

North Cumbria ADHD Lived Experience Programme

Designed and led by people with ADHD, for those with ADHD or awaiting a diagnosis.

Programme Outline:

Session 1: What is ADHD?

- To gain a broad understanding of what ADHD is and what that looks like and means to us.
- To get to know each other.

Session 2: The Brain

- To understand how ADHD affects different areas of the brain, and how this impacts us.
- To actively challenge stigma by learning about the evidence for ADHD within the brain.

Session 3: Understanding symptoms part 1

- To start gaining self-awareness of what our symptoms may look like.
- To explore what executive functioning is and how it impacts ADHD.

Session 4: Understanding symptoms part 2

- To explore and understand symptoms associated with ADHD, and how they can interact with mental health conditions such as anxiety and depression.

Session 5: Strategies

- To explore a range of tips and strategies

Session 6: Celebrating Neurodiversity

- To celebrate our differences and how ADHD impacts our lives positively.
- To reflect over the last 6 weeks and what impact this has had on us as individuals and those around

To find out more and to register on to the programme please contact

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