



P.O. Box No 2, St Julians STJ 1001 / Tel 21233749 (Phonemail – Leave a message and we will phone back)
Website : www.adhdmalta.org / E-Mail : info@adhdmalta.org

3rd November 2008

CIRCULAR NO. 129

Dear Members,

Dr Lesley Hughes - Friday **14th** November 2008, at **Junior College Msida, starting 6.30 p.m.** This is the date of the next meeting of the ADHD Family Support Group. The meeting will be addressed by Dr Lesley Hughes, a Senior Lecturer in Interprofessional learning at the Hull University. She will be in Malta to lecture at the Research Institute of the University of Malta, through the efforts of Dr Carmel Cefai. Dr Hughes will address those present on “Working with children and families with ADHD - the experiences of a UK Psychologist”. There will also be a maximum of fifteen minutes for a number of questions from the floor.

The **PSD** sessions **will** be held as usual. We do encourage you to bring your kids with AD/HD who are seven years of age and over for such sessions. The **child minding services** for children under seven years of age **will** also be available as usual.

The Group has concluded the discussions with National Commission for Persons with Disability (KNPD) regarding specific text to be inserted in the Disability Identity Card issue by the same KNPD. Persons with ADHD applying for such I.D. card should indicate their preference, if this is so, to have such text inserted. The agreed text is –
“People with ADHD may exhibit the following behaviour patterns: *problems with concentration • decreased attention span • impulsiveness • mental & physical overactivity • poor control over emotions.* This condition sometimes necessitates the administration of medication, possibly several times a day. That is why the bearer may be in possession of a dose or two of appropriate medication.”

We thank all those who gave their contribution and also all those who attended the meeting for parents addressed by Professor Cooper. We consider both the parents’ meeting and the Seminar for Professionals to have been a means of effective dissemination of information about ADHD, and to foster collaboration between the various professionals that are needed for effective intervention with ADHD children and Adults.

During October we also held the Barnardo’s parenting skills Train the Trainers sessions, during which six people were trained to run parenting skills courses aimed specifically for parents of children with ADHD. In view of this the Group is now organising a parenting skills course starting next January 2009. Those interested please contact Ms Tessa Anastasi on the group’s email, or by leaving a message on the group’s telephone as per letterhead.

We ask those who accept/prefer to receive the circular and newsletter through electronic mail to signal their request by email on info@adhdmalta.org.

Yours Sincerely

Olav Attard

AD/HD Family Support Group

Circular 129 – ADHD Family Support Group



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3 ta' Novembru 2008

Ċirkulari Nru. 129

Għeżiež Membri

Dr Lesley Hughes - **il-Ġimgħa 14 ta' Novembru 2008 fil-Junior College Msida, nibdew fis-6.30 ta' filgħaxija.** Din hija d-data tal-laqqgħa li jmiss ta' l-ADHD Family Support Group. Il-Laqqgħa ser tkun indirizzata minn Dr Lesley Hughes, Senior Lecturer fl-Università ta' Hull. Hija ser tkun Malta sabiex tgħallim fl-Istitut tar-Riċerka ta' l-Università ta' Malta, u dan permezz ta' l-inizzjattiva ta Dr Carmel Cefai. Dr Hughes ser tkellimna dwar "Hidma ma tfal u familji bl-ADHD – l-esperjenzi ta' Psikologa mir-Renju Unit". Ikun hemm massimu ta' ħmistax-il minuta għal mistoqsijiet.

Waqt il-laqqgħa **ser** ikun hemm is-servizz tal-lezzjonijiet tal-PSD għat-tfal li għandhom l-ADHD u li għandhom minn seba' snin 'l fuq. Is-servizz ta' tħaris tat-tfal li għandhom inqas minn seba' snin **ser** ikun provdut ukoll.

Il-Grupp ikkonkluda d-diskussjonijiet mal-Kummissjoni Nazzjonali Persuni B'Dizabilità dwar kliem speċifiku li jista' jintuza minn Persuni bl-ADHD fuq l-ID Card tal-Persuni b'Dizabilità kif maħruġa mill-istess KNPD. Persuni bl-ADHD li jkunu qed japplikaw għal din l-ID Card jistgħu jagħżlu li dan il-kliem li ġej jiġi riprodott fuq l-istess Card – "Persuni bl-ADHD jistgħu juru aġir kif ġej : nuqqas ta' konċentrazzjoni, nuqqas ta' attenzjoni, impulsività, aġir fiżiku u mentali żejje, nuqqas ta' kontroll fuq l-emozzjonijiet. Din il-Kundizzjoni tista, tirrikjedi t-teħid ta' mediċini, possibilment numru ta' drabi tul il-gurnata. Għalhekk il-persuna li xbieha tagħha qegħda fuq dan id-dokument jista' jkollu/ha doża jew tnejn ta' din il-mediċina."

Nirringrazzjaw lil kull min ta' s-sehem tiegħu, kif ukoll lil kull min attenda l-laqqgħa għal ġenituri li kienet indirizzata minn Professor Paul Cooper. Naħsbu li kemm il-laqqgħa tal-ġenituri kif ukoll is-Seminar għal professjonisti kienu għodda effettiva sabiex tingħata iktar informazzjoni dwar l-ADHD, kif ukoll sabiex il-professjonisti jikkolaboraw flimkien għal ġid tal-persuni, tfal u adulti, bl-ADHD.

F'Ottubru wkoll. Il-grupp organizza taħriġ għal sitt persuni minn Barnardos UK. Dawn tħarrġu sabiex ikunu jistgħu imexxu korsijiet ta' parenting skills għall-ġenituri ta' tfal bl-ADHD. Għalhekk, b'dawn ir-riżorsi, il-grupp ser jorganizza, minn Jannar 2009, sessjoni ta' parenting skills. Min hu interessat jikkuntattja lil Ms Tessa Anastasi permezz ta' l-email tal-grupp, jew iċempel u jħalli messaġġ fuq il-phonemail.

Nitolbu lill-membri tal-grupp li jixtiequ/jagħżlu li jirċievu ċ-ċirkulari u n-newletters tal-grupp bl-email biss sabiex jibgħatulna email f'dan ir-rigward fuq info@adhdmalta.org.

Dejjem Tagħkom,
Olav Attard
AD/HD Family Support Group
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