



**Donations**

We need your donations to continue our work. If you would like to help us pursue our 2020 Vision you can send a cheque (payable to Mindroom) or make a regular donation. We keep our overheads low, thanks to sponsors and volunteers. Every £1 donated is spent like this:

**Girls with ADHD**

'Boys will be boys and a lot more of them have ADHD than girls...' That is, unfortunately, the perceived layman's understanding of the prevalence of ADHD and autism in boys compared with girls.

However, ADHD and autism in girls are much more common than previously understood, reveals Swedish child psychiatrist Svenny Kopp, MD, Gothenburg, in her new, 80-page report on the subject.

The three-year clinical study 'Fläckprojektet' reveals a lack of research into girls with ADHD. In the 1990's some 5,000 articles were published on boys with ADHD, as compared with 25 articles on girls. As a result girls are quietly sinking at the back of the classroom. Some seek help much later in life, but it may be too late.

**Royal Patron**  
Queen Silvia, Queen of Sweden, will be Patron of *The Social Brain 2: See The Bigger Picture*, to be held on 2 & 3 March 2006, in Glasgow's Royal Concert Hall.

**The Social Brain 2: See The Bigger Picture**

Mindroom's next major conference will be held in Glasgow from 2-3 March 2006.



Some 40 experts from around the world will debate the social brain and disorders of social development – including autism, Asperger Syndrome, ADHD, dyslexia, DAMP and related conditions. They will talk about the understanding of learning difficulties – and how best to live with them.

The conference, called *The Social Brain 2: See The Bigger Picture*, will be held in the Royal Concert Hall. We are hoping to attract at least 1,200 delegates from all walks of life with its programme designed to tackle issues of health, education and real life.

The first *Social Brain* conference on autism and related disorders was held in 2003 in Sweden and was a resounding success. The education will cover everything from the brain's basis for social ability and social interactions to clinical, social, psychological and experimental aspects of neuro-psychiatric conditions. "Quite simply, we will bring together science and medicine, health and education, theory and practice over two very exciting days."

**Learning Difficulties**

Some of the more common conditions often associated with learning difficulties are:

**ADD**  
Attention Deficit Disorder.

**ADHD**  
Attention Deficit Hyperactivity Disorder. People with ADHD are inattentive, easily distracted, impulsive and hyperactive. These characteristics are usually combined to varying degrees in severity.

**DAMP**  
Deficit in Attention Motor control and Perception. DAMP is mainly the combination between Dyspraxia, where the characteristics are motor difficulties together with problems with language, perception and thought, and ADHD.

**Dyslexia**  
Specific difficulties with reading and writing.

**Dyspraxia**  
Specific difficulties with co-ordination and motor-control.

**Dyscalculia**  
Difficulties with mathematics and numbers.

**Asperger Syndrome**  
An autism spectrum disorder, often referred to as high functioning autism. A key feature is the lack of intuitive ability to adapt socially and fit in with others. Another feature is having one special interest to the exclusion of anything else and often becoming obsessively involved with it.

**Autism**  
Difficulties in relating to and communicating with others resulting in social isolation. People with autism often live in a world of their own.

**Tourette Syndrome**  
Difficulties characterised by involuntary tics, or multiple motor and vocal tics, which may come and go and vary in severity.

**It is very common for these difficulties to co-exist in various combinations.**



**newsroom**

The Mindroom Newsletter  
September/December 05

**2020 Vision**  
Mindroom's goal is to create such awareness and understanding that, by the year 2020, all children/adults with learning difficulties are recognised and helped. That is our 2020 Vision.

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**Sponsor Thanks**  
Graphic Partners is an award-winning graphic design agency based in Edinburgh. Graphic Partners continues to support our 2020 Vision by supplying their services in kind.  
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**Contact**  
Mindroom  
P O Box 13684  
Musselburgh  
EH21 1YL,  
Scotland, UK  
tel: + 44 131 653 6235  
e-mail: [moreinfo@mindroom.org](mailto:moreinfo@mindroom.org)  
website: [www.mindroom.org](http://www.mindroom.org)

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**International Conference on the Social Brain** Extension Programme  
Launched / Hollywood Film Links / Dow in Beacon Award / Information Pack is International Success

## Extension Programme Launched

Mindroom's Extension Programme, which raises awareness of learning difficulties with free tailored talks and presentations, was launched this spring.



Mig Coupe

Already attracting great interest from schools, the programme also offers presentations and assistance to relevant professional organisations. Director Mig Coupe explains: "We are prepared to go anywhere and talk to anyone who requests us to do so! And there's no charge – only our travelling expenses."

Mig is a speech and language therapist with over 25 years' experience working with children. She has a specific

interest in communication problems and people with special learning needs.

Among the first to link with Mindroom's Extension Programme were the charity Riding for the Disabled, and an Edinburgh primary school which requested separate talks for parents and for the professionals involved with the children – health visitors, educational psychologists, specialist teachers and staff.

Mindroom plans to produce a booklet about learning difficulties to accompany the Extension Programme.

For more information contact Mig Coupe.  
**Tel:** 0131-317 1016  
**Email:** mig@mindroom.org

## Masterclass Offered Valuable Training

A delegate attending Mindroom's Masterclass 2004 described it as: "the most valuable training I could have wished for in my first year of training".

