

# ADD-vance Member Newsletter – July 2020



## ADD-vance

The ADD-vance ADHD and Autism Trust

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### Dear ADD-vance Parent / Carer Member

We do hope you and your families are staying safe and coping as well as possible during the current pandemic. This has been such a challenging time for everyone – but particularly for our families as we are supporting children with additional needs. We feel this may be a good opportunity to remind you of all the different types of support we are currently able to offer.



We have received additional funding from Herts County Council to run our 'free to access' **six-week parent courses**. These will be delivered online via Zoom and on a first come first served basis. Registration for these **8 courses will open at 1pm on Friday 3<sup>rd</sup> July via EVENTBRITE** with a maximum of **12 participants** per course. PLEASE DO NOT ATTEMPT TO BOOK ON BEFORE THIS, AS IT WON'T BE POSSIBLE TO REGISTER



We have received funding from Hertfordshire Community Foundation to run webinars over the summer holidays on the **Transition back to School after Covid - 19**. These webinars have a maximum of **98 participants** and will run on 4 occasions over the summer period. Booking will open on **Monday 6<sup>th</sup> July at 1pm via EVENTBRITE**

We still have **4 free Online Support Groups** between now and the end of term. These are being delivered via Zoom. Places are almost full so book asap to avoid disappointment. Please email [coaching@add-vance.org](mailto:coaching@add-vance.org) to register. Dates for the support groups are: Tuesday 7<sup>th</sup> July 19:30 – 20:30, Wednesday 8<sup>th</sup> July 10:00 – 11:00, Tuesday 21<sup>st</sup> July 19:30 – 20:30 and Wednesday 22<sup>nd</sup> July 10:00 – 11:00

Our **Coaching Service** is being delivered via Zoom. If you would like some tailored one to one support from a specialist coach, please contact Danielle Ludlow, [coaching@add-vance.org](mailto:coaching@add-vance.org) and she will go through all the options with you



Do you need help with your **EHCP Application**? Please contact [coaching@add-vance.org](mailto:coaching@add-vance.org) and we will arrange a consultation with our EHCP Specialist



**Our helpline** is still available via the new mobile number:  
**07716 744 662**. The lines are open from 9am-1pm Monday to Friday



## **We need your help!**

Firstly, a huge thank you to those members who have already given so much to us as a charity in the past - your support has enabled us to grow into the amazing organisation that we are today. BUT, now more than ever, we need your help...

The Covid crisis has had an impact on our ability to fundraise as a charity. There are various ways in which you could help us, some of which will cost you nothing!

- Could you set us up as your preferred charity and give as you shop (which costs you nothing)
  - Amazon Smile [www.smile.amazon.co.uk/](http://www.smile.amazon.co.uk/)
  - Give as you live [www.giveasyoulive.com/join/add-vance](http://www.giveasyoulive.com/join/add-vance)
  - Easyfundraising <https://www.easyfundraising.org.uk/causes/addvance/?inline-register=1>
- Could you help us by nominating ADD-vance as the charity of the year for your company?
- Put on a fundraising event for us?
- Set up a one off or monthly donation via our website <https://www.add-vance.org/donate/direct/>

*Any help with any of the above would be hugely appreciated – thank you so much*



### **Useful website links from Herts County Council**

- Information for people on the autism spectrum for adults: [www.hertfordshire.gov.uk/media-library/documents/public-health/coronavirus/professionals-pages/autism-and-mental-health-adult-offer-leaflet..pdf](http://www.hertfordshire.gov.uk/media-library/documents/public-health/coronavirus/professionals-pages/autism-and-mental-health-adult-offer-leaflet..pdf)
- Information for people on the autism spectrum for children: [www.hertfordshire.gov.uk/media-library/documents/public-health/coronavirus/professionals-pages/autism-and-mh-offer-leaflet-for-children-final.pdf](http://www.hertfordshire.gov.uk/media-library/documents/public-health/coronavirus/professionals-pages/autism-and-mh-offer-leaflet-for-children-final.pdf)

# Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

<b>Be Calm.</b> Your child will take their lead from you and be reassured if you are steady and matter of fact. 	<b>Be Curious.</b> These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "It's completely fine to feel like that at the moment" or "I can really understand why you would feel like that" 
<b>Be Positive.</b> Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space. 	<b>Be Thankful.</b> Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them 
<b>Be Supportive</b> Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first. 	<b>Be Prepared.</b> Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to. 

[www.traumainformedschools.co.uk](http://www.traumainformedschools.co.uk)



## AND FINALLY, ...

Please remember to Self-Care. Here at ADD-vance we are always encouraging this and it is for a very good reason. One cannot 'pour from an empty cup' so make sure you regularly 'top yourself up' so that you are in a stronger place emotionally as well as physically to deal with the challenges you face. Time for YOU is so important. And you deserve it.

Take great care, we look forward to welcoming you to our forthcoming courses, workshops and support groups and indeed to having a chat via our helpline...

*With our warmest regards,*

*The ADD-vance Team x*

## SUPPORT GROUP TESTIMONIALS

*"I found the session to be really helpful and I felt welcomed and safe to discuss the issues I wanted to speak about. It was good to be able to relate with other parents."*

*"Thank you for giving us the opportunity to continue to attend your fantastic support group via Zoom"*

*"It was great to take time out to explore possible solutions to and ways of addressing current challenges. Sometimes it helps just to talk with others who really "get it"."*

*"I really enjoyed being in the group meeting and found it useful to share challenges as well as successful strategies together. It felt very welcoming and personal"*

*"It was really very helpful. The two coaches were very knowledgeable and attentive. It helped me immensely."*

*"Thank you so much for the opportunity to join this session. I have to say it's the best session I have attended! I would have gladly continued for hours! Put down my name for all, day or night! Can't thank enough!"*