

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Attention Deficit Hyperactivity Disorder

Support services

NBS – Neurodevelopment Behaviour Service

This service provides pre and post diagnosis support and interventions to families of children and young people with autism and/or ADHD in Nottinghamshire. The service provides parental and professional advice, drop-in services and parenting programmes.

E-mail: family servicenbs@nottscc.gov.uk

Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis. This includes ICDS (Integrated Children's Disability Service).

Telephone: 0115 8041248

Email: early.help@nottscc.gov.uk

If an early help referral for support is needed this must be completed online by a professional this can be your child's teacher.

Sherwood Forest Hospitals Community Paediatric Website

Information and advice for post diagnosis support.

Website: <https://www.sfh-tr.nhs.uk/for-patients-visitors/children-and-young-people/>

Nottinghamshire Help Yourself website

This website aims to bring together all the information from health, the voluntary sector and the county council in one place.

Website: www.nottshelpyourself.org.uk

Child and Adolescent Mental Health Team

The Nottinghamshire CAMHS team provides assessment and support for young people aged 0-18 years with emotional and mental health difficulties.

Website: www.nottinghamshirehealthcare.nhs.uk/camhs

Single Point of Access (SPA): 0115 854 2299 (8am- 6pm to discuss referrals)

General enquiries, help and support: 0115 969 1300

Crisis number: 08081963779 (24 hours a day, 7 days a week)

If you have immediate concerns about your child's mental health, for example if they are threatening suicide or they are self-harming, please contact your GP or NHS 111, or take your child to your nearest Emergency Department.

Useful websites*

ADHD Foundation: <http://www.adhdfoundation.org.uk>

This website provides useful information for parents, schools and professionals about ADHD, its assessment and treatment. It includes helpful leaflets about how to manage ADHD and up to date news and events.

NHS website: www.nhs.uk

Type ADHD into the search box. Information on this website about behavioural strategies, medication, and assessment. There is also information about ADHD in adults.

UKADHD: <https://www.ukadhd.com/>

Information and news for families and professionals including links to other helpful resources:

- **ADDISS** - information and support service: <http://www.addiss.co.uk/>
- **ADDERS** - UK-based charity: www.adders.org
- **Living with ADHD** (Janssen): www.livingwithadhd.co.uk

The following are online but not linked via UKADHD:

- **CHADD** - children and adults with autism: www.chadd.org
- **How to ADHD:** [Home - How To ADHD](#)
- **Cerebra:** [Sleep Advice Service - Cerebra](#)
- **Be U Notts:** [Be U Support | Free Mental Health Service for Children and Young People](#)
- **ADHD and You** (Takeda): www.adhdandyou.co.uk/
- **Young Minds:** <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

* **Some of these websites are sponsored by drug companies. We do not endorse any specific company and in the interest of fairness we have listed all those that manufacture medications for ADHD in children.**

Local support groups

Spectrum WASP – We Are Special People (Rainworth)

Telephone: 07746 185 394/01623 795610

Parent/Carers support group at First Floor, Ransom Hall, Ransom Wood Business .

Email: info@spectrumwasp.org

APTCCO – A Place to Call Our Own

Provide advice and support for families with children who have additional needs, and sibling support group (Nottinghamshire County only).

Telephone: 01623 629902

Website: www.aptcoo.co.uk

Email: enquiries@aptcoo.org

Information services

King's Mill Hospital Library and Knowledge Service

The King's Mill Library has a large collection of books and resources to support parents.

Online link to catalogue of books and resources:

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009.

Location: Walk into the hospital from the main entrance past Costa Coffee, walk until you reach a T junction and can go no further, turn right, then take the first set of stairs on your left past the doors to the outside. Go up to the 1st floor, turn left and the library is then on your left.

Information service

This service now combines ASK US Nottinghamshire and ASK Iris. They provide information, advice and support for children and young people with disability or special educational needs and their families.

Information Service, which covers the city and county: www.askusnotts.org.uk

Telephone: 0800 121 7772

Education

Schools and Families Specialist Services (SFSS)

Support for children and young people with complex special educational needs and/or disabilities, their families and staff in the early years settings and schools they attend. Please discuss referral with your school.

North Ashfield area – Sutton, Kirkby, Huthwaite and Skegby

Professionals can refer children to the NAP (North Ashfield Partnership) Service for parenting programmes. Please speak to your school or the healthy families team to make a referral.

Ask Us Nottinghamshire

Confidential Information, advice and support service across education, health and social care issues to parents and carers of children and young people with special educational needs and disabilities (SEND).

Information Service, which covers the city and county: www.askusnotts.org.uk

Telephone: 0800 121 7772

IPSEA (Independent Provider of Special Education Advice)

Helpline: 0300 2225899 (Wednesday and Friday, 9.30am-12.30pm, or book an advice line appointment on the website).

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

Puberty, relationships and sexual health

The SEXions team provide support and advice to young people over the age of 13 years and is a confidential sexual health service for young people aged 13-19 for young people with disabilities.

Telephone: 01623 676142, extension 4094

Phone or text Monday to Friday on mobile: 07990585647 or 07990585642

Benefits and funding

Children's DLA

Telephone: 0800 121 4600 Monday-Friday 9am-5pm

More information and application details are available at:

www.gov.uk/disability-living-allowance-children

Personal Independence payment (PIP)

Telephone: 0800 1214433 (young people over 16 years)

More information is available at: www.gov.uk/pip

Mansfield Welfare Rights

141 Newgate Lane

Mansfield

Notts

NG18 2QD

Telephone: 01623 421375

Family Fund

Means tested yearly financial grant.

Website: www.familyfund.org.uk

Telephone: 01904550055 (Monday-Friday, 9.30am-5pm)

Flexible Short Breaks

The Flexible Short Breaks Scheme (FSBS) offers disabled children and young people living short break provision from a menu of services.

Website: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/short-breaks>

Telephone: 0300 500 80 80

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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