

ADDVenturer News

Issue Thirty-Three ~ Autumn 2022

*ADHD Support Group for
Havering, Barking & Dagenham, and surrounding areas*

Funded by:



LOTTERY FUNDED



Patron: Col. Mark Bryant MBE DL

CEO: Lady Sheila Keeling

Registered Charity No:1091461

Return of the Newsletter

Welcome to the revival of the Addup Newsletter.



Feedback raised at the Parents Forum meeting suggested we reinvent the Newsletter to keep members posted about: upcoming activities, training, events, good news stories and any other information. The Newsletter will be produced on a quarterly basis however, we may produce a brief Newsletter for any news that occurs between publications.

Please let us know your good news stories, or anything else, you would like included in future issues.

ADDUP Management Committee 2022/23



Chairperson:	Geoff Hartnell
Secretary:	Lyndsay Marsh
Treasurer:	Michelle Todd
Vice Chair:	Emma Gordon
Minutes Secretary:	Debby Reid

Members:

Helen Morgan
Fay Kern
Natalie Smith
Louise Moran

We currently have 3 vacancies on the Management Committee.

If you are interested in joining the Committee please contact Lyndsay at lyndsay@addup.co.uk

Addup's 25th Anniversary

Addup was 25 years old this month and we celebrated with an Anniversary Ball to mark the occasion. We are delighted that the Mayor of Havering Trevor McKeever and his Lady Consort joined us along with the Leader of Havering Council Ray Morgon and other Councillors. Colonel Mark Bryant DL who is the patron of Addup, representatives from NELFT, members past and present, staff, Committee members, family and friends also attended, 96 of us in total. It was a night of celebrations with an awards ceremony to Addup achievers including Rebecca Brown, who received the "Dr Padamsee Memorial Award" for services to Addup.



Col. Mark Bryant DL, Rebecca Brown, and Mayor of Havering Trevor McKeever

We have come a long way in 25 years, starting out in a cupboard under my stairs at home to becoming a successful, award winning, Charity that is respected for

its work with children with ADHD. We have struggled at times, mainly financially, however, we are tenacious, stubborn and have fought a tough battle to get the money in to continue to offer our services to our families. We have survived the turmoil of, being on the verge of closure, begging LBH for money (not easy), writing funding applications and getting rejected, while learning how to run and manage a small Charity and deliver services that meet the needs of our children and families.

Our work has seen those children who started with us become adults who are now living successful and prosperous lives, doing work that is giving back to society and, we feel we played a part by being there for them, supporting, guiding and teaching them how to accept their ADHD and to use it as an asset to learning and achieving.

Do we have another 25 years in us? Does ADHD still affect children? Do families still need support? I would say yes so, at least another 25 years it seems!



Emily & Matthew

Congratulations to Matthew and Emily on their recent engagement.

Matthew came to Addup as a child and worked hard progressing to become a volunteer/mentor. He was successful at school, even though school was not an easy place for Matthew however, he worked hard and was successful in getting an apprenticeship at The Ford Motor Company. Three years later he was a fully qualified engineer and is employed by Fords. Matthew and Emily recently bought their first home and since news of the engagement we are now looking

at hats for their wedding 🙌

It is important that everyone plays a part in the success of our children and Matthew had a strong mum behind him, who supported him, even learning Spanish with Matthew to help him achieve his exam result. We know it's not easy having a child with ADHD, it can be a tough journey but being a strong team you will get good results and then it all makes everything worthwhile, as Matthew has proved. Matthew is still actively involved with Addup,

he volunteers his time, work permitting, and is a joy to be around and we are all so proud of the young man he has become and this is why he was awarded our "Light at the End of the Tunnel Award"



Col. Mark Bryant DL, Fiona Robinson (Matt's Mum), Matthew, and Mayor of Havering Trevor McKeever

Clubs and Activities

Due to a successful small funding application we have made some changes to clubs currently running which started after the October half term and are as follows:



Monday - currently Life Skills

From January this will become a Health & Fitness programme which will include:

A health & fitness and wellbeing programme to channel the children's energies into a positive programme of sport and fitness to help burn their excess energy while achieving goals leading to improved confidence and self-esteem. We plan to introduce them to healthy food choices while thinking about what they eat and how it affects the planet. Wellbeing will include lifestyle choices, peer relationships, issues around road safety, and recycling, again thinking about the planet. Some of this work is

already included in the project and Life Skills will continue to be delivered alongside this project.



