

Services Provided By



April 2018

To

March 2019

Most services are held at:

Television House
269 Field End Road
Eastcote
HA4 9XA

SUPPORT • EDUCATE • EMPOWER

Centre for ADHD & Autism Support Key Personnel

Trustee Board

Jan Berger	Chairperson	020 8429 1552
Vacant	Secretary	020 8429 1552
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Key Staff

Name	Role	Email	Phone No
Therese Glynn	Director of ADHD Services	adhd@adhdandautism.org	020 8866 4334
Lynne Laverty	Director of Autism Services	autism@adhdandautism.org	020 8866 4334
Kay D'Cruz	Financial Controller	finance@adhdandautism.org	020 8429 1552
Blaise McDonald	Youth Development Manager	blaise@adhdandautism.org	020 8429 4194
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Minoo Noor	Specialist ADHD Coach / Family Support Worker	minoo@adhdandautism.org	020 8429 4194
Lynne Fearne	Fundraiser	fundraising@adhdandautism.org	020 8429 1552

Services for Families

Drop in Support Sessions

	Daytime Drop In	Evening Drop In
When:	Wednesday & Friday (term time only)	Third Monday of Each Month
Time:	10.30am till 12.30pm	7.00pm till 9.00pm
Childcare:	Crèche Available	No crèche provided
Cost:	Suggested donation £1	Suggested donation £1
Contact:	Family Support Team	Family Support Team

- The drop-in sessions are a great introduction to our services where you can meet the Family Support Team and find out about the support we can provide for you and your family.
- Open to everyone and offer the opportunity to meet other parents/carers in a similar situation.
- At least three members of the team are available to provide support during each daytime session and two in the evenings.
- Themed mornings are occasionally held (details provided on the web or via social media).
- Drop-ins provide the opportunity for parents/carers to relax in a safe, non-judgemental environment.

One to One Appointments

When:	By appointment only.
Contact:	The Family Support Team

- A service designed to offer help with filling in DLA forms; help understanding letters or forms; or support in attending appointments with health/social care/education.
- Appointments may also be booked for specific parenting / care advice or for information on how to access help.

Empowered Parent Clinic

When:	Monthly Clinic (Contact for dates)
Time:	
Criteria:	Members only. Clinic is children up to 14 in mainstream school.
Contact:	Lynne Laverty

- A behaviour support clinic facilitated by a Speech and Language Therapist and Autism Specialist Teacher. (Appointment Only).

Living with ADHD & Autism

(a 10-week course for parents/carers of children with ADHD and/or autism)

When: Three times per year. Alternate daytime and evening.
Time: 10.00am - 12.00pm or 7.00pm – 9.00pm.
Childcare: Crèche available for daytime courses by arrangement only.
Cost: £45 per person (£75 per couple).
Contact: Therese Glynn

- A supportive 10-week course designed to help parents deal with the different behaviours that can occur with a diagnosis of ADHD, autism or other co-morbid conditions.
- The course focuses on issues such as:
 - building self-esteem and effective communication with your children, as well as dealing with feelings (theirs and yours).
 - Problems with labelling.
 - Consequences.
 - Setting limits and boundaries.
 - Anger management.
- Both conditions are explained in-depth and parents/carers are provided an opportunity to work on difficult issues in a safe and supportive environment.

Living with ADHD & Autism – The Teenage Years

(an 8-week course for parents/carers of children with ADHD and/or autism)

When: Funding Dependent.
Time: 7.00pm – 9.00pm.
Childcare: Crèche available by arrangement only.
Cost: £40 per person (£65 per couple).
Contact: Therese Glynn

- A supportive 8-week course designed to help parents deal with the changes young people experience during adolescence along with the impact of having a diagnosis of ADHD and/or autism.
- The course focuses on adolescent tasks, coping with emotional behaviour as well as looking at effective communication.
- The course also concentrates on how to stay in charge whilst creating a safe and engaging environment for your young person to develop and gain independence.

Supporting Carers of Autistic individuals Through Training (SCATT) Course

(an 8-week course for parents/carers of children on the autism spectrum)

When: Three times per year. Alternate daytime and evening.
Time: 10.00am - 12.00pm or 7.00pm – 9.00pm.
Childcare: Crèche available by arrangement only.
Cost: £35 per person (£60 per couple).
Contact: Lynne Laverty.

