through Oxford Health NHS Foundation Trust.  This practical course is designed to help you understand ADHD and to support your child or young person.  In line with NICE Guidelines, the group is an integral part of the treatment we offer and there is an expectation that parents should attend as soon after diagnosis as possible.  Our expectation is for at least one main carer to attend all 6 sessions, to participate as fully as possible and complete between session activities and tasks.  The course is a first line treatment within our service and participation will help you to understand, manage and support your child and their ADHD.  Failure to attend or participate may result in you not being able to access more specialist interventions. | **About the Course**  The course consists of six weekly sessions, with each session being two hours and 15 minutes long.  The course is free of charge however booking is essential.  We aim to provide a relaxed and informal way to learn about ADHD.  Session’s will cover the following topics, including:  Emotional Regulation  Impulse Control  Communication  Managing challenging behaviour  Medication  Sleep  Diet | **What can I expect to gain by attending the course?**  Our aim is to increase your knowledge and understanding of your child’s ADHD and help you to support them effectively.  We will do this by:    Providing information about ADHD.  Sharing, discussing and practicing skills and strategies you can use to support your child.  Providing space for parents to share experiences, and offer one another support, if they wish.  Sharing resources and sign posting you to other resources and places that can offer support and information. |