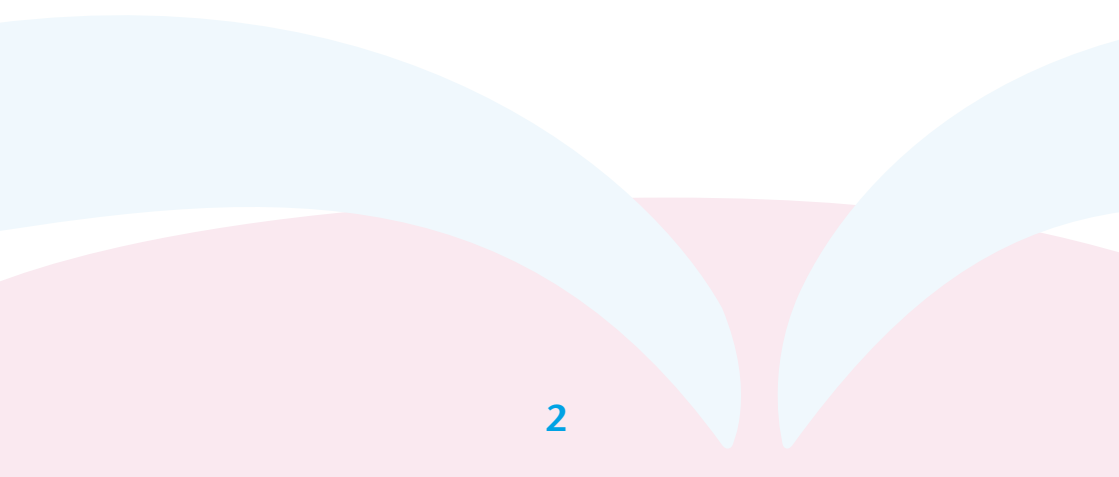


ADHD ALLIANCE AYRSHIRE



**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](http://www.nhsinform.co.uk)
- [www.adhdandyou.co.uk](http://www.adhdandyou.co.uk)
- [www.addiss.org.uk](http://www.addiss.org.uk)
- [www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk)
- [www.netdoctor.co.uk](http://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:**

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# Your notes

A series of horizontal dotted lines for writing notes, spanning most of the page width. The lines are evenly spaced and extend across the page, with a light blue decorative wave at the bottom.

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

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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.

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



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