

# ADDVenturer News

Issue Thirty-Four ~ Spring 2023

*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

Welcome to the latest edition of the  
Addup Newsletter.

**CEO's News** by Sheila Keeling



After the wonderful celebration of our 25<sup>th</sup> Anniversary, we finished 2022 with the Addup drama group production of "The Lion King does the Muppets Christmas Carol ~ ADHD style" which was brilliant. The children, staff, and volunteers had so much fun performing for their family, friends, and professionals, and tears of joy were shed. There were many highlights to the show, but I think performing Silent Night using sign language was a real lump in the throat moment for most of the audience, absolutely wonderful. We were delighted to be joined the Mayor of Havering Councillor Trevor McKeever and Col. Mark Bryant DL, Patron of Addup, who presented certificates to

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## ADDUP Management Committee 2023/24



Interim Chairperson:	Emma Gordon
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 vacancies on the Management Committee.

If you are interested in joining the Committee please contact Lyndsay at [lyndsay@addup.co.uk](mailto:lyndsay@addup.co.uk)

## CEO's News continued...

the children at the end of the show adding really kind words about how much they enjoyed the show. The faces of some of the children when they received special recognition awards were an absolute joy, "what me?" yes, you!



Comments we received included:

"The difference in the children's confidence from last year was amazing"

*"I have never heard my son speak on stage before, he doesn't get picked at school"*

*"I cried all the way through it"*

*"Wonderful, amazing, has set me up for Christmas"*

Two brilliant performances yet again, these are special moments we hope you will remember.

A huge shout out to the staff and volunteers of Addup for all their hard work getting the children there and their dedication to the children of Addup.

So, as we start the new year a new show and some new children, and we are already looking forward to seeing our little champions on the stage in December.

The regular projects are well underway now and we have just completed February Half Term which was a great success. Again, we met some new children and feedback was that the children had had an amazing time. Emily and her team have planned the Easter Half Term with a theme of Carnival, so lots of colour, sparkle, and fun. We intend to have a fund-raising open day on the last day of the project which the children will host. Please show your support to the children and come along. The Carnival fun will start at 12pm on Thursday 6<sup>th</sup> April and all are welcome.



Now looking forward to seeing some sunshine and warm weather (this cold really does not suit me) and to meeting the new families who have joined at Addup recently.

### Celebrating the life of Geoffrey Martin Hartnell

Geoff, who sadly died unexpectedly earlier this year, was the Chairperson of Addup, however he was so much more than just our Chair.

Geoff devoted his life to young people, he worked tirelessly for the voluntary sector, he was involved with the Police Cadets and many other uniform groups. He was also involved in other Charities either as their Chair or as a member of their Board.



He enjoyed being part of The Sealed Knot, a re-enactment group, and spent many a happy weekend with this group with his musket, again supporting the young people who were part of this group.

As members there is so much that goes on behind the scenes that you do not know about, you see the activities, training, the fun things, however there is much you do not see. Geoff supported Sheila and Lyndsay, and was a great Chairperson, helping to guide Addup to become the successful organisation it is. He is going to be sorely missed by everyone on the Addup Committee and by many more people in the London Borough of Havering.

Geoff, we thank you for your time and commitment to our small Charity and we will miss you, but you will always be remembered for the wonderful gentleman you were, by the many young people, uniformed groups, and Charities you supported and everyone who knew you.

Thank you Geoff



## Graze Boxes

Issues related to our children taking medication which is affecting their eating habits crops every so often. Taking medication can, and I say *can*, affect your child's eating habit. I am told:

"he won't eat his dinner"

"he's not eating breakfast"

"he's coming home with his lunch box full"

I always ask, "did he eat well before medication?" the answer is usually "well... no"

Reading the side effects of the medication can make us look for things that are not there. I say to parents "don't ask them if they have stomach cramps, headache or nausea", the main side effects of taking the medication. When you say to a child "if you get a headache, stomach cramps or you feel sick let me know" I can guarantee they will have all three 🤔

Taking medication can *change* the way your child eats, they may not want to sit down at a certain time to eat, they may not be feeling hungry at that time, like lunchtime at school. If they don't want to eat when you do, wrap the meal in clingfilm then heat it later when they want it. It is better to change the way you view food with your children, if you make an issue of food it becomes an issue for them. Some children have issues with textures, so won't eat certain foods, or you feel their diet is bland and they are not getting enough nutrients.

My eldest son (now 42) lived on Wotsits and tomato soup when he was very small, never ate any vegetables, I used to put a slice of carrot on his plate for colour 😭 I took him to the GP who said, "give him what he wants". He was ADHD but not diagnosed and was never medicated. His younger brother was diagnosed ADHD and medicated but he ate everything and still does, particularly his vegetables. My older son is now muscular and of a good build, he still does not eat vegetables. His younger brother, who came off his medication at 16 and is now almost 33 years old is tall and skinny and still eating everything. He tried many different ways to put on weight, shakes, etc. but nothing worked. Looking at the dynamics of my family on my mothers side my boys take after my uncles, tall, skinny (and handsome) who would have had a diet of fresh meat and vegetables every day, no processed foods.

So look at the bigger picture... Did they eat well before medication? Were they always fussy eaters?

One way to monitor what your child eats is to have a graze box and coming up to the school holidays is a good time to do this. If anything like my children, the school holidays were expensive in feeding them, but often the words "I'm hungry" was heard, or "there's nothing to eat" when you had a cupboard full of food, so use a:

GRAZE BOX.

