



Registered charity Number 1193799

**Youth and Family Services  
Harrow, Hillingdon, Brent and Ealing  
(please check access for each service)**

**April 2022 - March 2023**

Services are subject to change based on current  
Government Guidelines.

Television House  
269 Field End Road  
Eastcote  
HA4 9XA

Phone: 020 8429 1552

Email: [enquiries@adhdandautism.org](mailto:enquiries@adhdandautism.org)

Website: [www.adhdandautism.org](http://www.adhdandautism.org)

## Centre for ADHD & Autism Support Key Personnel

### Trustee Board

|                     |           |
|---------------------|-----------|
| Gabriella Eberhardt | Chair     |
| Lynne Fearn         | Secretary |
| Simon Taylor        | Treasurer |
| Alison Futerman     | Trustee   |
| Nick Moser          | Trustee   |
| Zoe Campbell        | Trustee   |

### Key Staff

| Name                      | Role                             | Email                         |
|---------------------------|----------------------------------|-------------------------------|
| <b>Kay D'Cruz</b>         | Chief Executive Officer          | kay@adhdandautism.org         |
| <b>Therese Glynn</b>      | Director of Services             | adhd@adhdandautism.org        |
| <b>Rebecca Murphy</b>     | Financial Controller             | finance@adhdandautism.org     |
| <b>Blaise McDonald</b>    | Youth Services Manager           | blaise@adhdandautism.org      |
| <b>Ciaran Feighan</b>     | Youth Worker                     | ciaran@adhdandautism.org      |
| <b>Maja Trzop</b>         | Youth and Family Worker          | maja@adhdandautism.org        |
| <b>Zeena Bishop</b>       | Youth Worker                     | zeena@adhdandautism.org       |
| <b>Karen Crocker</b>      | Family Services Manager          | karen@adhdandautism.org       |
| <b>Niloorfur Italia</b>   | Family Support Worker            | niloorfur@adhdandautism.org   |
| <b>Rachel Walker</b>      | Family Support Worker            | rachel@adhdandautism.org      |
| <b>Leigh Andrews</b>      | Family Support Worker            | leigh@adhdandautism.org       |
| <b>Sarah Haynes</b>       | Family Support Worker            | sarah@adhdandautism.org       |
| <b>Charlotte Crumpler</b> | Marketing and Comms Lead         | charlotte@adhdandautism.org   |
| <b>Gemma Doocey</b>       | Fundraiser                       | fundraising@adhdandautism.org |
| <b>Farheen Dhalabhoy</b>  | Finance and Monitoring Assistant | farheen@adhdandautism.org     |
| <b>Anna Atack</b>         | Administrator                    | admin@adhdandautism.org       |
| <b>Vicky Egan</b>         | Sleep Advisor                    | vicky@adhdandautism.org       |
| <b>Carla Aboorashtchi</b> | Creche Worker                    | creche@adhdandautism.org      |
| <b>Jennifer Lancaster</b> | Creche Worker                    | creche@adhdandautism.org      |

## Services for Families

### Parent/Carer Support Group – Drop-in Session

Creche is provided for parents attending the drop-in sessions in person.

|                       |   |                                    |   |
|-----------------------|---|------------------------------------|---|
| <b>When:</b>          | <b>Wednesdays</b><br>Weekly Term Time                       | <b>Fridays</b><br>Weekly Term Time | <b>Evening Group</b><br>Third Monday of the Month |
| <b>Where:</b>         | At CAAS   | At CAAS                            | At CAAS   |
| <b>Time:</b>          | 10.30am till 12.30pm  | 10.30am till 12.30pm               | 7.00pm till 9.00pm                                |
| <b>Accessible to:</b> | Harrow, Hillingdon, Brent, Ealing                           |                                    |   |
| <b>Funded by:</b>     | Harrow Early Support, National Lottery Reaching Communities |                                    |   |
| <b>Contact:</b>       | enquiries@adhdandautism.org                                 |                                    |   |

The support sessions are a great introduction to our services where you can meet the Family Support Team, find out about the help we can provide for you and your family, as well as being able to connect with other parents/carers in a similar situation.

