

How will the family benefit?

- *Information, advice and support*
- *individual appointments*
- *Weekly drop-in group sessions*
- *You will meet other like-minded families*
- *A non-judgmental listening ear*
- *Help with completing the D.L.A. disability living allowance forms*
- *Something structured to do at the weekend with the family*
- *A positive parenting programme*
- *Invite to training workshops.*

YOUR DETAILS

If you would like us to get in touch with you please fill in your contact details and the times you would like us to ring.

NAME:.....

ADDRESS:.....

.....
.....
.....

TEL.NO:.....

E.MAIL:.....

CONVENIENT DAYS/TIMES:.....

.....



Organization
The
Kendal Family
Drop-In Centre

Stricklandgate House
92 Stricklandgate
Kendal, Cumbria

Mobile Phone: 07795346632

Evening tel no: 01539 722400

or 727299

E mail:

Shirley@gilbob.freeseve.co.uk



All families are
welcome

**Autism (ASD)
and Attention
deficit
hyperactive
disorder
(ADHD)**

Recent diagnosis?

Autism
Attention deficit hy-
peractive disorder

Has your child
Poor concentration
Short attention span
Or unable to cope in
social situations?

You are not alone!

What to do now?

Please ring:

Zoe 01539 722400

Shirley 07795346632 daytime

01539 727299 evenings

To seek advice, get more information and or make an appointment.

Call in to the Kendal Family Drop-In Centre open 9.30am to 2.30pm (10.30am to 2.30pm during the school holidays)

Drop-In to the Kendal Family Drop-In Centre on Thursday 10am to join the group meeting

Expectations

You may feel like you are battling on and heading for that immovable brick wall or perhaps you are looking at it face on.

We can't promise to make everything go away but we have found that we are able to help families overcome some obstacles.

Not everyone wants the same type of support so we try to tailor fit this to your situation.

We acknowledge that the timing and pace needs to be determined by you and that you know your children best.

We pride ourselves on being approachable, non-judgmental and genuinely interested in listening to you and your situation.

It may be hard to walk through the door but we hope to see you as soon as you feel able.

Can you say “Yes” to some of these?

Is your child.....Struggling at school?

Has a short attention span?

Sensory issues?

Has difficulties with their peer group?

Finds social situations difficult?

Obsessive behaviour? Incessant chatter?
Rigid thinking?

Dislikes changes to e.g. routines and familiarity?

Difficulty following instructions, listening or concentrating?

Very literal in their understanding?

Difficulty with communication?

Unable to foresee the consequences of their actions?