



**BAAPB Update
Issue 35
October | 2024**

Ashok Roy – Chair

Welcome to this edition of the BAAPB newsletter which I hope that you will enjoy reading. I hope you all had a great summer break and are all wrapped up warm ready for the winter months ahead!

As the autumn months come to an end, I hope you had a happy Halloween and safe Bonfire Night. For all those who celebrated Diwali and Bandi Chhor Divas, I hope your celebration was full of warmth, joy, and light.

In the spirit of October being ADHD Awareness Month, this issue will include a lived experience journey from board member, Gordon Strachan.

Until we meet in 2025, I hope you all have a lovely winter festive period – Merry Christmas, Happy Hannukah and a Happy New Year!

Ashok

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Wishing you a happy holiday upcoming season, with well wishes for Christmas, Hannukah and New Year!



Working in partnership together



Embracing ADHD: Turning Challenges into Strengths

Gordon Strachan – Commissioning Manager

Living with ADHD: A Personal Journey

As ADHD Awareness Month prompts reflection, I find myself contemplating the curious blend of chaos and charm that ADHD brings to my life and work. Diagnosed at 51, I discovered that ADHD had been the quiet companion through my entire life journey. It's a late-in-the-game diagnosis that changed everything and, in the same breath, nothing at all.

I'm a commissioning manager within the Prevention section of Adult Social Care, my work allows me to bring meaningful, compassionate support to some of Birmingham's most vulnerable citizens, and those navigating, often all complex challenges, many of which I personally understand all too well.

ADHD in the Workplace

ADHD can feel like living life with 20 TV channels on all at once—no remote, no volume control. In the workplace, where there's a demand for precision, structure, and accountability, it's not the most straightforward journey. Birmingham City Council has

been incredibly supportive, allowing me to play to my strengths—creativity, seeing connections others might miss, and a passion for problem-solving. A previous manager used to draw out visual aids rather than handing me typed documents, she knew way well enough to know that I would get it straight away by glancing at a scribbled drawing instead of text.

The Power of Technology and AI

The rapid advancement in technology, particularly in AI, has become a beacon for people like me. Tools that automate tedious tasks or transform chaotic thoughts into cohesive ideas have brought a refreshing ease to my life. With AI, I've found an unlikely partner in navigating the complexities of work, allowing me to thrive in environments that might have otherwise left me behind. I've come to learn that I do "big picture thinking" and "complex problem-solving" rather well! - the trouble is that I struggle to articulate my thoughts into cohesive words,

verbally or written. Generative AI allows me seamlessly pull everything together. I personally believe that society is on the cusp of true equity the workplace through AI integration implemented appropriately and ethically. My inner geek is disproportionately excited at what's on the near horizon!

Creativity and Passion

While ADHD comes with its fair share of obstacles, it also offers strengths that are deeply woven into my professional life. My work in Social Care and with the Youth Offending Board feeds off my drive to advocate for early intervention and equity, particularly for neurodivergent individuals. ADHD is just one piece of the puzzle, but with the right support, it's possible to turn those scattered puzzle pieces into something that's not too shabby!





Introduction

Rachel Sadler - Learning Disabilities and Autism
Quality Champions Facilitator

Welcome all!

My name is Rachel Sadler, and I am a new member of the Continuing Health Care Joint Commissioning Team with Steven Nash, Sumyra UI-Hassan and Charlotte Fisher.

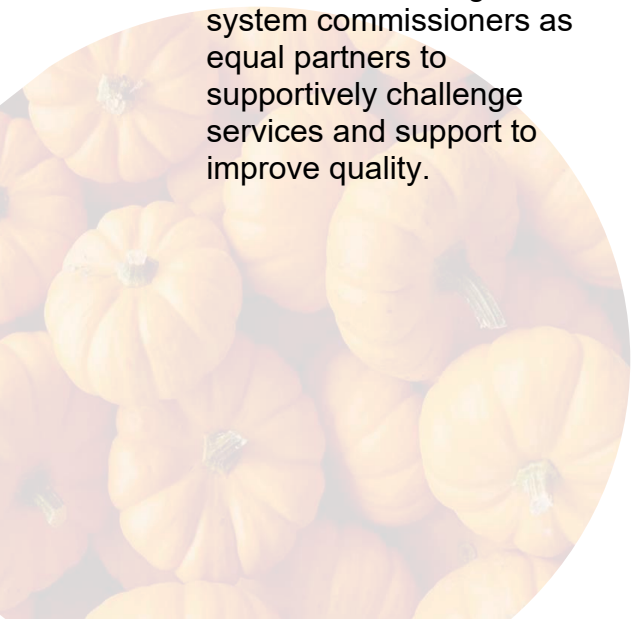
I will be supporting the Board alongside my role working with Experts by Experience with lived experience of Autism, ADHD and Learning Disabilities.

