



# Food & ADHD?

## **GUEST SPEAKER: STEVE CHALLEN**

Originally diagnosed 21 years ago, he has successfully established a career in the I.T. industry and has three children who are growing up with the same issues. Steve won an award for innovation in 2003, and continues to create new IT solutions. He however does not medicate, but rather uses diet to control the negative symptoms.

Following our last meeting we have been asked by many to look more specifically at diet and so have invited Steve to return and explain how food related aspects can affect ADHD.

### **Open Discussion Forum**

The meeting will be followed by another opportunity for open forum to discuss this and other burning issues parents and professionals are facing.

### **Support Group Aims & Objectives**

We are a working group, of professionals and parents with experience of ADHD, offering information, signposting, a friendly ear, and most importantly understanding to families living with the consequences of ADHD. **ALL WELCOME!**

**Date:** Tuesday 11th March 2008

**Time:** 7:00 p.m. till 8:30 p.m.

**Location:**

Broomfield Primary School

School Lane, Broomfield, Chelmsford, Essex, CM1 7DN

**Refreshments Available**

## **Chelmsford ADHD Support Group**

[www.adhdsupport.org.uk](http://www.adhdsupport.org.uk)

**Stephen Challen (Parent Support)**

steve@adhdsupport.org.uk

0786 612 9728

**Mandy Stapleton (Parent Support)**

mandy@adhdsupport.org.uk

0780 114 2055

**Heidi Mussell (TA for Broomfield Primary School)**

heidi@adhdsupport.org.uk

01245 441722

*“ADHD has many positives, it's not just negative. We need to highlight these positives and help children reach their full potential. ”*