



JOIN US IN CELEBRATING ADHD AWARENESS DAY – 14 Sept 2009

Join us in the first official South African ADHD Awareness Day! It's an opportunity **for** children affected by ADHD to recognise their skills and talents, and to see the advantages that can come with the condition.

We want to give them the opportunity to be proud of themselves ☺

It's also an opportunity for all people involved with ADHD – parents, teachers, therapists, doctors, caregivers, and ADHD centres to general greater awareness and understanding of ADHD. ADHASA leaflets and posters available on request.

So, what's happening on ADHD Awareness Day?

>Function in Gauteng : Idol Finalist Graham!

Idol finalist Graham will be singing and entertaining Delta Park schoolchildren and guests at the School on 14 September. Starting at 12h30 it will last 1½ - 2 hours. He will also explain to invited guests and the children of Delta Park School how ADHD has helped him – that it can be a gift. In addition Graham will be handing out prizes to winners of the essay competition. Has your child entered yet?

We thank EyeQ for sponsoring this event.

To raise funds for ADHASA we are offering thirty seats at R200 each. If you are a paid up member of ADHASA you pay only R100 each. Entrance is R50 for children. ADHASA is desperately in need of funding so please come along and in the process support your favourite charity organisation!

>Competition

Self esteem of children with ADHD is usually very low as everyone focuses on their problems rather than their potential good points. We want them to see the 'positives of ADHD' (see attached list) and recognise their potential. Remember that we are interested in what you have to say and handwriting, spelling etc is not an issue. Just put it on paper and the rest is up to us.

Competition entries to reach us by 28 August.



Registration No: 930363908 (company not for gain)

Phone: +27 11 888 7655 Fax: 0866047124 Email: adhasa@telkomsa.net Website: www.adhasa.co.za

Physical Address: Delta Park School, Standard Drive, Blaingowrie, Randburg Postal Address: P O Box 3704, Randburg 2125

Directors: Prof C.F.van der Merwe (Chairman), H.Picton (Vice Chaiman), M.Barry, S.Cox, T.Wilke,

Dr N.Cahi, E.Masike, S.Wilson, A.Koekhoven, M. Mogotsi



Branches of ADHASA

ADHASA Branches around the country have arranged events in their areas. Contact details for branch coordinators are on the website – phone the person in your area to find out what is happening. Maybe you would like to offer your help.

Warmbaths/BelaBela and Branches of surrounding areas have moved their activities forward to coincide with the Agricultural Show but can be contacted for further information. We know that Mafikeng, Cape Town, Pretoria, Kuruman and Soweto Branches are all going to be promoting ADHD Awareness through talks and/or hosting a table. We'll give more info about these and other branches via email. (If you're not already on our mailing list, please contact National Office on adhasa@telkomsa.net so you can be included).

➤ **Wrist Plastic Bracelets or material sweat bands** – we would love to hand these out countrywide but can only do so if we have sponsorship for them. If you would like to help out, please contact Heather at heather@picton.nom.za

➤ **Book: 'Teaching and ADHD in South African Schools' (MacMillan)**

These books will be available during the first half of October but you can order yours in advance. We'll be sending book leaflets and order forms to all people hosting ADHD Awareness functions. Please let us know how many book leaflets you would like. (If you're attending the Annual ADHASA Conference, you'll be getting a free copy of the book).

➤ **Schools**

We invite you to include a few words about ADHD (including the positives) in the morning assembly of Sept 14th. ADHASA have already prepared the info for you – National Office will email/fax it to you on request.

We invite everyone involved with ADHD in their home or work to join us in celebrating ADHD Awareness Day in South Africa.



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