

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.

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FUN FOR CHILDREN!

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

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

Keeping up with ADD

August/September 2006

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If you do not wish to receive this please send an e-mail with "unsubscribe" in the subject.

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Office hours:
Weekday mornings
09h00 to 13h00
ADHASA National Office
Delta Park School, Blairgowrie
Phone: (011) 888-7655

Fun for children!

ADHASA NEWS

November already!! This has been such a busy year for all of us and we thank each and every one of our helpers who have made it possible **to accomplish all that** we have done.

On the move

What are we going to do without her? About a year ago Antoinette Gouws joined us as an office volunteer and soon learned the office routine, helping in various different areas. Attending our AD/HD training sessions added to her knowledge base and she was then able to counsel as well. She has thoroughly enjoyed working in National Office and soon became a valuable asset to the group – especially as she was the only person who could counsel in Afrikaans!

The major hurdle for her was driving to and from her home in Pretoria every week and, as her confidence grew, she was able to come up with new solutions. Antoinette has decided to open an ADHASA Branch in Pretoria! Activities will have to fit into her already busy schedule and so she is still deciding upon the extent of her branch activities.

National Office will miss her but we know that she is going to make a tremendous difference to people living in her area. Antoinette we thank you for all you have done and thank you for establishing a branch in Pretoria.

Can you help?

With Antoinette not coming in, we need a volunteer to be in the office on Thursdays. We would like you to answer the telephone and take

messages, or you could choose to become more involved. We welcome your assistance so please phone Sandy at 011-793-2079.

Placement Learning Opportunity Student

University of Lincoln student, Kirsty-Lee Torrie, has joined ADHASA for 100 days to learn about AD/HD. Kirsty-Lee is required to fulfill certain requirements as laid down by her university. She prepared a couple of pages for children to learn about AD/HD and we have used them for this edition of Keeping Up with ADD. It's something for the family to enjoy.



Advertising

Get in early – to place your ad in Whizz Kidz, please contact Allyson NOW! 082-561-0876

Seminar

Our Seminar was a tremendous success followed by many glowing reports from delegates attending. People said it was our best seminar yet! We had a wide diversity of topics and several new speakers. Of course this always adds the element of the unexpected and there was some criticism as well – a few people felt there was too much of an emphasis on medication; and

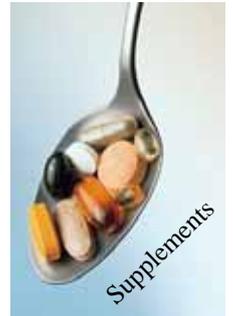


roughly the same numbers of people were concerned when Chamilla Sanua discouraged its use. Chamilla is a well-known and respected pharmacist and we have often had requests to invite her to speak at one of our functions. We regard 'criticism' as valuable and is important as feedback so it is always welcomed. To a large extent these comments (about the emphasis on medication or otherwise) reflect the greater community and its approach to the condition of AD/HD. Criticism on a particular subject from opposing

points of view tells us we are on the right path. As always we accentuate the importance of lifestyle and healthy eating habits, and provide further information about the various therapies for AD/HD, and current trends in the field.

We thank all those who participated, especially our speakers and delegates who travelled hundreds of kilometres (some from the Cape) to join us and make the seminar the success it was.

See you at the next seminar!



ADDers

Serenity Prayer

God grant me the serenity

to accept the things

I cannot change,

The courage to change the things I

can,

And the wisdom to

know the

difference.

Tips from Dr. (Ted) Hallowell

On Structuring and Organizing the Life of the Child with ADD

Give frequent feedback. Kids with ADD often don't recognise what they are doing as they are doing it.

Don't wait until the house is completely torn apart before suggesting that it be put back together.

On the Management of ADD within Families

Within the context of family therapy, role-playing can be helpful to let members of the family show each other how they see them. Since people with ADD are very poor self-observers, watching others play them can vividly demonstrate behavior they may be unaware of rather than unwilling to change. Video can help in this regard as well.



Fun for Kids ... see next pages

The next two pages can be printed separately. Ideally you would want to go through them with your child and why not suggest colouring in the pictures?.

Both of you will probably learn something and one suggestion— that it would be great for colouring in!

This fact sheet was produced by Kirsty-Lee Torrie for ADHASA.



ADD—Attention Deficit Disorder doesn't exist—so say some folks!

They say they've seen ...

It is UAA—

Unfocussed Attention Abundance!