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## Sheila's Tools continued...

What is a graze box? A tub/box with a lid, add the child's name, let them decorate it, let them take ownership of the box and do this for all the children in the house so the ADHD child is not made to stand out. Let them help you fill the box with what they eat each day, a sandwich, crisps, yogurt, chocolate bar or preferably fruit, drinks, etc and let them take control. If they choose to eat it all in one go that's their choice, don't add to it, they will soon learn to eke it out during the day. Still give

them their main meal in the evening. By doing this you can monitor what they are eating, keep a diary and when you next go to the Acorn Centre you can show the doctor exactly what they are eating.



We all vary in height, weight, stature etc. look at the dynamics of your family. We all burn energy in different ways, my youngest son did not do sports etc. although he did do Karate and got to a black belt, his older brother ran marathons. Their eating habits also change as they get older, even though my son still does not eat vegetables his diet is no longer Wotsits and tomato soup, he eats a good diet without vegetables. When his younger brother visits for Sunday dinner I know I have to do more vegetables, so look at the bigger picture.

## Meet the Staff



Sheila Keeling  
CEO



Lyndsay Marsh  
Centre Manager



Emily Scott  
Lead Keyworker



Fiona Phillips  
Emotional Wellbeing  
Keyworker



Ryan Todd  
Media  
Keyworker



Jamie Hardcastle  
Performing Arts  
Keyworker



Emily Knight  
Project  
Assistant



Anya Wiggins  
Project  
Assistant

# Our Children's Corner

## Happy Birthday to....

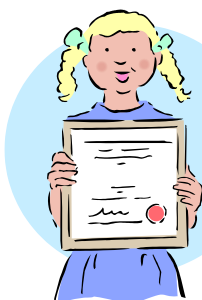
### March

3rd Albert Hudson  
3rd Alexander Berkovitch-Perry  
6th Gracie Chalk  
6th Harriet Linge  
8th Freya Henry  
9th Scarlett Burdett  
10th Sophia Matthews  
10th Hetty Reeve  
11th Teddy Ames  
13th Amelia Cini  
22nd Rosie Reynolds  
22nd Angad Batth  
25th Matthew Samarxhiu  
28th Jamie Hardcastle  
30th Connor McKie



### April

1st Bernado Pasinato-Parazzi  
1st Camila Pasinato-Parazzi  
1st Eliana Walsh  
5th Jude Rule  
6th Anthony Clark  
7th Ray Nugent  
8th Teddy Chalk  
8th Guy Palfrey  
8th Pippa Perry  
9th Freddie Lawrence  
9th James Lawrence  
11th Skye Tritton  
11th Gracie Bunn  
13th Angel Bailey  
14th Spiros Christoforou  
18th Alongé Parkinson  
18th Joseph Lewis  
20th Marcelo Taylor-McCoy  
20th Aiden Snell  
21st Liam Mason  
21st Yusuf Uddin  
22nd Max Reeve  
25th Meyler Taylor-McCoy  
27th Jaidon Lynes  
29th Rhys Scott



### May

1st Noah Lawton-Duffy  
4th Sophie Bunn  
6th Austin Brown  
6th Henry Brown  
11th Lucie Jones  
11th Archie Coombe  
14th Riley Hodge  
15th Precious Odefemi  
16th Kit Moran  
17th Ethan Crush  
20th Josh Bhatt  
22nd Ty Spencer  
25th Elliott Donaghey  
26th Noah Crush  
26th Maha Mirza  
28th Ellis Jackson  
29th Billy Warwick



I am feeling angry  
I am feeling mad  
When I feel like this  
I make my friends and family sad.  
I don't want to upset them  
But there's something deep inside me  
That makes me feel like this.  
It makes me stomp very very loud  
And nothing is at bliss.  
I really don't like acting this way  
But I just can't help it.  
I am sorry if I have upset you  
From the bottom of my heart.  
I never meant to hurt you  
And I really want to stop.  
But I find it really hard to.  
I am really sorry!

Written by Joseph Walsh, age 7

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  
4<sup>th</sup> 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](mailto:info@coramclc.org.uk)  
[www.childrenslegalcentre.com](http://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](mailto:info@adhd.foundation.org.uk)  
[www.adhd.foundation.org.uk](http://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](mailto:info@snapcharity.org)  
Website: [www.snapcharity.org](http://www.snapcharity.org)



## April



3rd	Easter Project starts
6th	Easter Project - Fundraising Carnival Day
7th	Addup Office Closed - Good Friday
10th	Addup Office Closed - Easter Monday
18th	Health, Fitness & Wellbeing Group - New Term starts
19th	Children's Voices - New Term starts
21st	Monster Inside - New course starts
22nd	Drama Group - New Term starts

## May

3rd	Parent Support Network Meeting
15th	Monster Inside - Booking form for June course available from 6pm
19th	Monster Inside - Booking Deadline
29th	Health, Fitness & Wellbeing Group - No session (half term)
31st	Children's Voices - No session (half term)

## June

3rd	Drama Group - No session (half term)
7th	Parent Support Network Meeting
9th	Monster Inside - New course starts
26th	Summer Project - Booking form available from 6pm

## 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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Hornchurch  
Essex RM11 1AX  
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Email: [addup@addup.co.uk](mailto:addup@addup.co.uk)  
Website: [www.addup.co.uk](http://www.addup.co.uk)

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