



# GPPF newsletter [www.oxleas.nhs.uk/gppf](http://www.oxleas.nhs.uk/gppf)

## Newsletter No 10

Jan/Feb 2015

### What is the GPPF?

#### Greenwich Parenting Practitioners Forum

is a termly meeting to hear about parenting support and parenting classes running in the Royal borough from both voluntary and statutory agencies.

It is open to all workers / professionals in Greenwich who support families.

After each forum a newsletter is sent summarising presentations.

Find all GPPF newsletters on the web at [oxleas.nhs.uk/gppf](http://oxleas.nhs.uk/gppf)

**NEXT PARENTING FORUM:**  
**Tuesday**  
**24 March 2015**  
**from 2 - 4.30pm**  
**at**  
**Memorial Hospital**

**Booking essential. Programme to be announced.**

To book, or to be added to the mailing list, please email: [pete.brown@oxleas.nhs.uk](mailto:pete.brown@oxleas.nhs.uk)

The 12<sup>th</sup> parenting forum took place on 2 Dec 2014 at the Memorial Hospital. Part 1 of the meeting contained four informative presentations about **children and ADHD** (see below). Part 2 was an opportunity for networking and updates about parenting support and classes running in the Royal Borough with an update about the Families Information Service (FIS) **Resources Directory**, which is soon to appear online. (Check our web page regularly as we will post a link when available)

### 1 What is ADHD?

**Alistair from CAMHS** gave an informative presentation about the main symptoms of ADHD (Attention Deficit Hyperactivity Disorder). These are inattention, impulsivity and hyperactivity. Alistair also looked at the high rate of co-association with conduct problems. The main treatments were described as behaviour management training for parents, education about ADHD (to parents and schools) and the role of medication. For children, social skills training and anger management training can also be helpful. An issue raised and discussed was the prevalence of ADHD, without hyperactivity, formally known as ADD, which is more common in girls and tends to be under-diagnosed.

Contact: [alistair.rice@oxleas.nhs.uk](mailto:alistair.rice@oxleas.nhs.uk)

### 2 ADHD assessment Service

**Justine & Christine, Nurse specialists**, talked about the Children's ADHD assessment service based at Wensley Close in Eltham. This service accepts referrals from health, education and social care professionals for children aged 5-17 where ADHD is suspected. The family must have a Greenwich GP. The service cannot accept referrals where there are other complex conditions such as enduring mental health issues, complex family problems and un-assessed ASD (Autism Spectrum Disorder). The service is extremely busy and the demands for the service are much higher than anticipated. For children diagnosed with ADHD by the service, a package of support is offered, including a parenting course. For children not diagnosed, the family will signposted to other relevant services. [justine.duranti@oxleas.nhs.uk](mailto:justine.duranti@oxleas.nhs.uk) [christine.hutchings@oxleas.nhs.uk](mailto:christine.hutchings@oxleas.nhs.uk)

### 3 ADHD monthly parent support group

**Rosanna & Sally from Greenwich Mencap** talked about the re-launched ADHD parent support group that meets on the last Friday of the month at various venues in Greenwich. The group offers a space for parents to share dilemmas and receive support from each other. Professionals also come to speak to the group from time to time about different aspects of ADHD. The Greenlights Project offers up to 10 sessions in the family home for parents / carers of children with challenging behaviour, including ADHD and where the child also has a learning disability.

Further details / possible referrals contact: [rosanna@greenwichmencap.org.uk](mailto:rosanna@greenwichmencap.org.uk)

### 4 Managing ADHD: ten tips for parents / carers

**Pete** talked about ten tips that he has offered to parents to help to positively manage the behaviour of children with ADHD. He will present these at an ADHD parenting support group in the near future. The tips will be posted to [oxleas.nhs.uk/gppf](http://oxleas.nhs.uk/gppf) alongside this newsletter. Contact: [pete.brown@oxleas.nhs.uk](mailto:pete.brown@oxleas.nhs.uk)



Presenters at December's forum