

Community Newsletter Article

ADHD Awareness and Insight Session Brings Community Together

The Afro Caribbean Heritage Society was proud to host a successful ADHD Awareness and Insight Session on 9th May 2026, bringing together a diverse range of participants from across the community for an engaging and informative event.

The session was professionally delivered by experienced specialists who shared valuable knowledge and practical insight into various aspects of Attention Deficit Hyperactivity Disorder (ADHD). Topics included understanding ADHD behaviors, emotional wellbeing, support strategies, education, lived experiences and the importance of early recognition and intervention.

The event exceeded expectations, with strong attendance and excellent participation from parents, carers, educators, professionals, community advocates and local residents. Attendees welcomed the opportunity to openly discuss ADHD in a supportive and inclusive environment while gaining factual information to improve understanding and awareness.

One of the key successes of the session was the level of community engagement and the positive discussions surrounding continued collaboration, partnership working and information sharing. Participants expressed a strong interest in future workshops and awareness initiatives to support individuals and families navigating ADHD related challenges.

The session also highlighted the importance of culturally inclusive conversations surrounding neurodiversity and ensuring that seldom-heard communities have access to reliable information, support and resources.

The Afro Caribbean Heritage Society (Thames Valley) would like to thank all facilitators, attendees, volunteers and supporters who contributed to making the event such a success. The organisation remains committed to strengthening community wellbeing, promoting awareness and creating opportunities for continued learning and engagement across the community.

For updates on future events and initiatives, please follow the Afro Caribbean Heritage Society (Thames Valley) on social media or email: enquires@afrocaribbeanheritagesociety.org .