

UNDERSTANDING ADHD



Tickets £20
Tea and
coffee
included

A day that focuses on skills and strategies, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.



Understanding your child with ADHD, support, strategies and tips. Led by the Hampshire CAMHS ADHD team.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager.

ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning, Led by Courtney Freedman-Thompson-coach and wellbeing facilitator and lived experience.

5 March 2026

Junction Church,
2 Romsey Road,
Eastleigh SO50 9FE

16 Sept 2026

The Pallant Centre,
Havant, PO9 1BE

3 November 2026

Andover Baptist Church,
Charlton Road, Andover
SP10 3JH

For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>

