



 ADHD
aware

Welcome Pack

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noran ■

Designed by Noran Design



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Partnership with network of GPs



“

This is a new partnership between the **East and Central Brighton Primary Care Network** and **ADHD Aware**. Our Primary Care Network (PCN) covers 9 GP practices looking after 75,000 patients in the city.

We are very aware of the long waits for an ADHD assessment and the lack of support pre and post diagnosis. We support people to use the Right to Choose pathway where appropriate, but are aware of some concerns recently regarding the holistic quality of the assessments and focus on medication rather than psychosocial support.

We are excited to work with **ADHD Aware** to investigate new ways of supporting people and are commissioning peer support and educational sessions for our patients as part of this project.

”

Dr. Jarvis

On behalf of the **East and Central Brighton Primary Care Network**

GP Practices

- Arch Healthcare
- Ardingly Court Surgery
- Broadway Surgery
- Park Crescent Health Centre
- Pavilion Surgery
- Regency Surgery
- St Peters Medical Centre
- Wellsbourne Healthcare CIC
- Woodingdean Medical Centre

About ADHD Aware

Welcome to **ADHD Aware!**



We are a national charity based in Brighton which has been supporting ADHD adults for almost a decade.

We provide monthly peer support groups, both in person and online, for ADHD adults, their partners and for parents of ADHD children or young adults. You don't need an official diagnosis to use our services. Many people who attend our groups are wondering whether they have ADHD, and want to meet others like them, to learn more about it.





Services for ADHD adults

Support groups

For adults with ADHD and adults who think they might have ADHD, we host 4 monthly events:

- ⦿ **Drop-in** session (for general peer support) – **in person**, in Brighton*
- ⦿ **Drop-in** session (for general peer support) – **online** via Zoom
- ⦿ **Group discussion** (on a different ADHD-related topic each month) – **in person**, in Brighton
- ⦿ **Group discussion** (on a different ADHD-related topic each month) – **online** via Zoom

Huge thanks to East and Central Brighton Primary Care Network for funding the above events.

How to access these events

To attend any of our events or to find out more, [sign up for our monthly digital newsletter](#). It is sent by email and SMS on the 1st of each month; and contains dates, times and (if in person) venue details, plus booking links for each event.

*Our in person drop-in session doesn't require any advanced booking – but please sign up for the newsletter to be kept in the loop about time and place.

Facebook group

We run a private Facebook group for adults with ADHD or who think they might have ADHD, to enable sharing of questions, tips and experiences with peers. You can find it at: facebook.com/groups/adhdbrighton





Services for parents or partners

Support groups

In addition to events for ADHD adults, ADHD Aware also hosts peer support groups for other adults impacted by ADHD:

- ◉ Neurotypical partners of ADHD adults – **online** via Zoom
- ◉ Parents of ADHD over-18 ‘young adults’ – **online** via Zoom
- ◉ Parents of ADHD under-18 ‘children or young people’ – **online** via Zoom

How to access these events

To attend any of our events or to find out more, [sign up for our monthly digital newsletter](#). It is sent by email and SMS on the 1st of each month; and contains dates, times and (if in person) venue details, plus booking links for each event.

Facebook groups

We run private Facebook groups corresponding to each of the above support groups (for sharing questions, tips and experiences with peers), which can be accessed via linktr.ee/adhdaware





Further information and resources

Our website

The ADHD Aware website adhdaware.org.uk provides information about:

- ◉ [what ADHD actually is](#),
- ◉ [getting assessed for ADHD](#),
- ◉ treatment options such as different types of [medication](#) and [CBT](#).

Other organisations

For ADHD under-18s

Brighton and Hove and Sussex: Amaze

Nationally: ADDISS

amazesussex.org.uk

020 8952 2800 / addiss.co.uk

For Autistic adults

Brighton and Hove: Assert

assertbh.org.uk

For disabled people, their family, friends, and carers

Brighton, Hove and East Sussex: Possability People

possabilitypeople.org.uk

For if you are having a mental health crisis

Brighton & Hove Mental Health Rapid Response Service

0300 304 0078 (open 24/7)

Sussex Mental Healthline

0800 0309 500 (open 24/7)

Nationally: Samaritans

116 123 (open 24/7)





If you live in Brighton, sign up here!
adhdaware.org.uk/pcn