

## HEADING: ADHD Connect - October Newsletter (and group invites)

💡 Receiving an ADHD diagnosis can bring a mix of emotions. For some people, it provides answers to questions they've had for years. For others, it may feel overwhelming or leave them wondering what happens next. However you are feeling, you're welcome here.

Our service is here to provide information, practical strategies, and support as you learn more about ADHD and what it means for you. ADHD affects everyone differently, and there is no single "right" way to experience it. Together, we'll explore approaches that can help you build on your strengths and manage the challenges that matter most to you.

In each newsletter, we'll share:

- Practical tips for everyday life
- Information about ADHD and wellbeing
- Updates on groups, workshops, and resources
- Ideas from trusted sources to support you on your journey

We're glad you've joined us and look forward to supporting you.

As we move into autumn, we have a couple of opportunities to get involved, support important research, enjoy some fresh air, and connect with others in the community. Whether you're newly diagnosed with ADHD or have been on your journey for a while, there's something here for you!

### ♥ Looking for ADHD Information, Guidance and Support?

Just a reminder that you don't have to navigate your ADHD journey alone.

Whether you've recently been diagnosed, are waiting for an assessment or have been living with ADHD for some time, there is a range of information, guidance and resources available to help you better understand ADHD and find support.

The **ADHD Primary Care Connect Patient Resource Hub** brings together useful information and resources to help you navigate life with ADHD.

🔗 **Explore the resource hub here:**

[ADHD Primary Care Connect – Patient Resource Hub](#)

Whether you're looking for practical advice, guidance on managing ADHD, or simply want to learn more, it's worth taking a look at what's available.

♥ **Remember:** Everyone's ADHD journey is different, and finding the right information and support for you can make a real difference. Don't forget to bookmark the page so you can return to it whenever you need it!

## 🌻 ADHD support group

The groups are for adults who have recently received an ADHD diagnosis and provide a friendly, supportive opportunity to meet others with similar experiences, share ideas, and explore what ADHD means in day-to-day life.

This group is aimed especially at people who haven't come along to any of our previous sessions, so if you've not been before, this is a great opportunity to join us.

Each group is a three-session course, and we encourage people to attend all three sessions where possible. Booking onto the first date reserves your place on the full course.

The next round of sessions take place on: Tuesday 3 November, Tuesday 10 November and Tuesday 17 November from 1:00pm–2:30pm

**Booking:** [Crawley Social Prescribing: ADHD Connect – Nov 2026 Tickets | Eventbrite](#)

If you have any questions before booking, or if you're unsure which group would suit you best, please feel free to get in touch. Please don't worry if you're unable to join us on this occasion as we will be announcing additional dates later in the year.

## 💬 Help Us Shape Our New ADHD Peer Support Group!

We're excited to be exploring the idea of starting a **monthly peer support group for people with ADHD!** The group would be a welcoming, relaxed space where you can meet others with similar experiences, share ideas, offer mutual support and learn from one another in a friendly, understanding environment.

We want this group to be shaped by the people it's for, and **we'd love to hear your thoughts and ideas!** One of the things we'd like your input on is whether you'd prefer the group to meet during the day or in the evening, so we can find a time that works for as many people as possible.

Whether you'd like to share your experiences, listen to others, make connections or simply find comfort in knowing you're not alone, your voice matters.

**Would you be interested in joining us?** If so, we'd love to hear from you! Get in touch and let us know what you'd like to see from the group, including your preferred meeting time. Together, we can create a group that feels welcoming, supportive and meaningful for everyone involved.

You can reach us at: [excib.crawleysocialprescribing@nhs.net](mailto:excib.crawleysocialprescribing@nhs.net)

*Please include "ADHD" in the subject line of your e-mail so we can identify and direct your enquiry to the appropriate team.*

### **Have Your Say: Take Part in ADHD-Related Research**

Taking part in research is a great way to help improve our understanding of ADHD, mental health, sleep and the experiences of people living with these conditions.

We'd like to encourage you to explore the health and care research studies currently looking for participants. Two surveys that may be of particular interest are:

 **The Minder Sleep Survey** – Sleep difficulties can be a significant challenge for many people with ADHD. Taking part in sleep-related research can help improve our understanding of sleep and its impact on everyday life.

 **The GLAD Survey** – The Genetic Links to Anxiety and Depression (GLAD) Study aims to improve our understanding of anxiety and depression through research. If you're interested in contributing to research that could help shape future understanding and treatment, this may be worth exploring.

### **Find out more and explore opportunities to take part:**

<https://www.bsms.ac.uk/research/support-and-governance/shcrp/ren/take-part-in-health-and-care-research-studies.aspx>

Every contribution to research can make a difference. If you have a few minutes to spare, why not take a look and see whether there's a study that's right for you?

Please remember to check the information provided for each study to make sure you meet its eligibility criteria and understand what's involved before signing up.

### **Get Outdoors and Give Back: Community Litter Picks**

Fancy getting some fresh air, moving your body and doing something positive for the local community?

We're encouraging everyone to come along to the Volunteer Centre's upcoming community litter picks on:

#### **Tuesday 10th November**

**10am – 11:30am meeting at Goffs Park House**

#### **Tuesday 24th November**

**10am – 11:30am meeting at Southgate Playing Fields car park**

These sessions are a great opportunity to get outside, get your steps in and help make our local area a cleaner, nicer place for everyone.

Getting out and about can be a welcome boost to our mood and wellbeing and having an activity to focus on can make it easier to get moving. It's also a lovely opportunity to meet new people, have a chat and potentially connect with others who have recently been diagnosed with ADHD.

There's no pressure to be an expert litter picker or to have lots of energy - just come along, enjoy some fresh air and get involved in whatever way works for you!

Whether you're looking to build connections, get more active, or simply try something a little different, we'd love to encourage you to join in. (Equipment is provided).

### **Get in Touch**

If you have any questions or need a little extra support, we are always happy to hear from you - just get in touch.

You can reach us at: [excib.crawleysocialprescribing@nhs.net](mailto:excib.crawleysocialprescribing@nhs.net)

*Please include "ADHD" in the subject line of your e-mail so we can identify and direct your enquiry to the appropriate team.*