- SCATT is an 8-week course that focuses on understanding autism and exploring the challenges that a diagnosis of autism can bring.
- The course covers:
 - Introductory Session
 - Understanding Autism – an overview and an opportunity to hear from autistic adults.
 - Understanding Communication
 - Understanding Sensory Issues
 - Understanding Behaviour
 - Autism and the Impact on the Family
 - Understanding and Managing Behaviour
 - Emotion Coaching and Self Care
- The course is best suited to those who have a new diagnosis or who are going through assessment for their child but is open to other parents/carers who want to gain a better understanding.

1-2-3 Magic – Managing Difficult Behaviour

(a 4-week behaviour management course)

When: Two times per year. May be daytime or evening depending on demand.
Criteria: Parents with children aged 3 – 10 years.
Childcare: Crèche available by arrangement only.
Cost: £20.00.
Contact: Minoor Noor

- A four-session programme designed to give effective and well-researched ways to better support children to manage their behaviour.
- Helps to increase knowledge about what works and what doesn't, and to lessen feelings of frustration, resulting in better outcomes with less effort and stress.
- Based on 1-2-3 Magic by Dr Thomas Phelan.

Specialist Workshops

- Specialist workshops are held throughout the year. These are accessible to parents / carers / professionals and individuals with a diagnosis of ADHD and/or autism.
- Details are sent via email to members and are published on our website and social media.

Workshops to date have included speakers such as Phoebe Caldwell, Wenn Lawson, Rita Jordan, Olga Bogdashina, Luke Beardon, Dean Beadle, Jennifer Cook O'Toole, Geoff Evans, Mark Brown, Special Needs Jungle, Dr Liz Shea, IPSEA, The Children's Sleep Charity and have covered topics such as Avoidant Eating, Sleep Issues, Gender and Sexuality, Engaging Individuals with Autism, Low Arousal Approach to Managing Challenging Behaviour, Sensory Issues. This list is by no means exhaustive and represents only a selection of what we offer.

The CAN Project (Carers Nurture Project) (a 6-week creative/nurturing skills course)

When: Funding Dependent
Criteria: Must be an active carer of an adult/child with a diagnosis of ADHD or autism.
Cost: £10 refundable booking fee
Contact: Lynne Laverty / Therese Glynn

- The CAN Project aims to give carers supporting those with a diagnosis of ADHD or autism the opportunity to learn new creative skills in a nurturing environment.
- We aim to give carers a space where they can focus on themselves, rather than just being a 'carer'.
- We offer sessions such as floral art, crochet, eating for well-being, writing for well-being and mindfulness.

Sleep Support

When: By appointment only
Criteria: CAAS Members only
Cost: Sleep Workshops will be £30 with up to 6 weeks ongoing support
Contact: Lynne Laverty / Zeena Bishop

- CAAS will be offering regular workshops to enable parents to gain a greater understanding of how to support children with sleep issues.
- Workshop attendees will be offered up to 6 weeks on-going support whilst they implement a sleep programme.
- Depending on the circumstances, individual sleep support will also be offered without workshop attendance.

Services for Children and Young People

Youth Project

When: Ongoing
Criteria: Young people aged 11 - 25
Contact: Blaise McDonald / Karen Crocker / Ciaran Feighan

- The youth project aims to support young people with a diagnosis of ADHD and/or autism at critical transition points, such as transferring to High School, college or work.
- The support is available in many ways and will be individually tailored to the needs of the young person (and their family where appropriate).
- Counselling for young people is available subject to referral criteria.

Drama Therapy

(Please note this is only open to members referred by the CAAS team. It is NOT open to external referrals)

Criteria: Children aged 5-13. CAAS members only – see above.
Cost: £5.00 per session.
Contact: Therese Glynn.

- Drama therapy is offered to children who may be struggling with their emotions, with anxiety, or with social interaction and offers them a safe space to explore those feelings.
- Our therapists use the Sesame method, which is child led and supports them in understanding their own needs.
- Our therapists are fully qualified and registered with the Sesame School in London.
- Families **MUST** be engaging with services at the centre before a referral will be made.

WhyTry Programme (10 weeks)

When: Twice Annually
Criteria: Young people aged 12+
Contact: Therese Glynn

- WhyTry is a lively 10-week CBT based course designed to support young people in all areas of their lives. This is done through visual analogues, music and team activities.
- The course explores issues such as:
 - Peer pressure.
 - Decisions and consequences – making the right choices.
 - Building self-esteem and worth.
- The programme is taught in a way that is accessible to most learning styles and is very interactive making it popular with young people with ADHD.

