

UoB Social Work Centre.

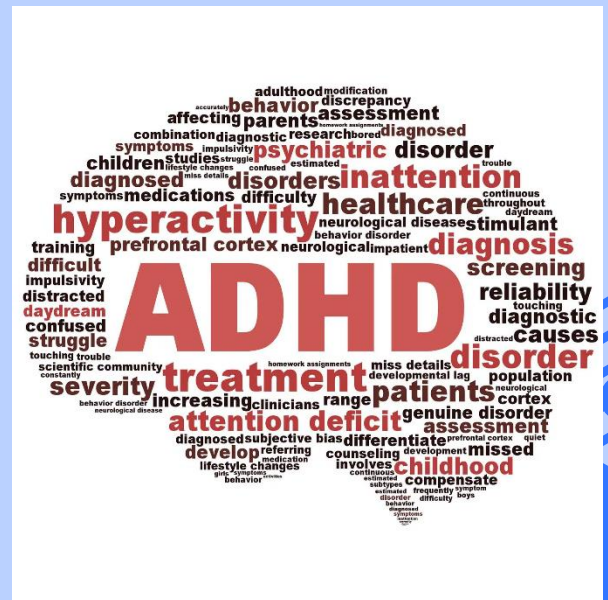
UNIVERSITY OF BOLTON SOCIAL WORK CENTRE NEWSLETTER

|18th October 2021|



ADHD awareness month.

What is ADHD?
Attention deficit hyperactivity disorder, also known as ADHD, is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.



Our services include (but are not limited to):

- Help with Benefits.
- Help with housing.
- Help with Budgeting.
- Advocacy Work.
- Education and Employment.

How it is treated.

Although there's no cure for ADHD, it can be managed with appropriate educational support, advice and support for parents and affected children, alongside medicine, if necessary.

Medicine is often the first treatment offered to adults with ADHD, although psychological therapies such as cognitive behavioural therapy (CBT) may also help.

Some symptoms of ADHD

Symptoms in children and teenagers usually occur before the age of 6 and can be noticed in school or at home.

Inattentiveness:

- Easily distracted
- Making several mistakes in homework or other tasks
- Losing items
- Struggle to listen and carry out instructions

Hyperactivity and impulsiveness:

- Not being able to sit still
- Interrupting others conversations
- Fidgeting
- Acting without thinking

Adults with ADHD

If you're an adult living with ADHD, you may find the following advice useful:

- if you find it hard to stay organised, then make lists, keep diaries, stick up reminders and set aside some time to plan what you need to do
- let off steam by exercising regularly
- find ways to help you relax, such as listening to music or learning relaxation techniques.
- if you have a job, speak to your employer about your condition, and discuss anything they can do to help you work better
- talk to a doctor about your suitability to drive, as you'll need to tell the Driver and Vehicle Licensing Agency (DVLA) if your ADHD affects your driving
- contact or join a local or national support group – these organisations can put you in touch with other people in a similar situation, and can be a good source of support, information and advice

ADHD

T	T	T	T	O	P	A	P	L	A	Y	I	T	R
Y	N	R	I	S	K	D	O	T	E	Y	O	L	S
T	Y	R	I	M	F	I	N	R	I	T	I	C	N
A	T	A	T	N	E	M	P	O	L	E	V	E	D
C	F	D	I	S	T	R	A	C	T	I	B	L	E
Y	Y	T	I	V	I	T	C	A	R	E	P	Y	H
T	B	I	R	E	D	I	R	N	I	P	N	D	V
E	E	E	T	T	T	T	P	N	Y	D	V	E	O
I	D	A	T	T	N	N	D	T	Y	N	T	F	E
X	X	A	T	E	R	T	I	T	T	I	I	I	L
N	T	N	C	S	S	E	L	T	S	E	R	C	N
A	Y	N	R	S	C	T	I	R	E	N	L	I	T
O	O	E	N	O	I	T	N	E	T	T	A	T	X
C	C	E	E	T	E	N	T	P	T	T	C	M	A

- DISTRACTIBLE
- PLAY
- RESTLESS
- DEFICIT
- CONCENTRATE
- ANXIETY
- DEVELOPMENT
- RISK
- ATTENTION
- HYPERACTIVITY

Play this puzzle online at : <https://thewordsearch.com/puzzle/2872252/>

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

PUZZLE PAGE...

TEST YOUR
CELEBRITY
KNOWLEDGE!!

Can you guess who these celebrities and famous people are? Who are all ADHD sufferers.



1) Will.i.am, 2) Justin Timberlake, 3) Channing Tatum, 4) Emma Watson, 5) Tim Howard, 6) Johnny Depp, 7) Will Smith, 8) Jim Carrey, 9) Michael Phelps, 10) Michael Jordan, 11) Albert Einstein, 12) Britney Spears.

See if you can work out what these riddles are...

- 1) I run but never walk. I have a mouth but don't need food. You can give me a name but I won't answer to it. What am I?
- 2) When does April come before March?
- 3) What goes back and forth to work?
- 4) Which bird is the best writer?

1) A River, 2) In the Dictionary, 3) A saw, 4) A Penguin.



We are starting different groups to support the people in our community. Your thoughts are important. What are you interested in seeing, and being a part of? Is it art and Craft? Cooking and baking? Carers group? Anything. Send us an email: socialworkcentre@bolton.ac.uk.



All our services are completely free of charge, and our student staff work on a voluntary basis, we are currently open Monday to Friday, 9am until 5pm. Over the next twelve months, we plan to increase our opening hours, and the centre will be staffed all year round.

Where we are:
University of Bolton Social Work Centre,
Queens specialist building,
Queen street,
Farnworth,
Bolton,
BL4 7DX

You can also find us on social media:



@boltonSWCentre



@UoB Social Work Centre



www.bolton.ac.uk/social-work-centre

Phone: 01204 903334

"We aim to provide a high standard of support to bring positive change for communities, families and individuals"