



## Healthier Together Monthly newsletter

March 2022

Welcome to the fourth edition of the Hertfordshire and west Essex Healthier Together newsletter, our monthly round-up of what's new and relevant on the site. Please share widely amongst colleagues and encourage parents and young people to access the website for support and guidance.



### ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

Attention Deficit Hyperactivity Disorder (ADHD) this means that you can struggle with paying attention, have high levels of energy and react quickly to things. More information on ADHD can be found [here](#).



### WHAT'S NEW

The GP Clinic Resources for Young People in the Professionals section have been updated to include the March 2022 content and can be found [here](#).

Children with complex needs, SEND and neurodiversity sections offer advice and resources to families, parents and carers. More information can be found [here](#).



### SEND (SPECIAL EDUCATIONAL NEEDS AND DISABILITY)

Special education needs and disabilities (SEND) can affect a child or young person's behaviour or ability to socialise, read and write or to understand things. More information can be found [here](#).



### NEURODIVERSITY

Neurodiversity is a term which is used to describe people who have brains and thinking styles which are slightly different to neurotypical people, these differences include autism, ADHD, dyspraxia, OCD, Tourette's Syndrome, literacy and numeracy difficulties. More information can be found [here](#).