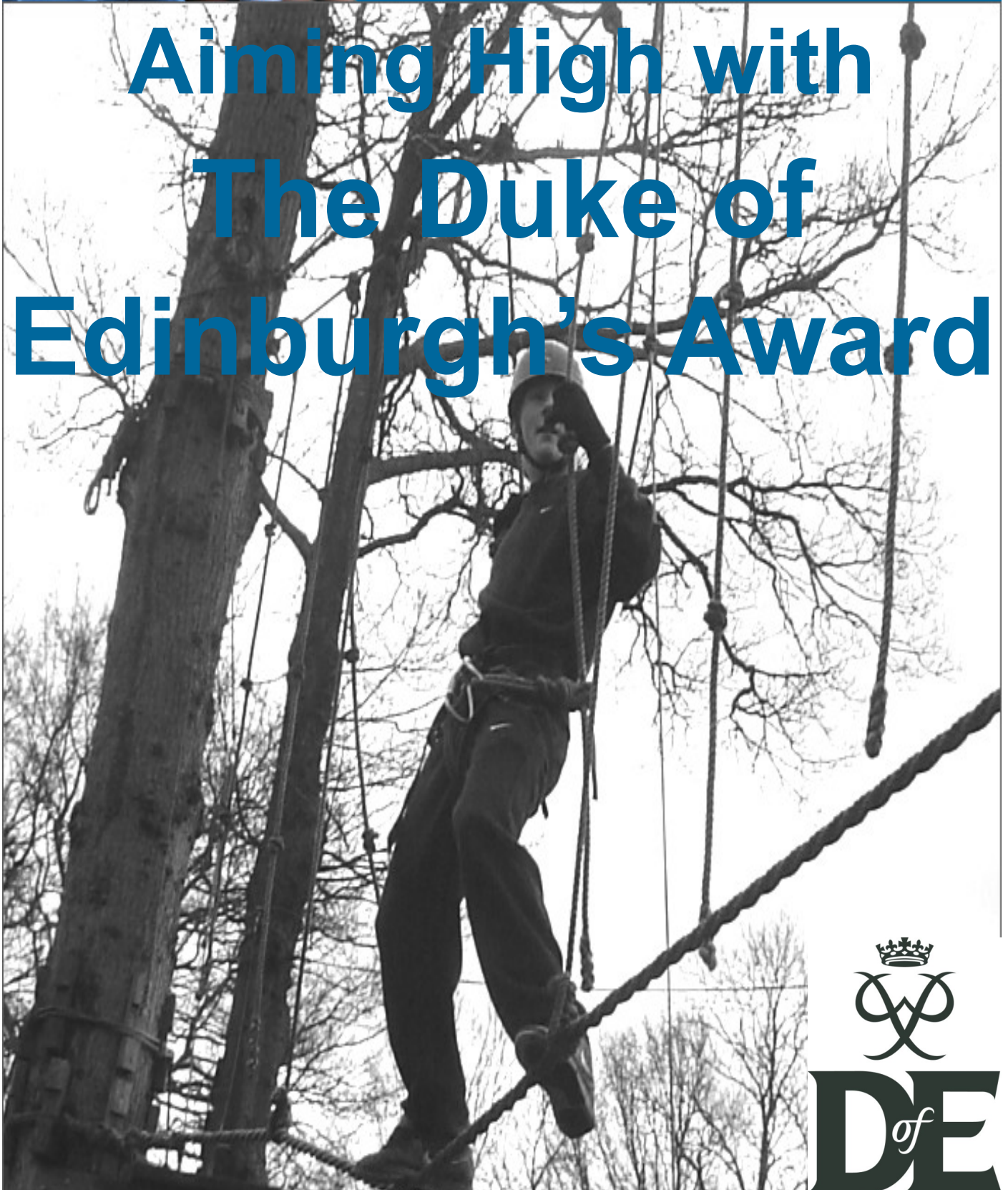




The Studio (ADHD) Centre

Registered Charity No. 1089906

Aiming High with The Duke of Edinburgh's Award



Become the Best you Can

“We are all better than we know; if we can only come to discover this we may never again settle for less”

Kurt Hahn, Founder of Outward Bound

The Studio ADHD Centre has been promoting the Duke of Edinburgh's Award Scheme as a well-suited and positive accreditation for young people with ADHD (Attention Deficit Hyperactivity Disorder) and ASD/Aspergers for the past six years.

Young people with ADHD get bored and distracted easily, act without thinking about the consequences, and are physically restless.

