

**WESAIL**

**Information for Parents and Carers- Signposting for Services**

**ADHD**

**Facebook Pages**

• Wesail Wakefield

• Wakefield Local Offer

• Carers Wakefield

• Wakefield Parent Carer Forum

• West Yorkshire ADHD Support Group

**Behaviour difficulties**

* <https://www.challengingbehaviour.org.uk/>
* SEND TCI- ask for Early Help to refer for when up & running

**Sleep**

* <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

**Information about ADHD**

* <https://www.adhdfoundation.org.uk/information/parents/>

**Parent Training**

* <https://witherslackgroup.co.uk/webinars/>
* <https://www.eventbrite.co.uk/o/barnardos-wesail-17787276417> - Wesail parent Training

Wakefield Local Offer

http://wakefield.mylocaloffer.org/Home

This is a website all local authorities have to have. It has all the information a parent needs in regards to a child with additional needs. There are specialist leisure groups, info on benefits, school processes, housing etc

**ADHD information & websites:**

* [www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/](http://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/)
* [www.addiss.co.uk](http://www.addiss.co.uk) ADHD information & support service
* [www.hacsg.org.uk](http://www.hacsg.org.uk) Hyperactive children’s support group
* [www.Nice.org.uk](http://www.Nice.org.uk) Search ADHD in search bar
* [www.chadd.org/for-parents/overview/](http://www.chadd.org/for-parents/overview/) ADHD information & support service
* [www.adders.org](http://www.adders.org) Research and information
* [www.adhdfoundation.org.uk/information/parents/](http://www.adhdfoundation.org.uk/information/parents/) Useful tips and advice
* [www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk) ADHD information & support service
* [www.adhdandyou.co.uk](http://www.adhdandyou.co.uk) ADHD information & support service
* [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) Mental health support
* [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds
* [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) Mental Health (Search for ADHD)
* [www.sane.org.uk](http://www.sane.org.uk) Saneline - 0845 767 8000 (A mental health evening helpline 6-11pm)
* [www.mind.org.uk](http://www.mind.org.uk) Mind - 0300 123 3393 (Confidential mental health Services information 9am-5pm, Monday to Friday)
* [www.childmind.org](http://www.childmind.org) – Parents/Carers guide to getting good care

**Video clips**

• Understood.org - What is ADHD – Tom Brown 28 mins

• Understood.org - How to (explain) ADHD – 7.39 mins

• Understood.org - Through your Child’s Eyes. Video simulations and interactive games to help you experience some of the frustrations your child might be having.

• StrADDegties for Success – Executive Function & ADHD - 2.50mins

• Motion Work - Flynn ADHD Information Video – 3.20min

• Aungula - ADD/ADHD Simulator - 3 mins

• ADHD Voices - What it’s like to have ADHD - 2.15 mins

• Adiaha Franklin – Executive Functioning – 2.01 min

• Shannon Ferguson – Executive Functioning A day in the Life– 3.14 min

Apps

• ADHD angel

• Adhd Guardian

If you need to ask any questions or for further advice, please contact:

Barnardo’s SENDIASS on **01924 304152**

or email **wesail@barnardos.org.uk**

**Apps**

• ADHD angel

• Adhd Guardian

**Parent/Carer support:**

www.familylives.org.uk Advice and links for Parents/Carers

www.parentingspecialchildren.co.uk Advice and links for parents/carers

www.understood.org Advice and links for Parents/carers

**Wakefield Information Network**

* <http://wakefield.mylocaloffer.org/s4s/WhereILive/Council?pageId=4063>

If you sign up you can receive your free max card and you will receive regular newsletters with information on training, support groups, things happening locally/nationally

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