**During the daytime sessions, a creche is available for parents with pre-school aged children and for older children not attending school. This is run by trained childcare staff.**

### Closed Facebook Group

The link to join is: <https://www.facebook.com/groups/adhdandautismsupport>

- Please read group rules before posting.
- The group is designed to give you the opportunity to share and gain support from other members.

### One to One Appointments: Blended online and face to face service

|                       |   |
|-----------------------|---|
| <b>When:</b>          | By appointment  |
| <b>Accessible to:</b> | Harrow, Hillingdon  |
| <b>Funded by:</b>     | Harrow Early Support, National Lottery Reaching Community Fund, Ealing Community Partners, Harrow CCG |
| <b>Contact:</b>       | enquiries@adhdandautism.org   |

One to one appointments can be booked for specific parenting / care advice, understanding letters forms, preparing for appointments etc. Support is available via email, phone, text or webchat.

## Sleep Support: Phone or Zoom

|                       |   |
|-----------------------|---|
| <b>When:</b>          | By appointment only   |
| <b>Accessible to:</b> | Harrow, Hillingdon, Brent, Ealing (must be referred by Community Paediatrics) |
| <b>Funded by:</b>     | National Lottery Awards for All and Ealing Community Partners                 |
| <b>Contact:</b>       | <a href="mailto:vicky@adhdandautism.org">vicky@adhdandautism.org</a>          |

CAAS will be offering monthly sleep workshops followed by ongoing individual support to enable parents to gain a greater understanding of how to support children with sleep issues. Support will generally be offered via email, phone or in person.

## DLA Workshop

|                       |  |
|-----------------------|--|
| <b>When:</b>          | Monthly  |
| <b>Accessible to:</b> | Harrow, Hillingdon, Brent, Ealing                                      |
| <b>Funded by:</b>     | CAAS   |
| <b>Contact:</b>       | <a href="mailto:rachel@adhdandautism.org">rachel@adhdandautism.org</a> |

This monthly workshop will help parents understand the process of completing a DLA form and will go through the form question by question giving examples of the kind of information required.

## Post Diagnosis Workshop – ADHD

|                       |  |
|-----------------------|--|
| <b>When:</b>          | Monthly  |
| <b>Accessible to:</b> | Harrow   |
| <b>Funded by:</b>     | NW London CCG (Harrow)   |
| <b>Contact:</b>       | <a href="mailto:rachel@adhdandautism.org">rachel@adhdandautism.org</a> |

This monthly workshop will give parents the opportunity to explore what a diagnosis of ADHD means. It will look at the next steps, discussion of medication and explore what additional support may be available.

## Specialist Parenting Courses: Blended online and face to face service

Creche available on request for the daytime courses.

### Living with ADHD & Autism: Places must be booked.

|                       |   |
|-----------------------|---|
| <b>When:</b>          | Five courses per year. Alternate daytime and evening  |
| <b>Cost:</b>          | £45 per person (£75 per couple)   |
| <b>Accessible to:</b> | Harrow, Hillingdon, Brent, Ealing   |
| <b>Funded by:</b>     | Harrow Early Support, Hillingdon Council, John Lyon's Charity   |
| <b>Contact:</b>       | <a href="mailto:enquiries@adhdandautism.org">enquiries@adhdandautism.org</a> for information or to book |

- A supportive 10-week course designed to help parents learn strategies to manage and support the different behaviours that may appear with a diagnosis of ADHD, autism or other co-existing condition.
- The course focuses on issues such as:
  - building self-esteem and effective communication with your children, as well as dealing with feelings (theirs and yours).
  - Problems with labelling.
  - Consequences.
  - Setting limits and boundaries.
  - Anger management.
- Both ADHD and autism are explained in-depth, and parents/carers are provided an opportunity to work on difficult issues in a safe and supportive environment.