Wednesday - Children's Voice's

Following the parents forum meeting and subsequence evaluation form "Shaping Addup" a suggestion was made for a homework club. Addup has, in the past, run a homework club however, the numbers dwindled so it ceased. We are now going to run a homework section on Wednesdays for the first half an hour of the session. This will be on a voluntary basis for the children, who are booked in for Children's Voices, to either participate or

not. This will be incorporated into the activity till the end of year, the staff will monitor and report back to see if there is a need to run a specific group for homework and if so we will seek funding.

The other hour of Children's Voices will continue as it is now with life skills, fun and games.

Saturday Drama



The drama group continues as the children are working towards their production in December. The shows take place on Saturday 3rd December at 6pm and Sunday 4th December at 2pm.

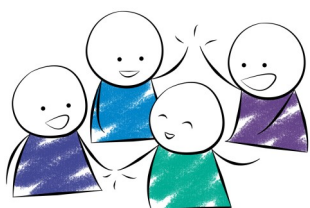
Tickets cost £5 per adult & £3 per child.

There are places available for the Drama group in the new year, when the children will start work on a new production, we do not expect the children to be professionals, the programme is run to boost the children's confidence and self-esteem while having fun.



The “Monster Inside” parent/child programme

This is a three week course which teaches children how to manage their ADHD and for the parent/carers we put you inside your child’s head to help you understand how their ADHD impacts on them. Then we teach you how to do it differently to reduce the risk of “meltdowns”



Parent Support Network Meetings

These operate the first Wednesday of most months. This is for parent/carers only and gives you an opportunity to meet other parents, raise issues and concerns and seek support. We intend to invite guest speakers, so please let us know who you would like to visit. The staff attended the last meeting and we are planning to bring back some of the first children of Addup, now adults, to tell you how they survived ADHD. They were very popular the last time they visited. These meetings will now be held at the Addup Centre (home)

- * Wednesday - 7th December 2022 7-9pm
- * Wednesday - 1st February 2023 7-9pm
- * Wednesday - 1st March 2023 7-9pm

Meet the Staff



Sheila Keeling
CEO



Lyndsay Marsh
Centre Manager



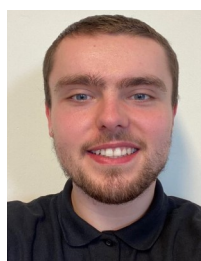
Emily Scott
Lead Keyworker



Fiona Phillips
Emotional Wellbeing
Keyworker



Ryan Todd
Media
Keyworker



George Ball
Physical Wellbeing
Keyworker



Jamie Hardcastle
Performing Arts
Keyworker



Emily Knight
Project
Assistant



Anya Wiggins
Project
Assistant

Our Children's Corner

It was suggested we get the kiddos involved in this Newsletter so we asked the children of the drama group to tell us why they come to drama and what they get out of it, here are their responses:

Joseph – everyone helps me and be kind

Noah – its good and fun and nice

Arthur – I like dancing

Tommy – I like coming to drama because I like playing with my friends

Ruby – I like coming to drama because everyone is nice and friendly also I love singing and dancing

Oliver – I like coming to drama because you can play games, be in a play and you do dances

Evie – I like drama because I see all my friends

Happy Birthday to....

