

Newham

ADHD Support & Resources



East London
NHS Foundation Trust

We know that there is so much information available, it can be daunting to find *locally trustworthy sources of information* and support.



150Club Focus Health

FOUNDATION

Join West Ham United Foundation's 150Club Focus Health scheme and be part of a supportive ADHD community.

It can offer you:

- 3 Months FREE access to Physical Activity Sessions, Online program & Newsletter.
- Workshops on the 3 Pillars of Health: nutrition, exercise, and sleep for ADHD.
- ADHD focused Life Strategies: Exploring emotional empowerment Finding self-leadership and Achieve your goals.
- One-to-One and Peer group support available

Register
Now



Multiple Locations. Contact
health@westhamunited.co.uk



Newham
Recovery College

Newham Recovery College (NRC) offers courses to help empower individuals, increase connectedness and increase self-belief.

Join us for

- Thriving with ADHD
- Finding your neurodiverse strength
- Time to Talk

NRC also offer individual learning plans to support you. This 1-2-1 session is designed to help you set goals and steps to achieve them.

Everything is FREE to anyone over 18 living and/or working in Newham.

Stratford Advice Arcade,
107-109 The Grove,
London E15 1HP

020 8221 1995

elft.newhamrecoverycollege@nhs.net

Register
Now



We care
We respect
We are inclusive



East London
NHS Foundation Trust

Newham

ADHD Support & Resources

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AADD-UK - www.aadduk.org

AADD-UK is a site for and by adults with ADHD. It is a small, unfunded charity that runs some support groups as well as a website and online community. They aim to raise awareness of ADHD in adulthood.

ADDitude - www.additudemag.com

ADDitude is a website and magazine for children and adults with ADHD. It offers a variety of resources including articles, signposting to other resources, and a mailing list where they send you regular articles and information.

CHAAD - www.chadd.org

CHAAD provides information, support, and advocacy for children and adults with ADHD. They also provide training and events as well as podcasts. They are an American company so some of their services may not be available to you.

ADHD UK - www.adhduk.co.uk/

Created for people with ADHD for people with ADHD. They also have information on ADHD as well as video based support groups.

ADDers - www.adders.org/

Promotes awareness of ADHD and provides information with as much free practical help to sufferers, both adults, children, and their families.

ADDiSS - www.addiss.co.uk/index.html

A more comprehensive website about ADHD in adults, with links to support groups.

TotallyADD - www.totallyadd.com

Totally ADD is a website dedicated to helping adults with ADHD and those affected by it (e.g. family members, employers, health professionals). They provide lots of information as well as documentaries; however, there is sometimes a fee to watch their videos.



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