### Understanding Autism: Places must be booked.

|                       |   |
|-----------------------|---|
| <b>When:</b>          | Five times per year. Alternate daytime and evening  |
| <b>Cost:</b>          | £35 per person (£60 per couple)   |
| <b>Accessible to:</b> | Harrow, Hillingdon, Brent, Ealing   |
| <b>Funded by:</b>     | Harrow Early Support, Hillingdon Council, John Lyon's Charity   |
| <b>Contact:</b>       | <a href="mailto:enquiries@adhdandautism.org">enquiries@adhdandautism.org</a> for information or to book |

- Understanding Autism is an 8-session course that focuses on understanding our autistic children and looking at how we can best support them.
- The course covers:
  - Introductory Session
  - Understanding Autism – an overview and an opportunity to learn from autistic people.
  - Understanding Communication
  - Understanding Sensory Issues
  - Understanding Behaviour
  - Understanding and Managing Behaviour
  - Autism and the Family
  - Emotion Coaching and Self Care
- The course is best suited to those who have a new diagnosis or who are going through assessment for their child but is open to other parents/carers who want to gain a better understanding.

**1-2-3 Magic – 4 Week Parenting course for stop and start behaviours: Places must be booked.**

|                       |   |
|-----------------------|---|
| <b>When:</b>          | Two times per year. May be daytime or evening depending on demand                                       |
| <b>Criteria:</b>      | Parents with children aged 3 – 10 years (most suitable for ADHD)  |
| <b>Accessible to:</b> | Harrow  |
| <b>Funded by:</b>     | Harrow Early Support, CAAS  |
| <b>Contact:</b>       | <a href="mailto:enquiries@adhdandautism.org">enquiries@adhdandautism.org</a> for information or to book |

- A four-session programme designed to give effective and well-researched ways to better support children to manage their behaviour.
- Helps to increase knowledge about what works and what doesn't, and to lessen feelings of frustration, resulting in better outcomes with less effort and stress.
- Based on 1-2-3 Magic by Dr Thomas Phelan.

**We highly recommend this course for parents of children with ADHD. Please check course suitability for ASD**

**Specialist Workshops – Blended online and face to face service: Places must be booked.**

- Specialist workshops are held throughout the year. These will be offered via webinar for now and are accessible to parents / carers / professionals and ADHD/autistic individuals. There is no geographic restriction.
- Details are sent via email to members and are published on our website and social media.

## Services for Children and Young People

### Individual Support and Mentoring: Blended online and face to face service

|                       |  |
|-----------------------|--|
| <b>When:</b>          | By appointment   |
| <b>Criteria:</b>      | Young people aged 11 (and in High School) - 25                             |
| <b>Accessible to:</b> | Harrow, Hillingdon   |
| <b>Funded by:</b>     | John Lyon's Charity, Hillingdon Council, HeadsUp Harrow, City Bridge Trust |
| <b>Contact:</b>       | youth@adhdandautism.org  |

- The project aims to support young people with ADHD or who are autistic at difficult times in their life.
- Support will be available via email, phone, text and webchat or in person.

### Drama Therapy - at CAAS

(Please note this is NOT open to external referrals)

|                   |  |
|-------------------|--|
| <b>Criteria:</b>  | Internal CAAS Referrals Only               |
| <b>Cost:</b>      | £5.00 per session                          |
| <b>Funded by:</b> |  |
| <b>Contact:</b>   | Ciaran Feighan on ciaran@adhdandautism.org |

- Drama therapy is offered to children who may be struggling with their emotions, with anxiety, or with social interaction and offers them a safe space to explore those feelings.
- Our therapists are fully qualified and HCPC Registered.
- Families MUST be engaging with services at the centre before a referral will be made.

