ADHD Post-diagnosis Information Session

What is the session about?
This one hour session will provide you with relevant information about Attention Deficit Hyperactivity Disorder (ADHD) to enable you to understand how this diagnosis relates to you as an individual.

We will signpost you to relevant services and websites so you can find out what support and interventions are available for you in the Coventry and Warwickshire area.

What will happen in the session?
The information is delivered in a relaxed and visual way; using presentation, hand-outs, discussions and sharing of problems and strategies. We only encourage discussion that you are comfortable with sharing. You will not be expected to speak in front of the rest of the group unless you are comfortable in doing so. There may be a short period of time to ask any questions at the end of the session.

Who can attend the session?
This is a free group session for adults who have recently been diagnosed with ADHD. This will allow you to meet other people who have had similar experiences; we invite ten individuals to the session. You are welcome to bring a family member or friend with you but please let us know when you book.

Please note, this session is for adults only. Please ensure that you make arrangements for your child/young person to be looked after as we do not offer any childcare facilities.

Who will lead the session?
The following clinicians are involved in delivering the sessions:

Karen Scorer
Clinical Lead
Occupational Therapist

Helen Cunnane
Assistant Psychologist

Sarah Leddy
Clinical Lead Speech and Language Therapist

Lisa Whitley
Occupational Therapist

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May 2018