Useful websites:

http://www.addiss.co.uk/ (ADHD)

ADHD UK - Homepage - ADHD UK

Tips for everyday living | ADHD and mental health | Mind www.mind.org.uk

ADHD in children and young people - NHS

https://derbyandderbyshireemotionalhealthandwellbeing.uk/

This website links to a range of information, support and resources for Autism, ADHD, sleep, the neurodevelopmental hubs, emotional wellbeing, SEND, what to do in a crisis etc for children and adult. It is the website that SPOA refer parents to while they wait to be seen.

https://www.autisminformationservice.org.uk/south-derbyshire-neurodevlopmental-community-hubs/

This website has lots of information and resources and information about the Neurodevelopmental hubs. They will see people for appointments, run a drop-in session and training.

Compass Changing Lives - Compass https://www.compass-uk.org

This has replaced Build Sound Minds and parents can refer to for anxiety etc. They offer information and support and run courses. There is information about emotions, being healthy, behaviours, bedtime routine, continence, etc, There is a wellbeing app parents can download

http://www.specialneedscircle.co.uk/ (01332 949986)

(support, training and groups and they run the Sensory Room at Gresley Old Hall

https://thesleepcharity.org.uk/

https://www.childline.org.uk/toolbox/mental-health-first-aid-kit/ (help to cope when things are hard)

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/

SEND noticeboard and the SEND page from the Parents and Carers page on the school website.