




ADHD CLINICS

# ReFrame Weekly

Edition 17 22/09/2025

A Newsletter for ADHD Brains That Think Differently

 Welcome back!

You are part of a growing ADHD community. ReFrame Weekly is here to help you build momentum, manage focus, and feel understood—one doable strategy at a time.

This edition focuses on making transitions smoother, tasks more visible, and habits more brain-friendly. Simple shifts can help build consistency and reduce mental effort.

**A WEEKLY DOSE OF INSIGHT, STRATEGY & SUPPORT FROM ADHD CLINICS**

## **NeuroMomentum**

**Use “future-you notes” to bridge memory gaps.**

(More on page 4)

## **Wired Differently**

**Tackle ADHD shame with compassionate self-talk.**

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## **Scattered to Sharp**

**Time-block with buffers—create breathing space in your schedule.**

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## **The Dopamine Dispatch**

**App of the week: Tiimo – a visual planner built for ADHD brains.**

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## **ADHD Clinic Services**

**How we support patients from assessment to ongoing care.**

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## **Quick Quiz**

**Which ADHD tool helps visualise time and routines with icons and reminders?**

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### **Share Your ADHD Wins or Tips**

*What is one thing that helped your ADHD brain thrive this week?*

 Share it with us at [info@adhd-clinics.co.uk](mailto:info@adhd-clinics.co.uk)

*(Subject: “My ADHD Tip”)*

*We may feature you in a future edition—with your permission!*

## **Clinician Spotlight**

### **Dr Dheeraj Chaudhary**

Consultant Forensic Psychiatrist,  
ADHD Clinics.

Dr Dheeraj Chaudhary – Consultant Forensic Psychiatrist ADHD and Autism Specialist. He is an executive committee member of the Royal College of Psychiatrists RCPsych Neurodevelopmental Psychiatry, Special Interest Group NDPSIG. He offers a thoughtful, thorough, and holistic approach to his patients. He believes collaboration with the patients is a key for understanding and improvement in psychiatric disorders.

He offers tailor made solutions for ADHD assessment and treatment.

- ✓ Adult ADHD
- ✓ Adult Autism
- ✓ 16-18 ADHD
- ✓ 16-18 Autism
- ✓ Complex cases with co-occurring conditions



**“Treatment is not just about reducing symptoms—it is about helping patients build lives that feel authentic and fulfilling.”**

**– Dr Chaudhary**

Appointments available at:

**[adhd-clinics.co.uk/appointments/](https://adhd-clinics.co.uk/appointments/)**

# ADHD Assessment & Treatment Online Course

## **A practical training for professionals.**

Designed for clinicians wanting to deepen their understanding of ADHD across the lifespan. Includes diagnosis, medication, therapy approaches, and real-world case discussions.

**Full-Day ADHD Masterclass | Saturday, 22 November 2025.**


 **Live online session | Programme TBC**


Join our full-day training course designed for psychiatrists, GPs, psychologists, and allied health professionals who want to enhance their skills in assessing and managing ADHD across settings.


## **What the course will include:**

- Designed for psychiatrists, psychologists, GPs, and allied professionals, this course covers:
- ADHD across the lifespan
- Assessment frameworks and challenges
- Medication & titration
- Coaching and therapy approaches
- Case-based discussions

 **Where:** Live Online via Zoom

 **When:** Saturday, 22 November 2025

 **Time:** 09:30 – 16:30 (UK time)

 **Offer:** 10% off with promo code: **ReFrameWeekly**

 **Book now:** [adhd-clinics.co.uk/adhd-training-course-uk/](https://adhd-clinics.co.uk/adhd-training-course-uk/)

## NeuroMomentum

### Future-You Notes

Working memory gaps can derail ADHD routines. Leave reminders for “future you.”

**Example:** Priya leaves a sticky note on her laptop: “Meeting at 10. Log in early.” This reduces last-minute stress.

**Try this:** Write one sticky note or digital reminder tonight for “future you” tomorrow.

## Wired Differently

### ADHD Shame & Self-Talk

Shame is a frequent ADHD companion—missed deadlines, forgotten tasks, emotional outbursts. It feeds a cycle of low self-esteem.

**Example:** After missing a work deadline, Jacob reframed his inner dialogue: “This does not mean I am lazy. It means I need a better system.”

**Try this:** When shame hits, speak to yourself as you would to a close friend—with compassion, not criticism.

## Scattered to Sharp

### Time-Blocking with Buffers

Scheduling without breaks is a recipe for ADHD burnout. Add buffer zones between tasks to create transition space.

**Example:** Maria sets 15-minute “reset buffers” between meetings. She uses them to stretch, breathe, or prep for the next task—reducing overwhelm.

**Try this:** Add one buffer block to tomorrow’s schedule. Notice how it affects your stress levels.

## The Dopamine Dispatch

### App of the Week

#### Tiimo

A visual planning app built for ADHD and neurodiverse users. It uses icons, timers, and reminders to make time visible.

**Patient win:** Alex set up Tiimo for his morning routine—icons for shower, breakfast, and leaving the house. He now arrives at work on time for the first time in years.

## Quick Quiz ?

**Question: Which app uses visual icons and reminders to make time visible for ADHD users?**

- A) Tiimo
- B) Trello
- C) Google Keep
- D) Notion

Email your answer to [info@adhd-clinics.co.uk](mailto:info@adhd-clinics.co.uk)

One correct entry will win a **£5 Amazon voucher** (random draw if more than one).

## ADHD Clinics Service

**At our clinics, we aim to provide end-to-end support for ADHD—from assessment through to ongoing care. Many patients feel relief simply in being understood and validated; we then build structured care on that foundation.**

### **Our services include:**

- Comprehensive Diagnostic Assessments – following NICE guidelines, including developmental history and collateral input.
- Medication Initiation & Monitoring – evidence-based prescribing, careful titration, and side-effect management.
- Therapeutic Support – CBT tailored for ADHD, coaching for skills, and psychoeducation sessions for patients and families.
- Workplace & Academic Support – reports, adjustments, and advice to help patients thrive in work or study environments.
- Long-Term Follow-Up – structured reviews to ensure progress is sustained.
- Support for Co-occurring Conditions – such as anxiety, depression, autism, PTSD, and sleep issues.

Our philosophy is practical, patient-centred, and flexible—because no two ADHD journeys are the same.



### Share Your Tips & Journeys

Do you leave notes for “future you”?

How do you manage ADHD shame in daily life?

Have you tried Tiimo or another ADHD-friendly planning app?

Email [\*\*info@adhd-clinics.co.uk\*\*](mailto:info@adhd-clinics.co.uk)

— we may feature your story in a future edition.

⚠ Disclaimer:

*All names and stories in these examples are fictional and provided to illustrate how strategies might be applied in real life.*

See you next week !

Thank you for reading

If you like ReFrame Weekly, please do write to us [\*\*info@adhd-clinics.co.uk\*\*](mailto:info@adhd-clinics.co.uk)