### WhyTry Programme (10 weeks) – at CAAS: Places must be booked.

|                       |                         |
|-----------------------|-------------------------|
| <b>When:</b>          | Twice Annually          |
| <b>Criteria:</b>      | Young people aged 12+   |
| <b>Accessible to:</b> | Harrow and Hillingdon   |
| <b>Funded by:</b>     | HeadsUp Harrow, CAAS    |
| <b>Contact:</b>       | youth@adhdandautism.org |

- WhyTry is a lively 10-week CBT based course designed to support young people in all areas of their lives. This is done through visual analogues, music and team activities.
- The course explores issues such as:
  - Peer pressure.
  - Decisions and consequences – making the right choices.
  - Building self-esteem and worth.
- The programme is taught in a way that is accessible to most learning styles and is very interactive making it popular with young people with ADHD.

## CALMS Programme (6 weeks) – at CAAS: Places must be booked.

|                       |                         |
|-----------------------|-------------------------|
| <b>When:</b>          | Twice Annually          |
| <b>Criteria:</b>      | Young people aged 12+   |
| <b>Accessible to:</b> | Harrow and Hillingdon   |
| <b>Funded by:</b>     | HeadsUp Harrow, CAAS    |
| <b>Contact:</b>       | youth@adhdandautism.org |

CALMS is a 6-week programme designed to help young people explore their differences and to learn to see the positives in having ADHD or in being autistic.

## Young Persons Film Group – at CAAS: Places must be booked.

|                       | <b>Group 1 (age 18-25)</b>        | <b>Group 2 (age 14-18)</b>         |
|-----------------------|-----------------------------------|------------------------------------|
| <b>When:</b>          | Monthly on a Friday               | Monthly on a Friday                |
| <b>Criteria:</b>      | Age 18-24                         | Age 14-18                          |
| <b>Accessible to:</b> | Harrow and Hillingdon             | Harrow and Hillingdon              |
| <b>Funded by:</b>     | Masons                            | CAAS                               |
| <b>Cost:</b>          | £5 for takeaway / £20 Outings     | £5 for takeaway / £20 Outings      |
| <b>Contact:</b>       | Therese on adhd@adhdandautism.org | Ciaran on ciaran@adhdandautism.org |

- The Film Group provides the opportunity to combine socialising and meeting new people in a safe and supportive environment, whilst enjoying a takeaway.
- Films are suggested by the young people and chosen to facilitate discussion afterwards.
- The group also go on several outings each year to the cinema where CAAS provide the tickets and the YP contributes towards their food.

## Girls Group – at CAAS: Places must be booked.

|                       |   |
|-----------------------|---|
| <b>When:</b>          | 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month from 6.30-8.00pm        |
| <b>Criteria:</b>      | Young women aged 11 (and in high school) – 16 years diagnosed with ADHD or autism |
| <b>Accessible to:</b> | Harrow and Hillingdon   |
| <b>Funded by:</b>     | City Bridge Trust   |
| <b>Contact:</b>       | Karen Crocker on karen@adhdandautism.org  |

The 'Girls Group' is a creative and nurturing space for young women. The group will aim to help the girls understand their diagnosis and learn strategies to help them manage. The format will be a mix of both discussion groups, where a topic is picked each month and the group focus is on that topic, and creative activities so there will be an opportunity to learn new skills, and to be in a social environment that feels more natural and safer.



### Siblings Group – at CAAS: Places must be booked.

|                       |   |
|-----------------------|---|
| <b>When:</b>          | Weekday (to be advised) after school        |
| <b>Criteria:</b>      | Siblings age 7-9<br>Siblings age 10-12      |
| <b>Accessible to:</b> | Harrow and Hillingdon                       |
| <b>Funded by:</b>     | City Bridge Trust                           |
| <b>Contact:</b>       | Nilofur Italia at nilofur@adhdandautism.org |

The siblings course is designed to support siblings of children or young people with ADHD or who are autistic. The group, will give siblings an opportunity to gain understanding of the conditions so that they can better understand their brother or sister fostering better relationships. The group will involve a mix of talking and activities.

