



**Report back: ADHASA Limpopo Seminar  
17 April 2009**

We have just returned from a most exciting event. The ADHASA Limpopo Seminar was held on 17 April 2009 at Hoërskool Nylstroom in Modimolle (previously Nystroom). It was arranged by our Regional Coordinator, Counselling Psychologist Mr Emile Wilmans, as part of an ongoing project to establish more branches and hence information in outlying areas of Northern Gauteng and Limpopo.

Before long over fifty educators, parents and therapists from Modimolle and surrounding towns eagerly awaited the start of the event. There was a wonderful country spirit with people ready to pitch in and help wherever the need arose.

A Pastor was the first to speak, imploring that we recognise the individuality and gifts of each and every person.... that we take the time to find and appreciate the gifts of the person with ADHD. Emile Wilmans (psychologist) then explained the holistic (*interprofessional*) approach to diagnosis and treatment of ADHD. He also took a few minutes to paint a picture of the positives of the condition.

The last two speakers of the day were Paediatrician Dr Johan Erasmus (Pretoria) and Dr Shabeer Jeeva (Johannesburg) who could only come after they had completed their consulting schedule for the day. Dr Erasmus concentrated on ADHD in children while Dr Jeeva focused on adults. His movie clips were most popular even though they were interrupted by a 15 minute ESKOM blackout. The time was well used as he spoke about more recent trends in ADHD such as recognizing the importance of exercise (increases dopamine), healthy eating, EFAs, reducing stress, being connected to friends, family, spirituality.

Heather explained the importance of healthy eating and in the process delegates read and learnt about reading ingredient lists. She also spoke about ADHASA and its branches, and explained the role of Regional Coordinators - a prelude to the launching of new branches in Bela-Bela (Warmbaths), Modimolle (Nylstroom) and Mookghopong (Naboomspruit). There were enough people to elect a Chairman, Vice Chairman, Treasurer, Secretary and Fund Raiser for each branch. A few delegates from Vaalwater and Thabazimbe also attended – they also considering launching branches in their towns.