

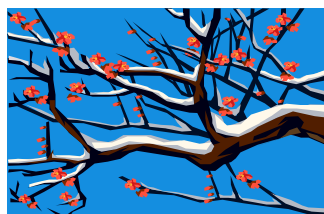
Bower Grove Support

Support for the Wider Community 1993 – 2015
For Families of Children with Special Needs



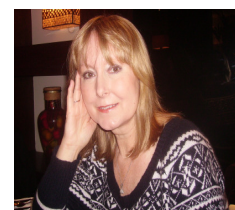
Bower Grove School Fant Lane Maidstone Kent ME16 8NL

Winter/Spring 2015 NEWSLETTER



Hi! I hope you had a good Christmas and Happy New Year! We look forward to seeing you this term at our meetings and workshops. If you are a new parent or carer please join us and feel free to bring your family and friends with you. There is no need to book.

Over the last twelve months we had a good mix of meetings and Coffee Mornings including some key workshops. We covered Benefits, ASD Current Approaches, Behaviour Management – A Parents Survival Guide. The SEN Reforms Workshop, Kent Autistic Trust, ADHD Workshop and a talk about the Kent Parent Partnership Service now renamed Information Advice and Support Kent; please see more information on page 3. If there is a special subject you would like covered **please email me Jo Cousins** at psq.bowergrove@btinternet.com or speak to me at one of the meetings and I will do my best to help.





This term Bower Grove Parent Support Group in conjunction with Kent Adult Education are pleased to be able to offer to parents and carers, a free course at Bower Grove School on Autism and Asperger Syndrome. This is now full, but please rest assured all our other workshops are open to all and there is no need to book.

PLEASE NOTE: This term we welcome back **Dr Elizabeth O’Nions, Post-doctoral Researcher, UCL**, to talk about the latest findings on **BEHAVIOUR (PDA)**, and to talk about her latest research. Please see below and more on page 3.

Josephine Cousins

WINTER/SPRING 2015 PROGRAMME

Friday 23 rd January 10.15am–12noon	 COFFEE MORNING ‘Strictly No Work–Just Chat’ Please join us for an informal chat to meet other parents & carers.
Friday 6 th February 10.15am–12noon	BEHAVIOUR (PDA) Dr Elizabeth O’Nions, UCL , will be returning to discuss the findings of her PhD research and to talk about a current research study
Friday 13 th March 10.15am–12noon	 COFFEE MORNING ‘Strictly No Work–Just Chat’ Please join us for an informal chat to meet other parents & carers.
Wednesday 18 th March 6.45pm for 7pm Evening Meeting	BEHAVIOUR MANAGEMENT – A Parent Survival guide. Pam Stephens joins us for another workshop. This time we will be holding the meeting in the evening. All welcome to join us.

ADHD – Attention Deficit Hyperactive Disorder

Mrs Pam Stephens, STLS, joined us to talk about Attention Deficit Hyperactive Disorder (ADHD) Please see a short synopsis below.

I have only included a few points from her very comprehensive talk.

During the session we looked at:

- Some of the problems faced by children with ADHD
- Causes and triggers
- Diagnosis
- Medication and therapy
- Practical steps to help parents and teachers.

Pam explained how there are children with a diagnosis of ADHD in every school with a ratio of boys to girls 4:1 diagnosed. It has no bearing on intelligence, ethnicity, income or class. ADHD can have a significant impact on how a young person copes with school, on their capacity to learn and their social relationships. When you suspect your child might have ADHD, there's a chance you'll come across the Connors test. This is often introduced by the ADHD nurse for parents and teachers to fill in scaling questions about the child's behaviours.

Causes and Triggers: Pam said we don't really know what causes ADHD but many possible triggers have been suggested ranging from food input, lack of sleep, technology to environment and many more. The Lancet has published a paper to say that ADHD has a genetic root. Pam said even if we do find a trigger it is not as easy as turning off a switch. If a trigger is identified, we can minimise it but each child is very individual and it is a question of trial and error. Medicine is one option but there may be side effects. Therapies from Psychotherapy, Behaviour, Cognitive CBT, Neuro Feedback Treatment or Social skills training were also mentioned.

Dangers: ADHD children are impulsive. Individuals with ADHD have lower receptors for pleasure and thrill and thus are always seeking stimulation. This makes them susceptible to dares and to substance abuse. To maintain safety, it is important to train ADHD children to stop and think things through before taking action.

Practical Steps: Pam stressed that, when there is a problem, we should stay calm and unemotional and be sure to separate the person from the behaviour. They may not realise their actions are annoying you. A person with ADHD may have a very low self esteem because they so often hear the word 'bad'. It is important to avoid ridicule or criticism. Systems such as 123 Magic and Social Stories were mentioned as well as different Behaviour Management solutions that can be of help in some cases.

Some Key points mentioned that may be of help:

- Plan a system for different situations.
- Be predictable and consistent in your approach.
- Use eye contact as appropriate (but beware of confrontation).
- Use the child's name frequently.
 - Keep instructions short.
 - Use clear minimal language.
 - Allow the child time to take up thoughts.
 - Never compromise safety.
 - Focus on the positive
 - Pick your battles and tackle them one at a time

Lastly, Pam said 'ADHD is like a fairground ride. It can be exciting and scary and raise your blood pressure but you can't get off. The energy of those with ADHD or ADD is enviable and their divergent minds can produce some amazing ideas. Grit your teeth, hang on and enjoy the ride!'

