




ADHD CLINICS

ReFrame Weekly

Edition 24 10/11/2025

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.

FROM AWARENESS TO ACTION – TURNING ADHD INSIGHT INTO REAL CHANGE

NeuroMomentum

Insight is only half the story — turning “aha” moments into action creates lasting progress.

(More on page 3)

Wired Differently

Why understanding your ADHD patterns is the first step to designing better systems, not stricter rules. (More on page 3)

Scattered to Sharp

Move from chaos to clarity using the “One Small Shift” approach — one tweak, one focus, one week. (More on page 4)

The Dopamine Dispatch

LinkedIn Live recap: “Let’s Talk ADHD” drew over 500 viewers and sparked brilliant insights on motivation!

Next Live Session: Saturday 22 November | 10–11am

Playlist: “Focus Reset” – Lo-fi + Instrumental Flow

Book: Your Brain’s Not Broken by Tamara Rosier. (More on page 4)

ADHD Clinic Services

How we support patients from assessment to ongoing care.

(More on page 5)


Quick Quiz

Which ADHD strategy helps convert self-awareness into consistent action?

(more on Page 5)

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

(Subject: “My ADHD Tip”)

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

Stay supported. Stay strategic. Stay you.

 adhd-clinics.co.uk |  info@adhd-clinics.co.uk

Clinician Spotlight

Dr Stephen Barrattshaw

Consultant Psychiatrist, ADHD Clinics.

Dr Barrattshaw is a high-performing Consultant Psychiatrist who combines deep empathy with structured, evidence-based care. Having ADHD himself, he brings both professional and personal insight to his work — a rare blend that patients find authentic and empowering.

“Understanding ADHD is powerful, but using that understanding to design your world — that’s transformation.”

He has served as a Director of Medical Education, Clinical Director for Acute Mental Health, and holds multiple qualifications (MBCbB, MSc, MRCPsych). Known for his calm, relatable approach, he focuses on helping patients build systems that support attention, confidence, and wellbeing.



“Progress is not about doing more — it is about doing what matters, with clarity.”

-Dr Barrattshaw

Appointments available at:

adhd-clinics.co.uk/appointments/

NeuroMomentum

From Awareness to Action

ADHD brings bursts of insight — those “aha” moments when everything finally makes sense. But awareness alone does not change outcomes; actionable translation does.

Example: After realising he procrastinated due to fear of failure, Raj started using a “safe start” method — beginning every hard task by writing one messy draft. Over time, he broke paralysis and gained confidence.

Try this: After every ADHD insight (e.g., “I lose focus when I’m anxious”), write down one actionable system — a routine, cue, or boundary that supports it. Awareness + system = sustainable change.

Wired Differently

Designing, Not Disciplining

ADHD brains thrive in designed environments, not forced discipline. You cannot willpower your way through executive dysfunction — you need a brain-friendly setup.

Example: Sarah noticed she always forgot bills. Instead of “trying harder,” she automated payments and set calendar nudges. The system succeeded where intention failed.

Try this: Identify one recurring friction point. Ask: “Can I automate, outsource, or visualise it?” Build systems, not self-criticism.

Scattered to Sharp

The One Small Shift Method

Change feels overwhelming until you reduce it to one actionable tweak. Focus on one small behavioural shift for seven days — that is how clarity forms.

Example: James committed to charging his phone outside his bedroom for a week. His mornings became calmer, sleep improved, and his focus increased by midday.

Try this: Pick one small habit change per week. Write it down. Track it visually. ADHD progress thrives on visible wins.

The Dopamine Dispatch

LinkedIn Live Recap – “Let’s Talk ADHD”

Yesterday’s session hosted by Dr Dheeraj Chaudhary attracted a lot of attention.

Next Live Session: Saturday 23 November | 10–11am

Join live on LinkedIn.

Playlist: Focus Reset – instrumental beats for low-pressure productivity.

Book of the Week: Your Brain’s Not Broken by Tamara Rosier – a compassionate guide to managing ADHD with self-acceptance.

Quick Quiz ?

Which ADHD strategy helps convert self-awareness into consistent action?

- A) Strict self-discipline
- B) Avoiding feedback loops
- C) Translating insight into practical systems
- D) Tracking energy levels only

Email your answer to 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.

We offer:

- Adult ADHD
- Adult Autism
- Child ADHD
- Child Autism
- Medication and Follow-Up Reviews
- ADHD Coaching and Therapy
- Support for Universities and Workplaces
- Relationship and Lifestyle Support



ADHD CLINICS

Share Your Tips & Journeys

Have you turned an “aha moment” into a real-life routine?

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)