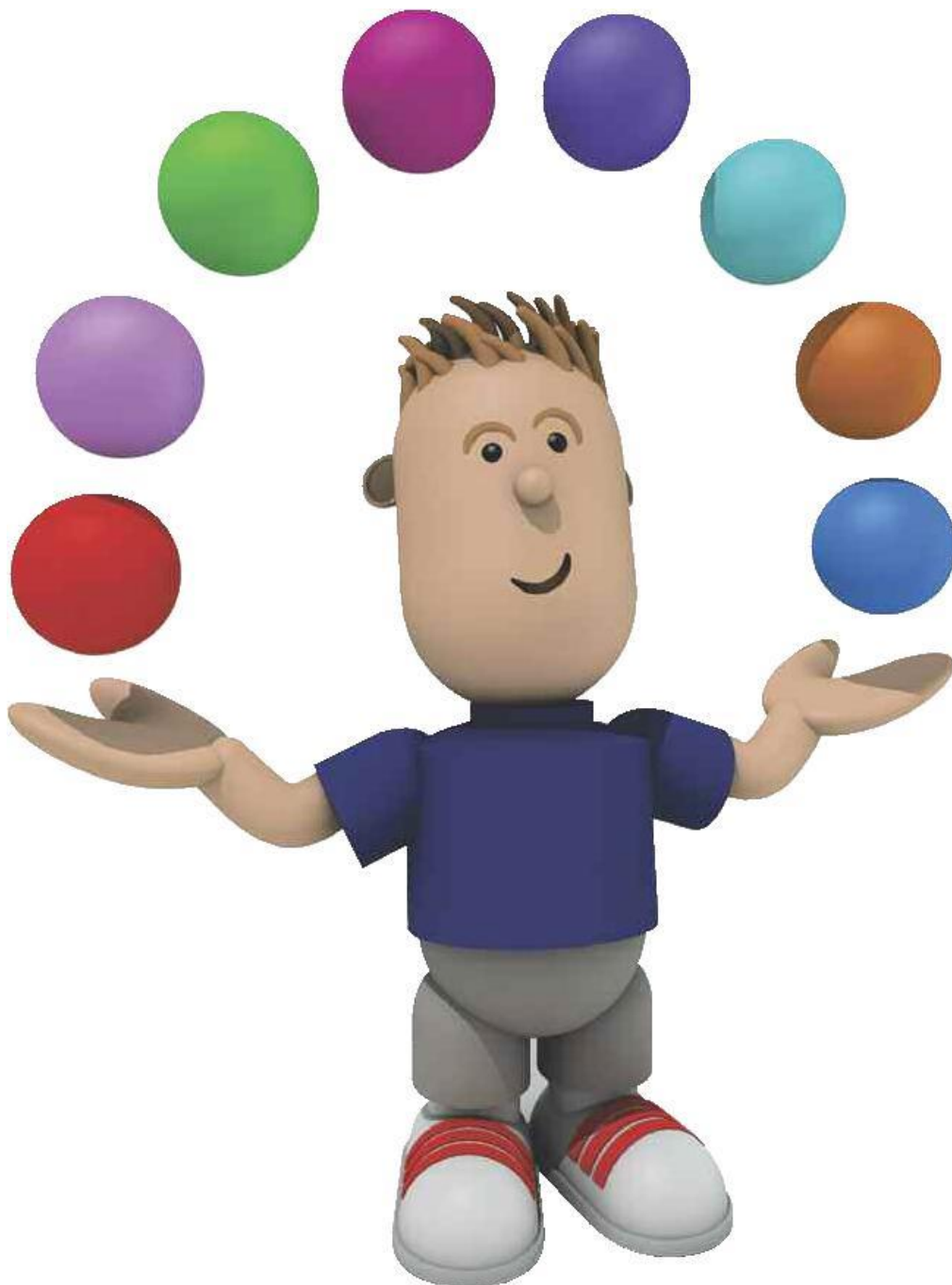


# ADD-vance

The ADD-vance ADHD and Autism Trust

Working to support children and young people with ADHD and Autism



**Training and Consultancy**  
**Specialist ADHD Services**

**Specialist Family Support and Coaching**  
**EHCP Services Helpdesk Facebook**

Registered Office: Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN  
Helpdesk: 01727 833963 Email: [herts@add-vance.org](mailto:herts@add-vance.org) Web: [www.add-vance.org](http://www.add-vance.org)

Registered Charity No: 1158968

ADD-vance was founded in Hertfordshire in 1996. ADD-vance provide training and consultancy for professionals as well as support for families affected by Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD).

## Training and Consultancy

**We design and deliver individually tailored training courses and workshops for:**

- professional organisations and practitioners, including schools, colleges, social care, health services (including mental health) and leisure providers
- parents, carers and anyone involved with children or young people with ADHD and/or Autism

**We offer:**

- high quality training delivered by a team of ADHD/Autism Specialist Trainers, who all have professional qualifications and training as well as first-hand personal experience and knowledge of living with these conditions
- high quality interactive workshops and courses which are engaging, visual and informative

**Topics include:**

- ADHD, Autism and related conditions
- Managing Anger
- Managing Anxiety
- Transition
- Understanding Sensory Needs
- ADHD and/or Autism in Girls
- Social Stories and Comic Strip Conversations
- Understanding Teens with ADHD and Autism
- Tried and tested practical resources
- Effective classroom interventions

## Specialist Family Support and Coaching

We are a team of ADHD/Autism Specialist Coaches, who all have professional qualifications and training as well as first-hand personal experience and knowledge of living with these conditions.