If you would like a copy of some of the charts used during the talk please email me Jo Cousins psg.bowergrove@btinternet.com and I'll send you a copy.

Some suggested reading: **Joey Pigsa by Jack Gantos**
See magazine: **ADDitude on-line**

NEWS FROM UCL UNIVERSITY COLLEGE LONDON

Dr Liz O’Nions, Post-doctoral Researcher, UCL, will be joining us on Friday 6th February 2015 10.15am for 10.30am Liz came to our parents support group once when she was doing a PhD research into Behaviour (PDA). She is coming back to the group to discuss the findings of her PhD research.

CURRENT RESEARCH STUDY – BEHAVIOURAL DIFFICULTIES

Liz would also like me to draw your attention to a current research study she is working on taking place at UCL. This study is examining emotion processing in boys aged 11-16 who have behavioural difficulties but don’t have an autism spectrum disorder. Taking part in the study involves coming into the child-friendly scanning centre in central London to have a brain scan.

Please see a message from Liz below and join us on Friday 6th February 10.15 am for 10.30 am at Bower Grove Parent Support, Bower Grove School to hear more.

RECRUITING BOYS AGED 11-16

£50 + Travel Costs + Image of Brain to Keep

Screen phase means not all who apply take part in screening. Data kept confidential.

Interested? Contact Ruth, Tel: 0207 679 5394 / email: r.roberts@ucl.ac.uk

BRAIN IMAGING STUDY AT UCL – PAID RESEARCH

Our research team at University College London would like to invite you to assist us in finding participants to take part in an exciting brain-imaging research project, where they will receive a picture of their brain!

What is the study about?

- We are interested in how children process their own and others’ emotions and whether these processes can change. We are studying children with a range of behaviour, from those with no particular difficulties, to those who engage in behaviour that causes problems at home and at school. Getting this broad view will allow us to better understand why some children develop behavioural disorders.

Who are we researching?

- For this research we are recruiting boys, aged 11-16, with a range of behaviour. Unfortunately we are not able to include boys with autism spectrum disorders in this study, although we can include boys with ADHD. We can't include boys who are currently taking medication for behavioural problems.

What would taking part involve?

- Parents who register their interest in the study are invited to complete a screening questionnaire, to see whether their child is a match for the study. Those invited to take part in the brain scanning will come with a parent or carer to our scanning centre near Russell Square, for a single session lasting 3-4 hours. During this time, 50 minutes will be spent doing games and tasks whilst having a brain scan, and the rest of the time spent doing questionnaires and computer tasks. Participating families will be reimbursed for travel expenses and will receive £50 as a thank you for taking part.

Many thanks for considering this request,

With best wishes,

Liz

Dr Liz O’Nions Post-doctoral Researcher

SUPPORT & ADVICE FOR SPECIAL EDUCATIONAL NEEDS

INFORMATION, ADVICE AND SUPPORT KENT (IASK) (formerly Kent Parent Partnership Service)

IASK offers confidential and impartial information, advice and support to children, young people and their parents.

Web: www.kent.gov.uk/iask

Helpline: 03000 41 3000. Monday to Friday, 9am - 5pm.

Email: iask@kent.gov.uk

Address: Shepway Centre, Oxford Road, Maidstone, ME15 8AW

Office telephone: 03000 412 412

Minicom: 03000 413 030

Fax: 01622 671198

Face to face meetings with parents at a suitable time and place, outside of office hours can be arranged if needed.

PLEASE NOTE: New address for Young Carers

Crossroads Care West Kent

The Oast

170 Tonbridge Road

Wateringbury Kent

ME18 5NS

Telephone: 01622 817114

BOWER GROVE PARENT SUPPORT

MESSAGE FOR NEW PARENTS AND CARERS



If you are reading this newsletter for the first time I hope you found it interesting. Our workshops and meetings are free and open to all parents/carers regardless of your child's age, with or without a diagnosis, and that includes any other school and **there is no need to book.**

Family members and young children are welcome to join our informal meetings too. We see parents and carers of children of all ages and cover a wide range and area of topics including workshops on Anger Management, Behaviour, Speech and Language, Autistic Spectrum Conditions, ADHD, the Benefits system and much more. We have accrued a host of specialist speakers and utilise the expertise within Bower Grove School. If you would like a subject or topic covered please contact me, Jo Cousins at psg.bowergrove@btinternet.com and I will do my best to help.

Please join us for an informal chat and coffee at our next Coffee Morning; it's a good opportunity to have a chat with other parents and carers. **(Coffee Mornings tend to be much smaller than our large workshops and talks).** Please see Web page & Contact details listed below.

Josephine Cousins

BOWER GROVE PARENT SUPPORT

CONTACT: Josephine Cousins Tel: 01622 726773 (during school hours)

Web: www.bower-grove.kent.sch.uk and select **Parent Support**

Email: psg.bowergrove@btinternet.com

Address: Bower Grove School Fant Lane Maidstone Kent ME16 8NL