

Accept us don't reject us

Greetings from the Attention Deficit & Hyperactivity Support Group of Southern Africa
ADHASA
Helping the community for 16 years!

This article targets people with ADD/ADHD but the information could help non-ADD people too. Please make this newsletter available to anyone who could use it.

INSIDE THIS ISSUE:

- Destination - Dallas! 1
- CHADD Conference 2
- ADD in Soweto 2
- Role of ADHASA 2
- Thank You 3
- Happy Kids Shop 3
- Activities 3
- ADHASA Talk: Adult ADD through the Movies 3

Volunteers Needed to counsel and help children and adults who are battling with their ADD/ADHD.

Phone Sandy on above tel. no. if you can help

Keeping up with ADD

October 2005

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Weekday mornings

09h00 to 13h00

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CHADD CONFERENCE, DALLAS

Destination ... Dallas!

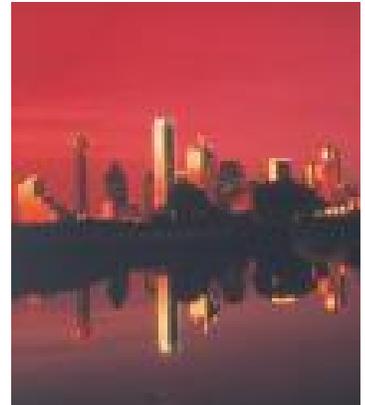


Just a few short weeks ago we were packing, weighing up how much support group information we could take with us ... and then how many clothes we could fit in! We managed to remain just under the maximum and knew we'd be coming back with much lighter baggage ... or so we thought! No chance!!! On the way home we lugged even heavier bags simply because we had collected so much fascinating information that could

just not be left behind!!! Over the next few months we'll be telling you all about it. We didn't have the time to see much of Dallas but took opportunities to see a bit when we could. Downtown Dallas is a place of skyscrapers up to seventy stories,



and there are also large underground shopping malls. It was interesting to see that some large buildings were being converted into apartments because, as in Johannesburg, businesses had moved out to the suburbs, leaving downtown Dallas totally under-utilised.



A dusk tour of Dallas showed the local sights and provided us with a delicious Mexican meal, as well as a ride on the vintage street cars strongly reminiscent of an elegant era long past. We also learnt that the closest oil wells were at least thirty miles out of the city, and that exporting cotton was far more important in the early history of Dallas.



CHADD Conference

International Conferences are always mind-stretching events and do so in many different ways. We learn a tremendous amount, and it's a wonderful opportunity to meet with experts from around the globe. We also see the similarities or differences between their approach and ours.



A few select people received copies of Whizz Kidz and the response was unanimous – that it is one of the best ADD magazines they have yet seen!

The conference was launched with a powerful presentation on bullying which pointed out the roles and responsibilities of everyone concerned. Another highlight was Professor James Swanson who presented, for the first time (and prior to publication) the exciting results of his research into the Molecular Genetics of ADHD! His focus was on the Dopamine 4 Receptor Gene, or DRD4 and there will be more information about this in the next edition of Whizz Kidz.

For the break-away sessions delegates could choose between presentations aimed at Adult ADD; Educators; Health Cars; International/Hispanic; Legal/Advocacy; Parents/ Caregivers and many more. My presentation "ADD in Soweto" fell into the International section.

ADD in Soweto

Elizabeth held everyone spell bound as she opened the presentation singing the beautiful ADD/ADHD song she composed. Then it was up to me.

Peter Magubane's amazing photographs of Soweto, as well as a few from the Johannesburg Municipality, showed the good, the bad and the indifferent all combining to present a vivid picture and understanding of Soweto. They also demonstrated how the culture of learning in Soweto was destroyed.

The presentation also touched on the unemployment, poverty, aids and other very pressing problems which demand immediate attention, and explain why tackling the challenges of ADD/ ADHD has had to take a back seat.

Medication is available from the Chris Hani Baragwanath Hospital and also from Primary Health Care Clinics, but many people are unable to take advantage of the facilities available. It seems that drug companies are showing interest in making medications for ADD/ADHD more readily accessible to afflicted people in Soweto.

Role of ADHASA

As a Support Group we can provide information about medications but we may not suggest them. At best we can recommend that the person approaches a medical doctor and support them in whatever route they choose.

Simply understanding the symptoms of ADD/ADHD and how they impact upon the affected child, his family, and school can make a tremendous difference to anyone who works or interacts with him. We need to educate the people of Soweto about ADD and do so on a much larger scale than before.

Parents are taught how to make better choices in their parenting techniques as Elizabeth recently did on a picnic in Soweto for 45 people.



Healthy eating habits are of utmost importance.

We are currently educating the people of Soweto about the very best food choices that they can make within the constraints of their budget.

ADD in Soweto is a major project and will demand much time, effort and finances. Several people have shown interest in becoming involved and we welcome them and anyone else who is interested. There will be more information about this in the next edition of our quarterly newsletter, Whizz Kidz.

Heather Picton

This edition of Keeping up With ADD is different to what we usually send out and that is because of our recent trip to the USA. People have shown so much interest in the trip that we thought it fitting that we give a short report back, and follow it with a far more detailed article in the next edition of Whizz Kidz due to go out in February next year.

THANK YOU! THANK YOU! THANK YOU!

Once again we would like to thank everyone who so generously contributed towards the costs of our going to the CHADD conference, enabling us to bring back information and expertise to offer an even better service to the community:

Janssen-Cilag;
Ginger Brown (Pty) Ltd;
SAIDA;
Sportron;
C-Pharm;
Dr Shabeer Jeeva;
Dr Norman Cahil;
Stuart Wilson;
Fazila Bhaba;
Megan Anderson;
Annemerie Chidzero;
Norman and Christine Gibson;
Cheryl Lea;
Linda Nkosi.

In addition we would like to thank Peter Magubane, Didata and Universal Image.

A tremendous thank you to you all!!

Whizz Kids has caused quite a stir in the community. If you are not a paid up member and would like your copy, contact National Office. They are R17.00 each.

Happy Kids Shop

We're having a special! Up to 50% off our normal selling price on selected supplements and sweets!!! You cannot afford to miss this special offer so phone or collect them from us on Wed and Fri mornings before the end of the school term.

For many we're approaching the most hectic time of the year as stores count the number of shopping days to Christmas. ADHASA closes with the school for the holidays so please make sure that you have enough stocks of supplements to see you over till the school term starts in the New Year!

Activities

Don't forget to look at our website www.adhasa.co.za to find details of current activities which include Adult ADD Support meetings every second Tuesday (next meeting to be held on Tuesday 15 November – phone (082) 787-0262 to book or for more details)



Mind Focus cc

For a COMPLIMENTARY session (1,5 hours) to learn about how coaching can and will enhance your life phone Lori now on 082-787-0262 to book an appointment!

This Edition of KEEPING UP WITH ADD put together by Lori of Mind Focus.

GREENLANDS PRESENTED

A breakfast briefing with Heather Picton

ADD & Nutrition

It was most enjoyable morning at the Greenlands health restaurant in Parkview with a tantalising spread of healthy breakfast choices for those who attended.



ADHASA TALK given by Dr. Shabeer A. Jeeva

(recently returned from Canada)

Adult ADD through the Movies

Date: Saturday 26 Nov 2005

Time: 2:15 for 2:30 pm start

Venue: Sportron House,
2 Eaton Ave, cor Bryanston Drive.
Between Main Road and William Nicol, Bryanston.

Phone Sportron for directions: 317-8300

Price: Donation R50; R30 members
Booking Essential
Phone: (011) 888-7655

New Venue