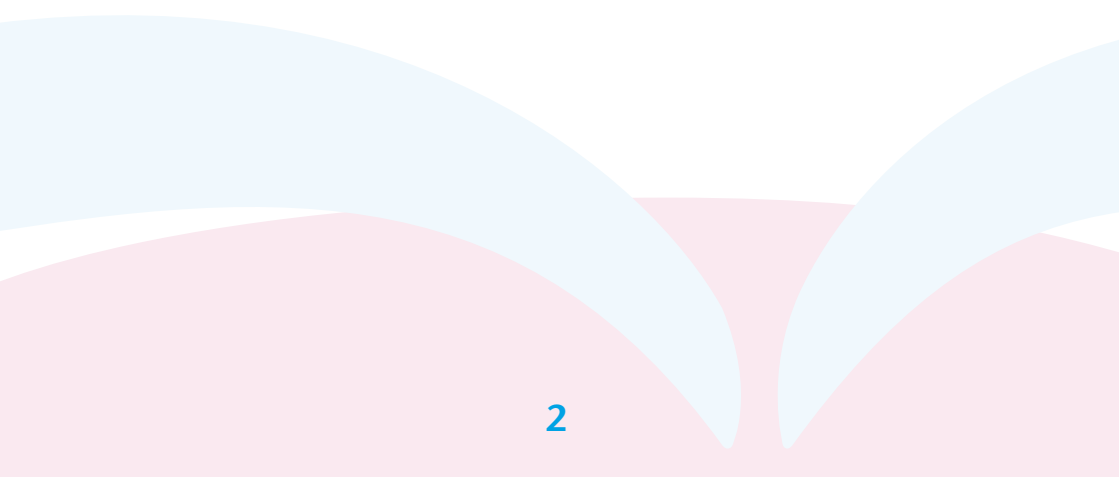


ADHD ALLIANCE AYRSHIRE



ADHD ALLIANCE AYRSHIRE is a support group for parents or carers in Ayrshire who have a child or young person with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD).

**Supported by NHS Ayrshire & Arran's
Child and Adolescent Mental Health
Services (CAMHS)**



ADHD ALLIANCE AYRSHIRE

Our aims as a support group for parents or carers of children with a diagnosis of ADHD are to:

- Provide and promote a space to share and talk about the challenges of managing ADHD within the context of a family.
- Increase awareness and understanding of ADHD, its presentations, management and complexities.
- Work in partnership with NHS Ayrshire & Arran and other agencies to share learning and skills from a range of professionals working with ADHD.



Useful reading and resources

Reading

- Taking Charge of ADHD
- 1-2-3 Magic
- Living with ADHD
- All Dogs Have ADHD
- My Doctor says I have ADHD—A child's journey (6-12)

Websites / resources

- www.nhsinform.co.uk
- www.adhdandyou.co.uk
- www.addiss.org.uk
- www.livingwithadhd.co.uk
- www.netdoctor.co.uk

The committee

- Fiona Thomson is a single mum whose son was diagnosed with ADHD when he was four-and-a-half years old. Since then she has worked to promote awareness and understanding of ADHD locally and nationally. Fiona herself also has ADHD.
- Clare Lowry is a mum of two, whose eldest son has ADHD. She enjoys taking time out by running, to balance the challenges of managing family life and ADHD.
- Sharon Stobbs is a mum of four. Her youngest daughter has ADHD and ASD. Sharon's other three children are also affected by ASD and associated conditions.
- Carol Cartwright is a Mental Health Nurse with more than 20 years' experience. Carol has worked locally in CAMHS since 2000, where she developed an interest in ADHD and its management and has been in her current ADHD specific role since June 2011.
- Liz Hollywood is a mum of seven, with her eldest and youngest sons both diagnosed with ADHD. She is also a proud grandmother of seven.

For more information contact:

Carol Cartwright

Community ADHD Nurse

Child and Adolescent Mental Health Services

32 Lister Street

University Hospital Crosshouse

Kilmarnock

KA2 0BB

Telephone: 07917070833

Email: carolcartwright1@nhs.net



Your notes

A series of horizontal dotted lines for writing notes, spanning the width of the page. The lines are evenly spaced and extend across most of the page width.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريال الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।



0800 169 1441



Tell us what you think...

If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: comms@aaah.scot.nhs.uk or comms@AAPCT.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

Name

Address

Comment
