

Useful Links

Suppliers of additive free products

Meridian Organic

Manufacturers of a range of no added sugar peanut butters & fruit spreads. Also natural syrups, fruit concentrates and molasses. Molasses has a high level of Selenium, a deficiency of which has been linked to hyperactivity in children. Products available in health food shops and some retailers. www.meridianfoods.co.uk

Rocks Organic Fruit Squashes

Manufacturers of a range organic dilutable fruit squashes. We use no artificial colours, preservatives, flavours or sweeteners. Suitable for families wishing to avoid artificial ingredients in their diets. Products available in health food shops, Tesco, Sainsburys, Asda, Waitrose, Morrison. www.rocksorganic.com

For children with special needs

Disability Guide – Applying for a Grant

No nonsense practical information on how to cope with disability and a step-by-step guide on how to apply for a grant. <https://www.moneyhelper.org.uk/en/benefits/benefits-if-youre-sick-disabled-or-a-carer/charitable-grants-for-ill-or-disabled-people>

The Guide to Universal Credit

There are many people who are suffering an enormous amount of stress as a result of the new credit system and the challenge of working through the Coronavirus Alert makes it even more important to find our way through the application process. This guide has been prepared to help people who may be struggling. www.businesscostsaver.co.uk/guide-to-benefits/

Disability Discrimination

An education provider must not discriminate against a disabled pupil because of a reason that is related to their disability. It is unlawful for an education provider to treat disabled students less favourably compared to other students.

The following are forms of discrimination which are prohibited under the Equality Act 2010 :

- Discrimination arising from a disability
- Direct discrimination and indirect discrimination
- Failure to make reasonable adjustments
- Harassment
- Victimisation
- Disability is defined in section 6 Equality Act 2010 as: "a physical or mental impairment that has substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities"
- Normal day-to-day- activities that people do on a regular basis, ie walking, dressing cleaning, having a conversation.
- Long-term- the impairment should have lasted, or expected to last at least a year.

- Substantial- not minor or trivial
- Physical Impairment- includes sensory difficulties such a visual or hearing impairments
- Mental impairments- including learning difficulties, AUTISM, DYSLEXIA, SPEECH AND LANGUAGE DIFFICULTIES AND ADHD- Attention Deficit Hyperactivity
- Disorder
- For further information contact Child Law Advice Service. Coram, Children's Legal Centre <https://childlawadvice.org.uk/> and www.childrenslegalcentre.com.

The British Institute for Brain-Injured Children (BIBIC)

BIBIC is a national charity offering practical help to families caring for children with conditions like autism, Asperger's, cerebral palsy, Down's syndrome, developmental delay, brain injury, and specific learning difficulties like ADHD, dyslexia and dyspraxia. www.bibic.org.uk

TurnToUs

Organisation set up to fight poverty in the UK, they offer all sorts of financial help and advice. <https://www.turn2us.org.uk/>

Dyspraxia Foundation

The Dyspraxia Foundation is a country wide charity, founded in 1987 as the Dyspraxia Trust by two mothers who met at Great Ormond Street Hospital for Sick Children. www.dyspraxiafoundation.org.uk

YoungMinds Parents Helpline

A helpline for any adult concerned about the emotions or behaviour of a child or young person. <https://www.youngminds.org.uk/parent/parents-helpline/>

YoungMinds Parents Helpline talks to thousands of parents and carers every year who are worried about issues such as depression, self-injury, behavioural problems and school phobia, and can discuss concerns about anyone up to the age of 25. Offers information and professional advice, via a telephone and email service – 0800 018 2138

(Opening hours are 10am to 4pm every weekday, with an evening session on Wed from 6pm to 8pm.)

