



New Forest Programme

Parenting a child who shows traits, or has a diagnosis, of ADHD can be filled with laughter, love, and joy. But we also understand that it can bring some unique challenges.

That's where the New **Forest Programme** can help. New Forest is a supportive course run by the Neurodevelopmental Pathway & Support Team where you can:

- Gain deeper insight into ADHD and how it may affect your child
- Learn and share practical strategies to support your child's development.
- Connect with other parents on a similar journey.

This programme offer is **not** a judgement of your parenting style; It's an offer of support in recognition of the above-average parenting demands that can come with raising a child with ADHD, or who is presenting with traits in common with ADHD.

We aim to support you in this by providing you with:

- Knowledge about how the ADHD brain works.
- A fresh 'toolbox' of ideas, strategies, and considerations.
- Support to help you to help your child build emotional regulation, manage impulses, improve attention, and increase self-awareness.



What is the New Forest Programme?

The New Forest Programme is a 6-week course designed for parents of children aged 5 to 11 who are either showing traits commonly associated with ADHD or have a formal diagnosis.

Originally developed in the UK during the 1990s by leading ADHD specialists, the programme is continually updated to reflect the latest research and best practices.

This offer of support follows the NICE (National Institute for Health and Care Excellence) guidelines for ADHD referral pathways. It is strongly recommended by Community Paediatrics that families complete this programme before any clinical assessments take place.



How is the New Forest Programme Delivered?

The New Forest Programme runs over 6 weekly sessions, each lasting 2 hours. Sessions are led by two trained members of the Neurodevelopmental Pathway & Support Team (NPST).

Each session is interactive and visual, focused on practical skills and strategies, and provides a chance to share experiences and learn from other parents and carers.

To make the programme as accessible as possible, we offer sessions in various locations across the city, online (virtual sessions) and at different times — morning, afternoon, and early evening.





How to book a space on the New Forest Programme

To request a place on the New Forest Programme, we require you to complete a Workshop Referral Form. This form can be found by scanning the QR code at the bottom of this leaflet, or by going to asklion.co.uk and searching for Neurodevelopmental Pathway & Support Team

Here's what some parent/carers have said after attending this programme:

" The strategies have helped reduce stress for me and frustration for my son "



" Overall the programme was engaging and very informative. Before taking part I was sceptical that I would actually learn anything but I have learnt a range of techniques to help with my child's behaviour and I feel that I now understand him more which has improved our relationship "

" I feel like I understand him more now, and I have more patience with him and how he feels "



" The strategies have helped my daughter with a sense of competence, control and self understanding "

" Excellent delivery and nice forum to discuss issues, great feeling that I am not alone "

" There is less arguing and less violence at home now. I have more strategies and knowledge that I can refer to when I need it "

" Thank you so much, a wonderful course which has changed all of our lives for the better "

" The course makes you have a better understanding how to help and support your child's needs. All the staff were very welcoming and friendly "

" I empathise more with my child and can view the world through her eyes and experience "



How to contact the Neurodevelopmental Pathway & Support Team (NPST):



0115 876 1716



NPST.enquiries@nottinghamcity.gov.uk



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