I currently work with an Experts by Experience (EBE) team called the Quality Champions Team, based within Birmingham City Council. As part of my role, I facilitate EBEs to share their lived experience and support EBEs to work alongside system commissioners as equal partners to supportively challenge services and support to improve quality.

I am keen to see how EBEs can be represented and supported in the priority work of the Birmingham Autism and ADHD Partnership Board.

Outside of work, I enjoy spending time with friends and family playing Dungeons and Dragons or Pathfinder. I love animals – cuddling my three cats (Hanzo, Genji and Kiri) and walking my dog, Reinhardt.

I look forward to being involved with the work of the Board with you all in the future.





The Quality Champions Team

Rachel Sadler - Learning Disabilities and Autism
Quality Champions Facilitator

The Quality Champions Team was developed to work alongside the council to improve the quality of local services and to tackle inequalities by sharing what health and social care services look like through the lens of autistic people, people with a learning disability and people with ADHD.

The Quality Champions Team brings together citizens who are autistic, have ADHD or Learning Disabilities who have had experience of using services or caring for someone who has accessed services in Birmingham.

The Quality Champions Team is involved with a variety of projects to drive the improvement of the quality of council health and social care services. We want to ensure health and social care services offer person centred support and can make reasonable adjustments, so people enjoy their best life.

EBEs can be involved in a variety of ways:

- Take part in meetings to plan, develop, or monitor services.
- Undertake site visits to monitor and give feedback on services.
- Contribute ideas, make suggestions, and take part in decisions.
- Co-produce communications to ensure they are clear and accessible.
- Co-produce and co-deliver training.

Aims of the Quality Champions Team:



We will speak up to improve and guide the way that services are commissioned, organised and delivered



We will supportively feedback on quality of provision, discriminatory attitudes, behaviours and assumptions



We will talk about lived experience in an open and honest way to influence and inform the approach of health and social care services



We will challenge and support the wider system to make reasonable adjustments



We will listen to and support others sharing their lived experiences

To find out more or register your interest in joining the team, please scan the QR code, or visit our [Birmingham City Council Webpage](https://www.birmingham.gov.uk).

We will contact you to arrange an informal meeting to discuss further.





The PURE Expo

PURE Project



Save the date! PURE is hosting a big event for people facing barriers towards education, training or employment.

Inclusive Jobs Fair

Come along to find out more about the opportunities available for people facing barriers. There will be lots of inclusive employers and partners.

- Talk to **50+** organisations about their skills, training and employment opportunities
- Take part in work skills and work-readiness tasters
- Find out about the free one-to-one support available through **PURE** and its six specialist providers
- Chat with people who have signed up to PURE and see how it helped them



The jobs fair is open to everyone. If you or someone you know has been out of work for a long time or hasn't worked before, please come along and speak to us. The PURE team has lots of experience helping people furthest from the jobs market.

"It's going to be a great event. We're bringing some of our participants along that have been supported with PURE onto training courses and gained qualifications."

Raj Singh, Midland Mencap

pledge for Birmingham

"It's been wonderful to have so much interest in the Pledge and see it grow. We're looking forward to a good session."

Tabriz Hussain, PURE Project Manager

200+ organisations at the Pledge

Is your organisation passionate about doing more for people facing barriers?

The Pledge for Birmingham is a voluntary commitment that brings together employers, charities, academia and the public sector.

At the PURE Expo on 2nd December we'll have leaders from more than 200+ organisations attending, with fantastic networking opportunities, panel discussions and inspiring stories, including England's most-capped Blind Footballer and Paralympian, Darren Harris. Full agenda to be published shortly.

The Pledge is a voluntary commitment, here to encourage organisations and teams to learn, collaborate, and provide positive examples of good practice. At previous events we have had Aston Villa FC, Barnados, Birmingham City FC, EY Foundation, Federation of Small Business, HSBC, Lenovo, Nuffield Health and more attend.

The Pledge is open to all organisations. Register your interest in attending below.





The PURE Expo

PURE Project



Save your place today

The event is **FREE** to attend and tickets will be public shortly.

Email us today at BirminghamPURE@birmingham.gov.uk with the headline 'PURE Expo' and your details to pre-register your interest.

Demand for the Pledge session is already high. If your organisation would like to attend, please register your interest as early as possible.

Do you have employment opportunities available for people facing barriers?

Exhibit at the Expo Jobs Fair for free.

An introduction to PURE

PURE is an exciting project that supports people with complex barriers towards education, training or employment. The scheme helps participants to build their confidence, develop new skills and explore opportunities for the future.