DisabledHolidays.com

At DisabledHolidays.com we understand that families could be anxious about travelling with a child who has ADHD. Our job is to take away the anxiety by providing all the support needed at every step including choosing, booking, preparing to go, holidaying and returning home. www.DisabledHolidays.com

NASEN (National Association of Special Educational Needs)

NASEN supports thousands of practitioners by providing relevant information, training and resources to enable staff to meet all pupils' needs. Working with dedicated education professionals, NASEN aims to ensure that practice for special and additional needs is both effective and current. www.nasen.org.uk

Other Organisations & Services

ADDitude

All sorts of information to help with ADHD and Autism. <https://www.additudemag.com/>

Foods Matter Magazine

Hundreds of articles and research reports on allergy, intolerance and sensitivity, and related health problems.

www.foodsmatter.com or call 020 7722 2866 for further information and subscription details.

The magazine provides information on products and suppliers. Refer also to

www.freefromfoodawards.co.uk

Dietary Alert Card

For people with food intolerances and allergies. Especially helpful when eating out or abroad.

<https://equaleats.uk/>

Gut and Health Allergies

Experts say that the link between gut and the brain is very real.

<https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2020.603571/full>

Lifsource Water-Softener

Provides the best water-softener alternative to salt-based water-softener systems. The Lifsource water-softener system uses no salt magnets and is maintenance-free.

www.lifsourcewater.com

Fresh Water Filter & Water Purifiers

www.freshwaterfilter.com

Rehab 4 Addiction

A resource page to help people living with addiction and mental health issues. Based in Hampshire. <https://www.rehab4addiction.co.uk/>

Dyslexia Consultants

Information and contacts website for Dyslexia. www.bdadyslexia.org.uk

Natural Therapy for All

An online web directory listing complementary therapists (counsellors, hypnotherapists, acupuncturists etc) all over the UK. www.naturaltherapyforall.com

ADDers.org

Website promoting awareness of Attention Deficit/Hyperactivity Disorder and providing information and practical help. www.adders.org

Recycling Links for Kids

Ollie Recycle's www.olliesworld.com/uk/index.html

Problems With Mobile and Cordless Phone and WIFI

There is now an increasing amount of information saying that many sensitive people are affected by the Electro- Magnetic Frequencies (EMF's)- which are the wave lengths used by the new equipment. There are websites which can give you more information.

www.wiredchild.org/children.html and www.powerwatch.org.uk/science/studies.asp

Online Guide to Screen Addictions and Digital Use

As many people are spending more time glued to gadgets and computers. 'Screen addiction' is becoming a real problem, so it's more important than ever for children and adults alike to learn and develop healthier digital habits. Guide on screen use and how to manage it:

<https://kidslox.com/guide-to/screen-addiction/>

MCS-Aware the Charity for Environmental Illness

MCS-Aware.org is a Charity which provides information and support for anyone affected by Multiple Sensitivities including Chemicals, Foods and Electro-sensitivities. Members receive a Free e-newsletter, quarterly magazine and support. www.mcs-aware.org

Diet Watch for Common Food Allergies

Food allergy advice www.dietspotlight.com/diet-watch-common-food-allergies

Drugwatch.com

An awareness group that aims to educate the public about the dangers of prescription drugs and medical devices. <https://www.drugwatch.com/health/> and

<https://www.drugwatch.com/drugs-and-devices/>

Food and Behaviour Research (FAB)

A charity providing information about nutrition and how it can play an important role in the prevention and management of many kinds of difficulties in behaviour, learning and mood. <https://www.fabresearch.org/>

A Good Night's Sleep

With the stress of COVID-19 impacting the sleep of millions across the world, sleep-deprived parents need all the help they can get to ensure a peaceful night for their baby as well as themselves. www.moshikids.com/sleep-regression

Weighted blankets

Weighted blankets can help people with ADHD sleep more easily.