December

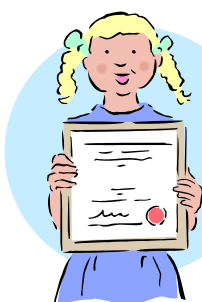
3rd Noelle Cooper
4th Charles Allen-Monaghan
6th George Christie
7th Nico Vannoli-Rogacz
8th Nicholas Alexander
9th Malachi Oviasu-Ewhe
9th George Coombe
9th Nathan Garcia Slotnick
9th Nerys Selvon
12th Alfie Castel-O'Leary
15th Thomas Linge
15th Jason Mccarron
16th Bella Kent
17th Devon Zirfas
19th Kyle Mccarron
20th Flynn Doran
24th Alfie Zirfas
29th Ruby Welch
31st Neve Brown

January

5th Lia Cotnareanu
6th Nancy Connors
10th Erin Forbes
10th Holly Beaman
12th Hannah Simons
13th George Scott
17th Evie Wilby
20th Max Priaulx
20th Jazmine Clare
21st Harrison Deadman
22nd Sidney Ryan
28th Mikail Meah
29th Alfie Feasey
30th Zainab Javid
30th Kyla Millwood
30th Reggie Reynolds
30th Jody Whyte

February

1st Millie Brett
4th Joshua Deadman
4th Quadell Spratley
5th Jamie Cini
5th Theodore Olong-Olasehinde
5th Tobias Olong-Olasehinde
6th Louie Burgess
6th Oliver Jones
6th Connor Todd
6th Raya Todorov
9th Jackson Nicholson
9th Bella-Mae Clare
14th Benjamin Walker



Has your child achieved anything that they would like us to recognise? Or has he or she written any poetry or short stories? Then why not let us know and we can try to include it in the next newsletter.

Other Help Organisations

IPSEA

IPSEA is an Independent Panel for Special Educational Needs offering support and advice to parents with children that have special education needs.

Call-in Helpline: 0300 222 5899
Fridays 9.30am - 3pm

For their tribunal and advice helplines you need to book an appointment which you can do on their website

<https://www.ipsea.org.uk/>

Coram Children's Legal Centre

CCLC provides free legal information, advice and representation to children, young people, their families, carers and professionals, as well as international consultancy on child law and children's rights.

Head Office:

Coram Children's Legal Centre
Wellington House
4th Floor, 90-92 Butt Road
Colchester
Essex CO3 3DA

London Office:

Coram Children's Legal Centre
Coram Campus
41 Brunswick Square
LONDON
WC1N 1AZ

E-mail: info@coramclc.org.uk
www.childrenslegalcentre.com

The ADHD Foundation

The ADHD Foundation offers support for adults with ADHD and other Neurodivergent conditions

54 St James St,
Liverpool
L1 0AB
Tel: 0151 541 9020
Email: info@adhd.foundation.org.uk
www.adhd.foundation.org.uk

SNAP (Special Needs And Parents)

Special Needs and Parents (SNAP) is a registered charity that helps Essex families who have children aged 0-25 years with special needs and disabilities. The children's disabilities are wide-ranging including autism, cerebral palsy, Down syndrome, sensory impairment, speech and language difficulties and learning disabilities.

The SNAP Centre

Pastoral Way
Warley
Brentwood
CM14 5WF
Tel: 01277 211300
Email: info@snapcharity.org
Website: www.snapcharity.org

November

28th Health & Fitness, Children's Voices, and Drama booking forms available from 6pm



December

3rd Drama Show
Drama Group - End of Term

4th Drama Show

5th Life skills - End of Term

7th Children's Voices - End of Term
Parent Support Network Meeting

9th Health & Fitness, Children's Voices, and Drama booking deadline

10th Christmas Party

19th Office Closed for Christmas/New Year Break

January 2023

4th Office Re-opens

14th Drama Group - New Term Starts

16th Health & Fitness Programme - New Term Starts
February Half Term booking form available from 6pm

18th Children's Voices - New Term Starts

27th February Half Term booking deadline

February

1st Parent Support Network Meeting

6th Monster Inside - Booking form for March course available from 6pm

13th February Half Term Project starts

17th February Half Term End of Project Presentation

Drop-in Centre Opening Hours

The Drop-in Centre & office is open weekdays, from 9am to 3pm

Please call before visiting, to check someone is here as we don't want you to make a wasted journey.

Addup Contact Details

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Essex RM11 1AX
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Website: www.addup.co.uk

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