



Welcome to the
ADHD Lincs
Newsletter

Welcome to the February edition of the ADHDLincs Newsletter

As we step into February, we remain dedicated to supporting individuals and families affected by ADHD across Lincolnshire and beyond.

This month, which is often associated with love and kindness, we are focusing on **self-love**: Let's start by showing ourselves the love we so often extend to others.

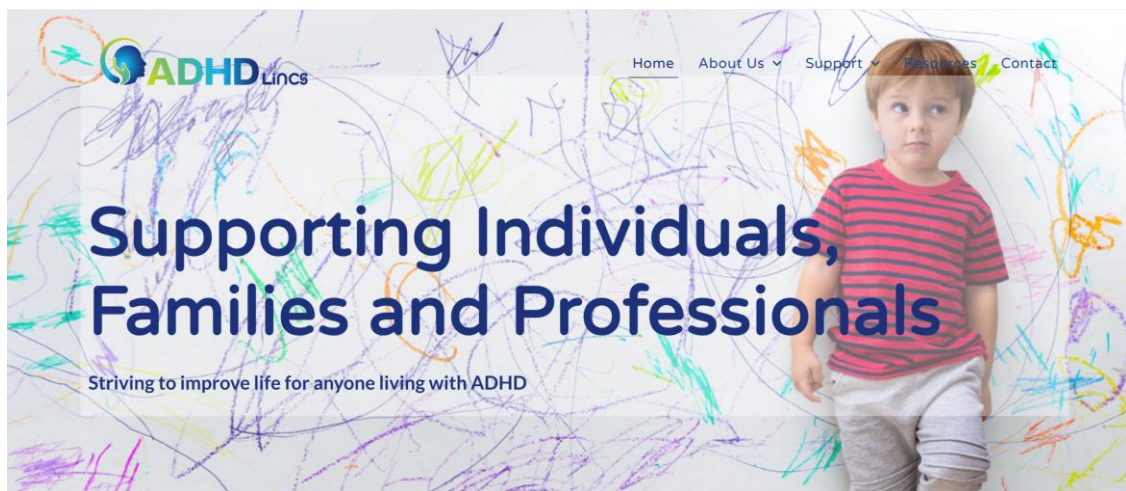
The road to self-love is not always easy, but it's a journey worth taking. We, as individuals with ADHD, have unique perspectives, experiences, and strengths that deserve recognition and appreciation.

By challenging the negative thoughts, embracing our quirks, and practicing kindness towards ourselves, we can foster a healthier relationship with who we are, ADHD and all.

Thank you for being a part of the ADHDLincs family - together, we're creating a stronger, more understanding network for those with ADHD.

Let's continue this journey of growth, support, and awareness in 2025!

Warmly
The ADHD Lincs Team



Embracing Self-Love: Overcoming Challenges for Those with ADHD

As we enter the month of February, often associated with love and kindness, it's a great time to reflect on an essential yet sometimes overlooked aspect of our well-being: **self-love**.

For many people with ADHD, practicing self-love can feel challenging. The constant juggle between hyperfocus and distraction, the often-overwhelming task lists, and the pervasive feelings of self-doubt can make it difficult to cultivate the compassionate and patient relationship we deserve with ourselves.

Add to that the weight of **imposter syndrome** - those feelings of being "not good enough," of thinking we're faking our way through life, or that we don't truly belong in spaces where we are achieving or thriving - self-love can feel like a distant goal.

But, acknowledging these struggles is the first step towards embracing a more kind and supportive mindset.

The ADHD Struggle: How ADHD and Self-Love are Interconnected

ADHD, with its unique challenges, often means we're living in a world designed for those who don't experience the same difficulties with focus, time management, or organisation.

Many of us have been taught to view these traits as flaws or failures - leading to negative self-talk and feelings of inadequacy..... [click here to read the full article](#)



Imposter Syndrome: A Common Companion for Those with ADHD



Many people with ADHD struggle with imposter syndrome, which often stems from a sense of “not measuring up” or feeling like we don’t deserve our achievements.

Whether it’s excelling in a work project, raising a family, or pursuing academic goals, we may dismiss our successes as luck or fear being “found out” as inadequate.... [click here to read the full article](#)

Upcoming Events

Join us at ADHDLincs for our upcoming workshops and training courses, specially designed to provide practical tools and expert guidance for managing ADHD.