CALMS Programme (6 weeks)

When: Twice Annually
Criteria: Young people aged 12+
Contact: Blaise McDonald

CALMS is a 6-week programme designed to help young people explore their condition and to learn to see the positives in having a diagnosis of ADHD. A similar course is being developed for those young people on the autism spectrum and will be available from Summer 2018.

Young Persons Film Group

	Existing Group (age 18-24)	New Group (age 15-18)
When:	Monthly on a Friday	Details Coming Soon
Criteria:	Age 18-24	Age 15-18
Cost:	£5 for takeaway / £15 Outings	£5 for takeaway / £15 Outings
Contact:	Therese Glynn / Karen Crocker	To be confirmed

- The Film Group provides the opportunity to combine socialising and meeting new people, whilst learning social skills. Films are chosen to facilitate discussion around what they have seen. This is done in a relaxed environment whilst enjoying a take away.
- The group also go on several outings each year to the cinema, or to other relevant places such as the Film Museum or the Harry Potter Tour.

The Games Room / Film Club

When: Selected dates during the holidays
Criteria: Young people aged 14 – 20 years with a diagnosis of ADHD and/or autism.
Costs: Free but there is a Tuck Shop
Contact: Helen Fleetwood

The aim of The Games Room is to encourage those with ADHD and Autism who find socialising difficult, but who enjoy film or games to come to our Centre to meet others in a relaxed and non-threatening environment. It is particularly aimed at those who are often reluctant to go out in the holidays or on weekends.

Girls Group

When: 2nd and 4th Tuesday of each month from 6.30-8.00pm
Criteria: Young women aged 11 – 16 years with a diagnosis of ADHD and/or autism.
Costs: Free
Contact: Lynne Laverty / Helen Fleetwood

The 'Girls Group' is a creative and nurturing space for young women. The group will aim to help the girls understand their diagnosis and learn strategies to help them manage. It might be a topic for discussion, such as creating/maintaining friendships, or having an external speaker in to give hints and tips on hair/make-up, or clothes.

The format will be a mix of both discussion groups, where a topic is picked each month and the group focus is on that topic, and creative activities so there will be an opportunity to learn new skills, and to be in a social environment that feels more natural and less forced.

The groups will be run by a therapist and facilitator and will include up to 8 girls per session. The topic will be decided in advance so girls can opt in or not depending on their interest.

Therapeutic Siblings Group

When: Details Coming Soon
Criteria:
Costs: Free
Contact: Lynne Laverty

The monthly siblings group will be designed to support siblings of children or young people with a diagnosis of ADHD and/or autism. The group, led by a therapist and facilitator, will give siblings an opportunity to gain understanding of the conditions so that they can better understand their brother or sister fostering better relationships. The group will involve a mix of talking and activities.

Lego® Therapy

When: Details Coming Soon
Criteria:
Costs: Free
Contact: Blaise McDonald / Karen Crocker

Lego®-based therapy is a social development programme for young autistic people or those with related social communication difficulties. Young people work together to build Lego® models and through this have the opportunity to develop social skills such as turn taking, collaboration and social communication.



When: Ongoing
Criteria: Young people aged 14-25 in Harrow.
Costs: Free
Contact: Blaise McDonald / Ciaran Feighan

HeadsUp is a new specialist young people's mental health service provided by four local organisations; Mind in Harrow, the Mosaic LGBT Youth Centre, Paiwand and Centre for ADHD & Autism Support.

The service provides peer-led mental wellbeing workshops and specialist one-to-one and group sessions tailored for young people from the LGBT and refugee communities and those with ADHD and autism support needs.

CAAS will provide a mix of one-to-one mentoring sessions, courses and groups to help young people with a diagnosis of ADHD and/or autism build their resilience and learn mental health coping strategies.

Services for Adults

Adult ADHD Group

When: Held on the second Monday of each month (dates available on the website).
Criteria: Adults with a diagnosis of ADHD or who suspect they have ADHD.
Contact: Minoor Noor / Emma Cooper.

The adult ADHD group provides a safe and non-judgemental environment for adults to come and explore what it means to have a diagnosis of ADHD, and to get help and support with issues arising in their everyday lives.

