

ADD-vance

We operate on a voluntary basis.

All our supporters are volunteers who give up their time to help other parents and carers.

We rely on donation of both time and money in order to provide a service in Hertfordshire.

- At *ADD-vance* we listen
- At *ADD-vance* we do not judge
- At *ADD-vance* we provide a friendly atmosphere where parents can speak freely.
- At *ADD-vance* we give support and information

Parents and carers can feel isolated

Children can feel isolated too

Information And Support

*Support groups are held
Monthly 7.30-9.30*

at

*The St Albans Children's
Centre, Church Crescent,
St Albans, AL3 5JB
(On the 1st Wednesday)*

And

*Hertford Selections
Children's Centre
Welwyn Road
Hertford SG14 2DG
(On the 4th Thursday)*

HELPLINE

*01727 833963
(Helpline Answer phone)*

*We aim to return all calls as
soon as possible*

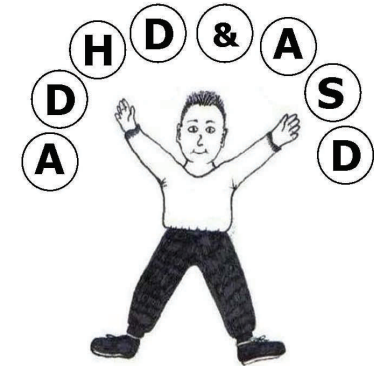
Email:

Herts@add-vance.org

Website:

www.add-vance.org

ADD-vance



ADD/ADHD

*(Attention Deficit
Hyperactivity Disorder)*

&

ASD

*(Autistic Spectrum Disorders
including
Asperger Syndrome & HFA)*

*Supporting and
empowering adults,
children and
families in
Hertfordshire*

ADD-vance

Supporting adults, children and families with ADHD and ASD

ADD-vance is a voluntary organisation set up in Hertfordshire in 1996 to support parents and carers of children with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorders (ASD).

We help parents in their aims to support their children. As parents of ADHD/ASD, we understand the pain and anguish that parents go through to meet their children's basic human rights and educational needs.

What is ADD/ ADHD?

ADD and ADHD are neurological conditions affecting the behaviours of some children (and adults). These children will exhibit age inappropriate and situation inappropriate behaviours which, if left untreated, *may* lead to adults who are poorly motivated and

who may have difficulty in coping with jobs and life. First indications are usually in early childhood and the condition continues throughout life.

General indicators

- Inattention
- Impulsiveness
- Over-activity
- Social Clumsiness
- Poor co-ordination
- Disorganisation

What is ASD?

Austistic Spectrum Disorders stem from a neurological shift that affects children's (and adults') ability to learn naturally and understand social cues and subtleties of communication. Among the first signs families will notice might delays in speech and a dislike of physical contact. ASD manifests in so many different ways and in people from extremely high intelligence to those with learning difficulties. The term includes Asperger Syndrome (AS) and High Functioning Autism (HFA), which are forms of autism at the higher functioning end of the spectrum.

General indicators

- Difficulty in communicating
- Difficulty in social relationships
- A lack of imagination and creativity

Ways we can help:

The telephone helpline (message) service operates five days a week (Monday to Friday) .

Support Group Meetings

These are held monthly in the evenings for parents and carers to share their experiences and feel less isolated. (Please phone or look at the website for details.)

Library. Books are available for loan in exchange for a returnable deposit. The library gives parents and carers access to information which may be shared with schools and other contacts.

Information. We provide information and resources to enable parents to support themselves. We liaise with professionals to increase awareness of ADHD/ASD

Coaching. We have a team of seven specialist ADHD/ASD coaches who work with individual children and their families.

Trips and Outings. We have fun. We include all the family in regular trips and outings.

Courses. We arrange courses for parents and carers in how to cope at home and how to navigate through education and medication issues. We also arrange courses for the young people in coping with their own issues.