

ADHD and related behaviours resources and support

www.devon.gov.uk/cwan

October 2011

ADHD stands for Attention Deficit Hyperactivity Disorder. People with ADHD find it very difficult to sit still, to concentrate, to focus on things and to think before they act.

ADHD support groups in Devon

ADHD Support Group

The Mind Centre, 32-34 High Street, Honiton
EX14 1PU

01297 630113 or **07749 299943**

The ADHD Support Group provides support for families in East and Mid Devon with children with ADHD. They also provide a book and a toy library. The group meets monthly.

Autistic Spectrum Condition and Attention Deficit Hyperactivity Disorder Group

Okehampton

Deborah on **07929 361416**

A friendly support group for parents and carers of school-aged children who are either on the Autistic Spectrum or have ADHD. The group meet once a month in Okehampton.

Exeter ADHD Support Group

Beacon Heath Children's Centre,
Beacon Lane, Exeter EX4 8LZ

01392 427063

The group meets on the fourth Thursday in the month from 10am-12 noon except during school holidays. Meetings are free and parents are welcome to just turn up or call the number above for more information.

North Devon Forum for Autism and Related Behaviours

Barnstaple

07923 481332

The group holds regular coffee mornings and meetings when members feel there is a need. The group focuses mainly on children with autism, but families of children with ADHD are welcome.

South West Parenting Academy

11 Mulberry Way, Roundswell, Barnstaple
EX31 3QZ

01271 324650 or **07977 229290**

admin@southwestparentingacademy.co.uk

www.southwestparentingacademy.co.uk

The Academy offers a variety of courses, including Building Effective Families, an 8 week parenting course. They also provide half day workshops on parenting children with ADD and ADHD.

Wednesday Group

Mutley Baptist Church, Mutley Plain, Plymouth,
PL4 6LB

01752 245 646 claire@wednesdayz.co.uk

www.wednesdayz.co.uk

This group meets every other week in Plymouth. It is open to anyone who can get to the meetings. The group gives children with ADHD and Autistic Spectrum Disorders the chance to enjoy fun activities. Sessions cost £1 depending on the activity.



Factsheet 2

National ADHD support

Addiss

020 8906 9068 info@addiss.co.uk
www.addiss.co.uk

Addiss provides information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance including parents, teachers and health professionals.

General support services in Devon

Devon Parent Partnership

01392 383080

www.parentpartnershipdevon.org.uk

There are several Parent Partnership officers in Devon who offer support, advice and training to families of children with special needs. They can also help with issues around your child's education.

Parent Carers' Voice Forums

01392 384869

www.parentcarersvoice.org

A group of parents and carers who want to improve services for children with special needs. They meet regularly around the county to talk about relevant issues.

DISCplus local information co-ordinators

The co-ordinators are there to help you get information on services and support available in your area.

Phone the main office on **0845 155 1013** and ask to speak to your local co-ordinator or email discplus@devon.gov.uk