Our service is confidential, supportive, non-judgemental and tailored to the parent's individual needs. It is a family centred service which empowers the parent to take control, helps the child realise their full potential and enables the family to thrive. We work towards lasting and successful change.

**Are any of these an issue for you or your family?**

- Emotional, social or behavioural difficulties
- Oppositional or challenging behaviour
- Anger and/or anxiety management
- Low self-esteem
- Social and communication skills
- Organisational skills and time management
- Motivation
- Relationships



A diagnosis or GP referral is not required for us to help children, young adults or families - a suspected diagnosis is sufficient. We can (with parent's written permission) contact schools for information, or work with teachers to help resolve issues.

One of our team of specialist coaches will work with a family for one hour a week, exploring options and strategies. The number of sessions will vary depending on the family situation.

## Specialist ADHD Service

### Support to schools

The ADD-vance Specialist ADHD Service works to support primary, secondary and independent schools in Hertfordshire. We do this by providing various levels of support to school settings e.g. school consultation/observation visits, bespoke advice, training and QbCheck.

- Available to all schools in Hertfordshire
- For those diagnosed with ADHD or awaiting diagnosis
- To support learning, social, emotional and behavioural difficulties
- To address concerns from staff, parents and pupils
- To work alongside other professional agencies in schools
- Facilitated by the ADD-vance team of Specialist Teachers and SENCOs

### The QbCheck

ADD-vance is now the only qualified and certified provider of the QbCheck in Hertfordshire. Developed in Sweden, the QbCheck is the only qualitative test for ADHD currently available in the UK. Built on the well-documented and tested technology of QbTech, with over 250,000 patients tested so far. Available for children, young people and adults aged 6-60.

QbCheck is a web-based 15 or 20-minute duration objective test that measures the three ADHD core symptoms; hyperactivity, impulsivity and inattention. The test taker's results are analysed and compared to the results of individuals of the same age and gender, with and without ADHD. The comparison makes it possible for QbCheck, based on objective data, to predict the likelihood of ADHD, and provide healthcare professionals with information that can aid in the evaluation and treatment of ADHD. QbCheck results will be interpreted only by qualified ADD-vance professionals.

The test itself is 15 minutes for children 6-11 years old and 20 minutes for individuals aged 12-60. However, the full appointment time may take up to 2 hours for each individual.

QbCheck is carried out under controlled conditions which can either be undertaken in a school, or at ADD-vance offices, by a member of the ADD-vance team of qualified and certified specialists.

Referrals do not have to come via a GP and people can self-refer for this test. Individuals who already have a diagnosis can also self-refer for the test to get a deeper understanding of their issues, or to monitor the effects of ADHD medication.

The individual and/or their family will be provided with a full explanation of the test results on the day of the test and a full report will follow.

For further information and pricing structure details, contact the ADD-vance team via telephone: 01727 833963 or email: [adhdservice@add-vance.org](mailto:adhdservice@add-vance.org)

## Educational Health Care Plan - EHCP Service

ADD-vance EHCP Service offers regularly scheduled workshops, and one-to-one sessions in the home. Both services aim to provide step-by-step guidance for parents - and those with parental responsibility - on the processes and completion of an Educational Health Care Plan. The workshops are also open to young people over 16, but under 25, and to professionals who seek greater understanding of the EHCP process.

For further information and pricing structure details, contact the ADD-vance team via telephone: 01727 833963 or email: [herts@add-vance.org](mailto:herts@add-vance.org)

## Monthly Support Group Meetings

ADD-vance Support Groups bring parents and carers together to share experiences, give mutual support and reduce feelings of isolation.

- Specialist coaches are always on hand to offer support and guidance
- Library books are available for loan in exchange for a returnable deposit
- Meetings are held monthly in St Albans and Hertford. Please see the website for details

## Membership

Free membership for parents, carers and professionals offers:

- Priority information for ADD-vance courses, training and workshops
- Carefully selected relevant and useful information

Further details can be found on the ADD-vance website.



We have an ADD-vance 'closed' and moderated Facebook group which parents and carers can join. There is also a group specific to girls and women: Spectrum Girls @ ADD-vance

## Donations and Payments

ADD-vance is a registered charity and to enable us to provide these services in Hertfordshire we rely on supporters, volunteers and donations for both time and money. Any help in these ways would be very gratefully acknowledged and received.

Donations can be made through the website: [www.add-vance.org](http://www.add-vance.org)

## Our Ethos

### At ADD-vance:

- we listen
- we are non-judgemental
- we offer strategies, support and information
- we provide a confidential, safe and friendly atmosphere where parents and carers can speak freely (often for the first time) about their child/family issues

## Information and Support

Professionals, adults and families can reach us for information or support via these contacts:

Telephone Helpdesk: 01727 833963 - Open Monday-Friday 9am - 1pm

Answerphone service at other times

E-mail: [herts@add-vance.org](mailto:herts@add-vance.org)

Website: [www.add-vance.org](http://www.add-vance.org)

