

💡 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.

🌱 **ADHD group sessions**

We are currently planning our next Peer Support ADHD Group sessions.

These groups are designed for adults who have recently been diagnosed with ADHD, providing a welcoming and supportive space to meet others with similar experiences, share experiences and connect with people who understand.

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.

And there's more to come... 👁️ We're working on some new ideas behind the scenes, and we'll be sharing more about it in future editions. Keep an eye out!

We're running two sets of face-to-face sessions at:

The Orchard

1-2 Gleneagles Court
Brighton Road
Crawley

🌙 **Evening group**

Wednesday 14 October
Wednesday 21 October

Wednesday 28 October

6:00pm–7:30pm

Link: [Crawley Social Prescribing: ADHD Connect - Oct 2026 Tickets, Multiple dates | Eventbrite](#)

Daytime group

Tuesday 3 November

Tuesday 10 November

Tuesday 17 November

1:00pm–2:30pm

Link: [Crawley Social Prescribing: ADHD Connect - Nov 2026 Tickets, Multiple dates | Eventbrite](#)

You only need to choose **one set of three sessions**.

Would you like to join us?

Just click on the relevant link above to book your space.

If you're not sure whether the group is for you, we'd be very happy to have an informal chat before you decide. You can ask questions, find out a little more about what to expect, and see whether it feels right for you. There's no pressure to take part.

ADHD vs The Algorithm

"I'll just have a quick look..." ...and suddenly it's 45 minutes later.

Sound familiar?

There's growing interest in how short-form video and engagement-focused algorithms interact with ADHD traits like time blindness, impulsivity and difficulty switching tasks.

And honestly, it makes sense. These apps are designed to keep us scrolling. For an ADHD brain that already finds stopping, switching and estimating time tricky, that can be a particularly powerful combination.

The answer isn't simply "use more willpower."

Instead, try making the environment do some of the work for you:

 **Set a stopping alarm.** Not "I'll scroll for 10 minutes" - set an alarm for when you need to *stop*.

 **Add friction.** Move tempting apps off your home screen, log out or use an app limit.

 **Name the intention.** Before opening your phone, say: *“I’m opening this to reply to Sarah.”* It sounds ridiculous but it can interrupt the automatic scroll.

And if you lose 40 minutes anyway?

No guilt. No “I’m useless”. Just notice it and reset.

ADHD isn't a lack of effort. Sometimes we just need to design our surroundings with our brains in mind.

 **Keep This in Mind**

Make the helpful thing easier - and the distracting thing slightly harder.

 **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: scib.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.