<https://karmara.co.uk/blogs/learn/weighted-blankets-for-adhd>

The Complete Guide to Insomnia – and How you can Manage it

Causes, different types and how they can affect health & wellbeing. Advice on managing insomnia and helping you back into a sleep routine. www.howtosleep.co.uk/guides/the-complete-guide-to-insomnia

Managing Anorexia and Insomnia

Managing anorexia and insomnia can be a significant challenge, both physically and mentally. Within Health have worked with experienced professionals to provide a trusted evidence-based guide. <https://withinhealth.com/learn/articles/unpacking-anorexia-and-insomnia>



THE HYPERACTIVE CHILDREN'S SUPPORT GROUP

Artificial Food Colourings and ADHD/Hyperactivity

Two recent reports show that Artificial Colours do contribute to Hyperactivity and ADHD:

- Artificial Colourings and Children by First Steps Nutrition Trust November 2020 (go to www.firststepsnutrition.org to read their report)
- Health Effects Assessment: Potential Neurobehavioral Effects of Synthetic Food Dyes in Children – a Public Review draft from the Office of Environmental Health Hazard Assessment, in the USA August 2020
- These two new reports show that Artificial Colours do contribute to Hyperactivity and ADHD. It was first proposed by Dr Ben Feingold, Chief Emeritus Professor, Department of Allergy, Kaiser Permanente Medical Centre, San Francisco, USA in the early 1970's that artificial food colourings and other additives contributed to Hyperactivity/ADHD.

Since that time, there have been many studies carried out looking at how food and/or additives might be contributing to children's problems. Our own work shows:

86% of children diagnosed Hyperactive/ADHD had a problem with artificial colours. Two studies at Great Ormond Street found

70% of the children had a problem with additives

A second study showed 82% reacted to Tartrazine (e102)

Other foods were also implicated as contributing to Hyperactivity and ADHD Artificial colours were top of the list in all the studies carried out.

The research funded by the University of Southampton in 2007 and the Isle of Wight 2004, which cut out 6 artificial colourings and 1 preservative (Sunset Yellow e110, Quinoline Yellow e104, Carmosine e.122, Allura Red e129, Tartrazine e102, Ponceau 4R e124 and Sodium Benzoate e211) also found the children in the study were affected by these additives.

Following these studies, many UK manufacturers of food, confectionary and soft drinks voluntarily started to remove these 6 artificial colourings. Some went further and removed all artificial colourings.

However it was disappointing to learn that the European Food Safety Authority (EFSA) were not going to call for a ban on all artificial colourings, as we had hoped. Instead, the EFSA decided that a warning notice should be placed on all products using the 6 colours which caused hyperactivity. The warning said: " May have an adverse effect on activity and attention in children "

Many of you will probably never even noticed the warning on products as it is usually tucked away at the back of a product in such tiny lettering it would not be noticed.

Everyone who has an interest in the health and wellbeing of the children needs to be calling for a ban on all artificial colours. Ideally and at the very least, this warning needs to be on the front of all products using these 6 colours for all to see. The problem is, there

are another 11 artificial colourings and the preservative e211 Sodium Benzoate was not included in the EFSA warning label.

Now we have left the EU we are hoping more might be done by the FSA (Food Standards Authority) to have all the artificial colourings banned in the UK.

- References: The Isle of Wight study by Bateman et al- Archives of Disease in Childhood, 2004: 89 : 506-511 found that artificial colours and Sodium Benzoate could be a cause of Hyperactivity.
- The Southampton Study by Professor Jim Stevenson, Donna McCann, et al published in the Lancet 6th September 2007 www.lancet.com
- Professor Andrew Kemp from the University of Sydney, said an additive free diet should be tried before medication in ALL Cases of ADHD. Published in the British Medical Journal (BMJ) Vol 363. Page 1144 24th May 2008.
- Boris M & Mandel F S, PhD. Foods and Additives are common causes of ADHD in children: Annals of Allergy, Vol72 pages 462-468 May 1994.
- Tartrazine, E102 Azo Dye: The influence of the Chemical Additive Tartrazine on the Zinc Status of Hyperactive Children, a Double Blind Placebo- Controlled Study by Professor Neil Ward PHD, Kevin Soulsbury BSc et al published in the Journal of Nutritional Medicine 1. 51-57 1990