



ADD-vance

The ADD-vance ADHD and Autism Trust

Hello from ADD-vance

We hope you and your families are staying safe during these unusual and unprecedented times. It is amazing how much has changed in such a short space of time, and we hope that you are all adjusting to the 'new normal'.

We wanted to contact you to let you know that, despite the challenges that Coronavirus has created, **we are still here and able to support you.**

- Our helpline number has temporarily changed to **07716 744 662**. It is still open Monday to Friday (9.00am – 1.00pm), offering information and support to you if you need a listening ear.
- If you are struggling with the lockdown, why not try our new online ADD-vance Family Coaching Service? These one-off sessions (30 or 60 minutes - £30 or £50 respectively) are delivered via phone or video conference and provide an opportunity to discuss concerns and brainstorm strategies with a Specialist ADD-vance Coach. For more information please call 07716 744 662 or email herts@add-vance.org.
- We are looking to run some lite-bite online training workshops. If there is a topic that you would really like to see in a lite-bite workshop, please let us know via the helpline or email herts@add-vance.org. These will be run as cost effectively as we can manage.

In other ADD-vance news - this month marks a momentous occasion in our history, as Director Anne Ross, who founded the organisation almost 25 years ago, is retiring and handing the responsibility for ADD-vance onto our new CEO Debbie Wood. Unfortunately, planned celebrations were postponed due to Covid-19, but families all over Hertfordshire have been paying tribute to Anne online via the closed Facebook group. (If you are not a member of the Facebook group and wish to join, please go to our website where there is a link to the account). We want to thank this inspirational lady for all the work she has done in making ADD-vance the amazing charity it is, and wish her well in her new and hopefully exciting adventures. **THANK YOU, ANNE!**