Despite controversy, ADHD is a condition which is not outgrown in childhood, and whilst some of the symptoms lessen over time with treatment and maturity the underlying problems of disorganisation, restlessness, and need for stimulation continue into adulthood, making adolescence crucial for laying the foundations of success. From the Duke of Edinburgh Award, young people gain vital life skills, such as commitment, teamwork, a good work and community ethic, and achieving personal goals.



Achieving Success

People with ADHD have strong, vibrant and determined personalities, which need to be channelled into positive experiences that will develop their natural resilience, instil ambition and reveal hidden talents. This is why the Award is so important, recognising self-dependency, commitment and personal achievement. Many of our members miss out on extra-curricular activities at school or membership of youth clubs. The Physical Section provides an outlet for excess energy and competitive

drive. If sporting and leisure interests are encouraged during adolescence, it is more likely that young people will sustain hobbies in later life.

The opportunity to develop an interest in the Skills Section is a great way to begin building confidence in a particular field. As with the Physical Section too, once knowledge is sufficient, links which have been made in the industry reveal brilliant placements which would not have been possible otherwise. The young people tend to make a great impression on the people they work with during their Duke of Edinburgh's Award. Six of our current members have been offered an opening for their Service Section by volunteering with the people or organisations with whom they did their Skill or Physical Section.

For young people who underachieve and are frequently excluded from education, voluntary work is vital for inspiring ambition and the motivation to achieve.



Off on an Expedition



A successful Service Section placement often results in a job offer

Suzie Chilvers one of our Young Peoples Representatives reports on her experiences and alternative options.

On 8th April 2010, the Prime Minister launched plans for the National Citizen Service to give young people the opportunity to take part in community work and provide a "rite of passage" into adulthood. Speaking at a Conservative press conference, Mr. Cameron described the two-month summer programme of activities and voluntary work as a cure for the national scandal of wasted promise, as youth and voluntary services are suffering cuts'. He said young people today were "*as passionate and idealistic as any generation*", but "*so many of our young people are lost...the big problem is that their lives lack shape.*"

Although largely right in what he says, to create a new scheme for this purpose seems rather unnecessary, when an Award as prestigious and respected as the Duke of Edinburgh Award is well established. The DofE Award provides opportunities for young people to broaden their outlook and skills over a sustained period of years, rather than a few brief months. I personally dismissed the idea of taking part in The DofE Award Scheme through my school believing that it was "not cool" and involved extra work.



Listening to Instructions

Through joining The Studio I realised how interesting it could be and it encouraged me to start riding, enabled me to find work experience at a stables and participate in carriage driving competitions. I also developed a DofE presentation for The Studio and attended meetings and forums to promote the positive aspects of belonging to the Scheme.

As well as learning important life skills, many of us have had the opportunity to explore career options in animal care, horticulture, boat-building, catering and outdoor activities.



Developing Skills



Proud to share the latest recipe

Having been consistently labelled as failures by the stigma of ADHD, the praise and recognition from instructors and employers, together with personal references, makes us proud to be part of the Scheme.

The Duke of Edinburgh's Award has enabled The Studio ADHD Centre to provide young people with goals, opportunities to achieve success, healthy leisure interests and the self-confidence to be happy and successful adults.

I hope the opportunities I've had will continue to be available to all the other young people who join The Studio Centre during the coming years.

***"It is not the mountain we conquer but ourselves."
Edmund Hillary***

“Let us not say, every man is the architect of his own fortune; but let us say, every man is the architect of his own character.”

George Dana Boardman



Millennium Volunteers



Young People's Champion



Voluntary Work Placement

The table below shows how some of some our members have participated in the Award Scheme. We have built up some excellent relationships with local businesses and organisations who have offered voluntary placements as part of the Service section that have resulted in references and employment options.

Member	Service	Skill	Physical
Jason	Groom in Kennels	Fishing	Climbing
Mitchell	Restoration—Brooklands Museum	Boat-building	Deep Sea Diving
Damian	Outdoor Education Assistant	Fishing	Sports Coach
Abigail	Junior Swimming Club	Cookery	Swimming
Lissea	Junior Tennis Club	Cookery	Tennis
Grant	Fishing Fundraiser	Mechanics— Go-karts	Football
Alex	Youth Group Volunteer	Cookery	Climbing
Ryan	Young Leaders Award	Angling	Rugby
Matt	Young Peoples Representative	Sports coach	Boxing
Suzie	Young People's Representative	Equine Care	Horse Riding
Josh	Catering Volunteer	Cookery	Climbing

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