Whether you're seeking to improve focus, foster better relationships or unlock your full potential, our supportive and interactive sessions will empower you every step of the way.

These sessions provide valuable insights, practical strategies and a supportive community.

Here's what we have lined up for February:

FEBRUARY - Resilience And Me (RAM) course for 5 weeks - Online

- **Date:** Feb 26th, Mar 5th, 12th, 19th and 26th
- **Time:** 6.30 - 8.30 pm
- **Host:** Sharon Taylor
- **Cost:** £40pp if registered with the charity, £70pp if not
- **To register:** [Book here](#)



The **Resilience And Me** course is a 5 week solution focused programme aimed at adults who are experiencing mental health, ADHD, ASD or emotional difficulties. The programme will support you to gain confidence, realistic optimism & positive self image.

Each session will take a different topic in a multi-sensory format. including:

- Recognising the elements of Resilience
- What is your reality?
- 'Perceptions of Me' - how to alter perceptions of yourself
- Motivation and Energy
- What are your barriers?
- Self-regulation
- Achieving Goals and moving on

Resource corner: Tips for Cultivating Self-Love



By embracing your strengths, acknowledging your challenges, and practicing kindness toward yourself, you can build a healthier, more compassionate relationship with your ADHD.

Here are some tips to help you cultivate that self-love: [click here to read the full article](#)

Coffee and Chat

Yazzie has created a safe space where you can ask questions about ADHD, give each other advice, share experiences, express your feelings and generally let off steam if you need to.

Each month we all meet up face-to-face for our coffee and chat sessions.

We have sessions for adults and we also have sessions for parents and you can come to both if you wish.

This month, our coffee and chats will be for **both parents and adults** and will be held on:

Tues 25th Feb 10am - 12pm

in the **Community Room at the Big Tesco on Wragby Road, Lincoln.**

Keep an eye on our [Facebook](#) page incase of any changes.

Come and join us!



This month's tips:

Tips for Adults

Developing self-love can be especially challenging for adults with ADHD, as the symptoms - like difficulty with focus, forgetfulness, and impulsivity - often lead to feelings of frustration or self-criticism.

However, nurturing self-compassion and building a positive relationship with yourself is key to managing ADHD and living a fulfilling life.

Check out our blog for our favourite simple yet powerful tips for cultivating self-love. [click here to read the full article](#)

This month's tips:

Tips for Parents

Children with ADHD can sometimes struggle with self-esteem, as they may feel misunderstood or different from their peers. As parents and caregivers, helping them develop self-love is essential for their emotional well-being.

[click here to read the full article](#)

SEND corner for parents:

The SEN register

The **SEN register** is used to identify children who require additional support in their learning. This support can be due to a range of factors that affect a child's ability to learn, not just diagnosed conditions like ADHD. The school might place a child on the SEN register if they observe that the child is struggling with their learning or behaviour in a way that requires extra support, regardless of whether they have a formal diagnosis.

A **formal ADHD diagnosis is not necessary** to be placed on the **SEN register**. What matters is whether the child requires **additional support** to help with their learning, behaviour, or development, which could be related to ADHD or other challenges.

If a child is struggling in these areas, the school should provide the necessary support, regardless of whether a diagnosis has been made.

See the [Resources page](#) on our website for more information about ADHD and school.

We want to hear from you

Your stories, questions, and insights are invaluable to our ADHD Lincs community.

Whether you've experienced a breakthrough, faced a challenge, or have a question about ADHD, sharing your journey can inspire and support others.

We encourage you to contribute to our future newsletters by completing this [form](#) or reaching out on our social media.

Together, we can create a vibrant space where everyone feels heard and connected!

Thank you for being an essential part of our ADHD Lincs community!

Your continued support makes a real difference in the lives of individuals and families affected by ADHD.

If you're looking for ways to get more involved, we invite you to consider making a [donation](#) or joining our upcoming events.

Together, we can create a supportive environment and empower one another on this journey.

We appreciate your involvement and look forward to connecting with you again soon!

Warm regards,

The ADHD Lincs Team