Book Group for autistic adults

Organised and facilitated by Janet Gothelf - janet.gothelf@clearer-perspectives.com

When: Every 4-6 weeks on a Wednesday afternoon
Criteria: Adults with (or who are seeking) a diagnosis of autism.
Contact: Janet Gothelf – contact prior to attending.

- In book club we discuss a book chosen by one of the group. The resulting conversations are wide-ranging and stimulating.
- The atmosphere is non-judgmental, respectful and supportive and you are welcome to attend even when you do not manage to read the book.
- Members include both people who have long enjoyed reading fiction and others who prior to attending book club had not been interested in fiction at all.
- Books are provided at cost or can be download or audio if you prefer.

Creative Writing for autistic adults

Organised and facilitated by Janet Gothelf - janet.gothelf@clearer-perspectives.com

When: Every 4-6 weeks.
Criteria: Adults with (or who are seeking) a diagnosis of autism.
Contact: Janet Gothelf – contact prior to attending.

- Creative writing is a safe space to explore writing in a non-judgmental and supportive setting.
- For some it is the first time they have tried putting down ideas in story, prose or poetry. Others have enjoyed creative writing for a long time.
- Members have expressed that they find the group very rewarding, therapeutic and interesting.

Women's Forum

When: On the 1st Tuesday of each month from 7.00pm till 9.00pm
Criteria: Adult women with (or who are seeking) a diagnosis of autism.
Contact: Lynne Laverty / Janet Gothelf

- The group is an open group for women who are autistic or who think they might be on the autism spectrum.
- The aim of the group is to provide a safe, non-judgemental forum for women to share their thoughts, experiences and ideas. You may participate actively or passively: you can talk or bring written contributions, involve yourself in group discussion or simply listen to what other women have to say.
- One topic is selected for discussion each month and advance notice of can be provided to those who wish to know.

Therapeutic and Social Group

Facilitated by Janet Gothelf - janet.gothelf@clearer-perspectives.com

When: On the 3rd Tuesday of each month
Criteria: Adults with (or who are seeking) a diagnosis of autism.
Contact: Janet Gothelf / Helen Fleetwood

- The group will meet every second month at our Centre where a therapeutic discussion group will take place from 7.00pm till 9.00pm. This will allow a space where individuals can discuss any issues in their lives, their worries and anxieties in a safe, non-judgmental environment. It may be discussions around friendships: how to meet other people; stay on a topic of conversation; pay attention or express one's feelings or emotions. There may also be discussions around employment, how to apply for a job, perform well in an interview, or maintain employment. Discussions will be based on issues impacting their lives on a daily basis.
- On alternative months there will be a social outing, which will be predetermined by the group. This will allow individuals to get together in a safe, pre-planned activity supported by a therapist and facilitator.

Additional Services

Lending Library

When:	Access during drop in sessions or by arrangement.
Criteria:	Membership of CAAS is required.
Cost:	£5 fee. This will be retained if books are not returned within six months. Two books may be borrowed at any one time.
Contact:	Family Support Team

- Our well-stocked library has books on all aspects of ADHD, autism and other related conditions. Our books are updated on a regular basis.
- We also stock books that support parenting as well as literature on siblings and family dynamics.
- Books are also available to help children or adults with a diagnosis of ADHD and/or autism to understand their condition.

Training for Professionals: “Empowering Ourselves to be Heard”

We can offer professional training as part of our “Empowering Ourselves to be Heard” project. The training is delivered by CAAS staff, supported by adults with ADHD, adults on the autism spectrum, and carers of individuals with both conditions. This has resulted in a powerful training programme which has been written up as an example of good practice in the updated Department of Health “Think Autism” strategy document.

Training is available to small groups as well as wider audiences and can be tailored to your organisation’s needs.

Please contact Lynne Laverty or Therese Glynn for further information or to discuss your training requirements.

Our Funders

CAAS would like to acknowledge all of our funders for their on-going support allowing us to continue to provide much needed services to our clients. Without your support it would not be possible to continue to fund our experienced staff team and provide the diverse range of services that we do. **Thanks, in 2018/19 go to:**

Big Lottery Reaching Communities

BBC Children In Need

Frustrated Communications

Harrow Council

Harrow CCG

Hillingdon Council

John Lyon's Charity

Young Harrow Foundation

London Catalyst and the Hospital Saturday Fund via Partners for Health

Preventative Partnership Fund

Sisters of the Holy Cross

City Bridge Trust

Global Make Some Noise



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