Clare Palmer-Fairbairn, a teacher from Prestonpans in Scotland, enthused: "The masterclass provided the most amazing educational journey. The issues were of great significance and the speakers offered a wealth of real experiences and ideas which gave encouragement. The content of their lectures and advice was accessible and realistic: strategies and approaches that embodied simplicity and common sense. They encouraged us to see that by implementing the basic principles of good teaching and with the will to respond to the needs of

individuals we are already on the path to success".

The Mindroom Masterclass 2004 attracted delegates of 15 nationalities. Held in London's College of Fashion, the main speakers were Dr Loretta Girocelli, Professor of Special Education at the University of Sydney, and Professor Sam Goldstein, PhD, of the Neurology, Learning and Behaviour Centre, University of Utah, Salt Lake City.

Palmer-Fairbairn continues: "It was an emotional two days where I felt moved by the

experiences of children and adults. However, the most overwhelming element of the conference was, for me, meeting individuals from all over the world, and feeling a sense of a shared vision – the desire to make a real difference for children".

### ADVERTISEMENT

**Movement as a Door to Learning**  
Helping children with motor difficulties achieve their potential.

A co-ordinated, sensory integration programme working to build the foundations for efficient learning and confidence. For children who may be struggling at school.

For further information and a copy of the diagnostic questionnaire please contact:

Patricia Eckersley NDT, (INPP),  
Movement Therapist  
32 Hope Park  
HADDINGTON  
EH41 3AH

**Tel:**  
01620 825285 or 07803 000611  
**Email:**  
patricia.eckersley@btpenworld.com

### ADVERTISEMENT

**THIS SPACE COULD BE YOURS!**

This advertising space could be yours. For details and rates, call Sophie Dow at Mindroom.

**Tel:** 0131-653 6235

## Beacon Award

Sophie Dow, Mindroom founder, has been highly commended in the prestigious Beacon Award for the second year.

Judged alongside prize winners such as Sir Bob Geldof and Jamie Oliver, Dow was highly commended for her philanthropic achievements in the category of New Initiative. The Beacon Prize is awarded annually to

individuals whose giving, be it their time, money or expertise, inspires others to do more.

"We were thrilled with the quality of nominations this year, reflecting the full depth and extent of charitable

activity in the UK," says Emily Stonor, chief executive of Beacon. "Being highly commended is thus truly remarkable."



## Fund-raising footwear

Edinburgh shoe designer Helen Bateman launched her third Mindroom shoe this year to raise funds for the charity. "The current Mindroom shoe is a complete departure from its predecessors in terms of 'beautiful practicality' as opposed to 'beautiful unnecessary'", says Bateman. "It has sold very well and we are down to the last few pairs. We are already planning the next



Mindroom retro

one, inspired by a pair of vintage French slippers with embroidery made of bird quills".

[www.helenbateman.com](http://www.helenbateman.com)

## Breaking and Entering

Mindroom meets Hollywood

Film producer and director Anthony Minghella is working alongside Mindroom as he films his latest movie, **Breaking and Entering**.

The film is an urban, multi-layered story about relationships and has a Swedish-American woman with a 13-year-old daughter who has learning difficulties as the central character. The film stars Jude Law, Robin Wright Penn as his partner, and Juliette Binoche as his mistress.

Minghella, who is a former London neighbour and a friend of Mindroom founder Sophie Dow, sent an early script to Dow for her comments. She and colleague Dr Christopher Gilberg, Professor of Child and Adolescent Psychiatry, helped develop the character of Bea, a child on the autistic spectrum, and advised on the thoughts and emotions of being a mother of a child with learning difficulties.

**Breaking and Entering will be shown at cinemas early in 2006.**

## Leaflets of Hope Receive Powerful Praise

Dumfries and Galloway Council's Hope Service has had a "fantastic response" to its unique information pack on learning difficulties.

The pack, which was written by Mindroom and funded by Jobcentre Plus, contains leaflets explaining a range of learning difficulties, how employers might help staff with these common conditions, and what particular benefits people with these difficulties can bring to a business.

"Employers say they appreciate having the information set before them in layman's terms, and that they now understand what they saw as behavioural problems as being traits of their employees'

personalities," enthuses Cath Graham, of Hope Service. "I think the most powerful aspect of the pack is that all the leaflets feature real people."

The Hope Service, which believes individuals with a disability should have the same opportunities as able-bodied people, joined forces with Mindroom in an attempt to encourage local employers to create more places for people with learning difficulties.

"We know how many children we have in the education system who come into the learning difficulty spectrum. Our task is to ensure there is a service to support them

when they leave school and look for work."

"These information packs are a very successful part of our programme, and we are now looking at a structure for expanding our programme."

The Hope Service has had businesses around the country, and overseas, requesting packs and Cath Graham has inserted them into the delegate packs at national supported employment conferences. Employers wishing a copy should contact Hope Services on tel: **01387 249172**, or Mindroom on tel: **0131-653 6235**.



Thank you so much to Standard Life for your continued support and for printing this newsletter.