

About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

ADHD Project

Our ADHD Project is funded by Sheffield City Council



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Family Action ADHD Project Sheffield

Improving the lives of families affected by ADHD



Sheffield Family Action ADHD Project

Raising any child is difficult and at times stressful but raising a child with ADHD who shows extremes of hyperactivity, inattentiveness and impulsivity can sometimes feel impossible.

There is no magic wand nor any easy solution, but it is possible to reduce the difficulties of managing ADHD and to find positives and strengths in the young people diagnosed.

The ADHD Project aims to support the families of children and young people diagnosed with ADHD through raising knowledge and awareness of the disorder, providing strategies for managing the symptoms associated with it and promoting the individuality and potential for those affected. We deliver two main services: Post-Diagnosis Home Visits and Managing ADHD Groups (see opposite).

Referrals are welcomed from parents of children and young people diagnosed with ADHD, along with referrals from those working with and supporting families where ADHD is present. Please contact us (see details overleaf) to discuss any referrals or to discuss how the ADHD Project may be able to support you.

Post-Diagnosis Home Visits

These visits are provided to families where a child or young person has been diagnosed with ADHD. The visit can take place in the family home or, if the family prefer, at a suitable alternative venue.

We take care to listen to the experiences of the family members around their journey to the point of diagnosis and their feelings and views once it has been made. The worker will discuss the diagnosis with the family to ensure that they fully understand the diagnosis and the information they have been given.

Some basic advice can be given regarding managing ADHD, but those families visited will also have the opportunity to refer themselves to the eight-week Managing ADHD Group (MAG), which gives extensive behaviour management support and emotional support to those attending.

We provide information on national and local sources of support linked to ADHD, such as educational, practical and emotional support. We provide information designed for children of different ages regarding their diagnosis of ADHD.

Managing ADHD Groups (MAG)

These eight-week courses give step-by-step strategies and ideas to help manage ADHD, as well as to provide emotional support to participants. The focus of the group work is around providing ADHD-specific strategies for day-to-day activities, and also for parents and carers to gain the opportunity to learn from each others experiences.

The course was developed by the Family Action ADHD Project alongside colleagues from the Ryegate Children's Centre and the Child and Adolescent Mental Health Service (CAMHS). Topics covered in the course include:

- Managing specific behaviours related to ADHD.
- Gaining a better understanding of ADHD and how it effects your child.
- Advice and information regarding the various services that families can access.

We currently run between five and six groups a year at venues throughout Sheffield, both in the daytime and in the evening. Parents and carers can self-refer or be referred by their clinician or support worker.

'I finally have a better understanding of my son's disorder which has meant that our relationship has improved. I have also learnt some helpful strategies as well as made some supportive friendships.'

'The course has positively changed my attitude and understanding of ADHD.'

'I feel proud of my son's uniqueness. I feel confident to challenge others views of ADHD.'