To ascertain if coaching will help you to learn how to focus -

book a COMPLIMENTARY coaching session—

phone Lori now on 082-787-0262

THIS EDITION OF KEEPING UP WITH ADD PUT TOGETHER BY LORI OF MIND FOCUS.

Understanding ADHD

WHAT IS ALL THE FUSS WITH AD/HD?

AD/HD has been around for many years and is seen as a medical condition which can be controlled by medication. ADHASA believes that its important to avoid all the bad stuff in your food that can affect your concentration and your health.
We even find that it's easier for you to keep your cool!

We are here to help you understand AD/HD the fun way!



Finding the symptoms

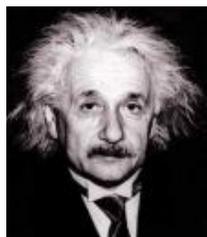
- | | |
|--------------------|------------------|
| <i>Tired</i> | <i>Bright</i> |
| <i>Impulsive</i> | <i>Creative</i> |
| <i>Bored</i> | <i>Fun</i> |
| <i>Unorganised</i> | <i>Laidback</i> |
| <i>Intolerant</i> | <i>Inspiring</i> |



These are just a few of the symptoms, but as you can see there are good symptoms as well as bad ones, now where are they in this word search?

T	A	M	B	K	F	O	U
H	I	C	O	L	T	I	N
Q	M	R	R	A	N	N	O
L	P	E	E	I	A	S	R
B	U	A	D	D	R	P	G
R	L	T	B	B	E	I	A
I	S	I	G	A	L	R	N
G	I	V	C	C	O	I	I
H	V	E	N	K	T	N	S
T	E	U	J	I	N	G	E
D	F	N	E	R	I	P	D

DID YOU KNOW???



Albert Einstein was one of the most intelligent human beings to have walked this earth, and he had ADHD! People with ADHD are normally very bright and intelligent, Maybe you could be the next Einstein?

GOOD FOODS AND BAD FOODS!

It is believed that food plays an important role in the treatment of AD/HD. Artificial colourants and artificial flavourants are known to trigger things off in children with AD/HD. If you remember to eat right you might find you can concentrate better and who knows, things might become much easier for you at home and at school?



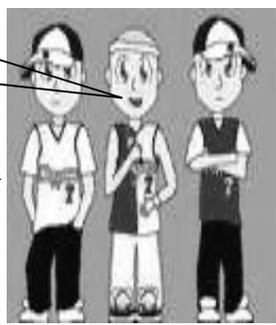
**"I was trying to daydream, but my mind kept wandering."
 --Steven Wright, comedian**

Understanding ADHD

10 GREAT THINGS ABOUT HAVING ADHD.

1. You can see all of your worldly possessions at one time, because they are always all over the floor
2. You have a sparkling personality
3. You honestly believes that anything is possible
4. Everyone finds you entertaining
5. You have a strong sense of what is fair
6. You can always be depended upon to provide a different perspective
7. You are able to see The Big Picture while others stumble around in the dark
8. You are rarely satisfied with the average
9. You are willing to take a risk
10. ADD is especially common among artists, musicians, and other creative people

Wow...I am gifted!



Avoiding homework hassles.....

It's so easy to put off that boring homework, and to do anything but not what we should be doing. If you can just focus then it could take half the time it does now to get all that homework done!

Try.....

1. Clearing your desk, so there is nothing to play with that is more interesting than the homework.
2. Try to keep work organised
3. Split it down into manageable tasks, so it doesn't feel like a mountain of work to get through.



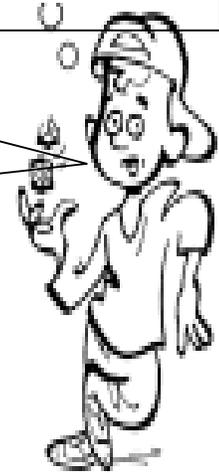
THE FACTS

TRUE OR FALSE?

1. ADHD stands for Attention Deficit Hyperactivity Disorder.
2. People with ADHD sometimes react to certain chemicals in foods.
3. People with ADHD will never do well in life.
4. Vitamins and fatty acids can help people with ADHD.
5. People with ADHD are never thirsty.

Let's go through some final facts then? You decide if they are true or false!

T	F
<input type="checkbox"/>	<input type="checkbox"/>



Do you think you got it right? Lets see.....

1. true
 2. true
 3. false
 4. true
 5. false

This fact sheet was produced by Kirsty-lee Torrie for ADHASA.