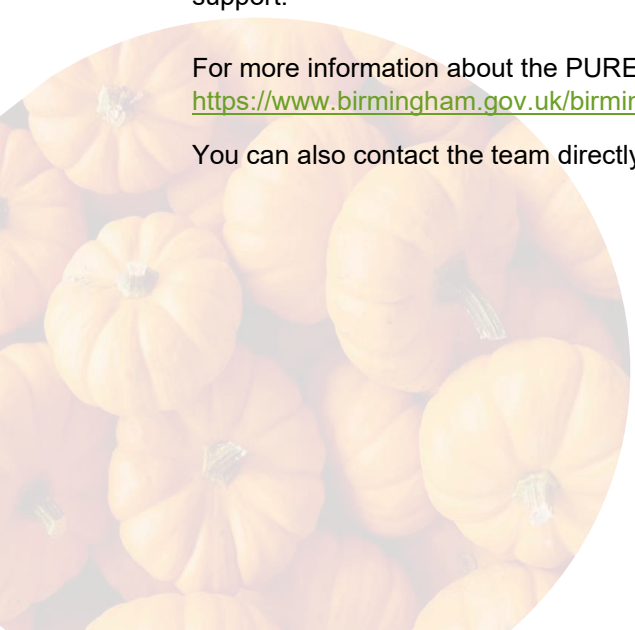
Now in its third phase, PURE has already supported more than 5000 people across Birmingham. The project is run by Birmingham City Council, delivered through six specialist community partners and funded by the UK Government through the UK Shared Prosperity Fund (UKSPF).

The project is open to people aged 18 to 65 who are economically inactive, live in Birmingham, and have the legal right to live and work in the UK for the duration of the project support.



For more information about the PURE Project, including eligibility and how to apply, please visit https://www.birmingham.gov.uk/birmingham_pure.

You can also contact the team directly at BirminghamPURE@birmingham.gov.uk.





Nurturing ADHD Kids

Birmingham Resilience Education and Wellbeing Services CIC

Nurturing ADHD Kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Phone: 0731 116 7485

Email: contactus@brewseducation.org
Birmingham Resilience Education and Wellbeing Services CIC

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

forward carers **BREWS CIC**

CIC Business Registration: 13240865

Nurturing ADHD Kids

LED BY ADULTS WITH ADHD

NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers
This half term's courses

Tuesdays 7 - 8.30pm
starting Tuesday 12th November
Register [HERE](#) or use QR code

Wednesdays 10 - 11.30am
starting Wednesday 13th November
Register [HERE](#) or use QR code

Supported by **forward carers**

If you have any questions, email us
Contactus@brewseducation.org





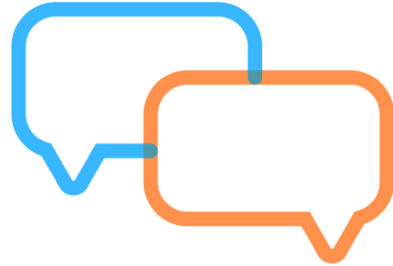
Cuppa and Chat

Resources for Autism



Resources for Autism

West Midlands Cuppa & Chat



Monthly online
Support Group



Our monthly Cuppa & Chat is a relaxed online meet for West Midlands parents & carers to share experiences, let off steam, offer support and advice to each other

Usually Second Wednesday of Every Month
(see dates below) @10:30am-12:00pm

- 11th September 2024
- 9th October 2024
- 13th November 2024

To book on
please register by
[CLICKING HERE](#) or
scanning the
QR Code above

for further information please email
kelly@resourcesforautism.org.uk

www.resourcesforautism.org.uk
Charity number 1061253





Wellbeing Walks

Resources for Autism and the Active Wellbeing Society

resources for
autism

The
Active Wellbeing
Society

FREE LUNCH & WELLBEING WALK



Meet at Hay Hall Manor House,
Redfern Road, Tyseley, B11 2BE

All are welcome to come and
enjoy some food, some light
exercise, the outdoors and have a
chat

**BOOKING ESSENTIAL SO WE CAN
LET YOU KNOW IF CANCELLED
FOR ANY REASON.**

Contact Kelly Email: kelly@resourcesforautism.org.uk Call: 07794230243

Please do sign up to the The Active Wellbeing Society card, which also allows
you to attend some free and cost-effective events in Birmingham:

<https://theaws.co.uk/join-us/wellbeing-card/>

www.resourcesforautism.org.uk

Charity number 1061253

Please come join us on our
wellbeing walks

- Tuesday 10th September 2024
- Tuesday 8th October 2024
- Tuesday 12th November 2024
- Tuesday 10th December 2024

Lunch @ 12:30pm
followed by
1 hour canal walk @ 1:30pm

For further information and
to book on the walk please scan the QR
Code

or
CLICK [HERE](#)