### Creative Club – at CAAS: Places must be booked.

|                       |  |
|-----------------------|--|
| <b>When:</b>          | Saturday once a month.                               |
| <b>Criteria:</b>      | Young People aged 8-12 diagnosed with ADHD or autism |
| <b>Accessible to:</b> | Harrow and Hillingdon                                |
| <b>Funded by:</b>     | CAAS   |
| <b>Contact:</b>       | Nilofur Italia on nilofur@adhdandautism.org          |

This monthly group will feature creative activities such as music or art. The groups will enable those who face isolation a place to meet like-minded peers in a place that feels safe, secure and accepting of difference. You may be asked to create something in advance to discuss and share during the session.

### Social Group – at CAAS: Places must be booked.

|                       |   |
|-----------------------|---|
| <b>When:</b>          | First Tuesday of the month from 4.30 pm till 6.00pm |
| <b>Criteria:</b>      | Young ADHD/autistic People in school years 7 to 11. |
| <b>Accessible to:</b> | Harrow and Hillingdon                               |
| <b>Funded by:</b>     | CAAS  |
| <b>Contact:</b>       | Karen Crocker on karen@adhdandautism.org            |

Through games, quizzes, arts/crafts and discussion, this group gives ADHD/autistic young people the opportunity to develop friendships and connections with other people as well as increase their understanding of what being neurodivergent means to them.

## Meet Up Group at CAAS: Places must be booked

|                       |   |
|-----------------------|---|
| <b>When:</b>          | First and Third Wednesday of the month from 6.30 pm till 8.00pm |
| <b>Criteria:</b>      | Young ADHD/autistic people aged 17 to 24.                       |
| <b>Accessible to:</b> | Harlow and Hillingdon   |
| <b>Funded by:</b>     | Hillingdon, CAAS  |
| <b>Contact:</b>       | Karen Crocker on karen@adhdandautism.org                        |

Through games, quizzes, arts/crafts and discussion, this group gives ADHD/autistic young people the opportunity to develop friendships and connections with other people as well as increase their understanding of what being neurodivergent means to them.

## Thinking about Adulthood

Harlow

Ealing

Hounslow


Westminster

Brent

Hillingdon

Hammersmith & Fulham

Kensington & Chelsea

|                       |  |  |
|-----------------------|--|--|
| <b>When:</b>          | Variable Dates: Contact for Information  |  |
| <b>Accessible to:</b> | Young autistic people aged 14-19y without a co-occurring learning disability resident in NW London |  |
| <b>Contact:</b>       | adults@adhdandautism.org   |  |
| <b>Funded by:</b>     | NW London CCG  |  |

A monthly online forum for young autistic people to explore what it means to become an adult. During the teen years there's a lot of talk about 'growing up', 'being an adult' without really discussing what that means.

These monthly sessions will provide a safe place to explore and ask those important questions, work through any worries about 'growing up' and what 'being an adult' means.



|                   |  |
|-------------------|--|
| <b>Where:</b>     | <b>Blended online and face to face service</b>                   |
| <b>Criteria:</b>  | Young people aged 11-25 living or attending school <b>Harrow</b> |
| <b>Funded by:</b> | City Bridge Trust and Comic Relief                               |
| <b>Contact:</b>   | youth@adhdandautism.org  |

**HeadsUp** is a specialist young people’s mental health service provided by five local organisations: Mind in Harrow, the Mosaic LGBT Youth Centre, The Wish Centre, Paiwand and Centre for ADHD & Autism Support.

Each individual service has their own digital offer. Please see the HeadsUp website <http://www.headsupharrow.uk>.

**CAAS** will provide a mix of in person or virtual one-to-one mentoring session and small groups to help young people with a diagnosis of ADHD and/or autism build their resilience and learn mental health coping strategies.

CAAS will also be running a series of workshops for parents/carers and will be offering free training within Harrow schools. Please contact [youth@adhdandautism.org](mailto:youth@adhdandautism.org) for information.

## Our Funders

CAAS would like to acknowledge all of our funders for their on-going support allowing us to continue to provide much needed services to our clients. Without your support it would not be possible to continue to fund our experienced staff team and provide the diverse range of services that we do.

Thanks, in 2022/23 go to:

