

READING ADHD GROUP

# IMPACT REPORT

# 2025



**NOVEMBER  
2025**

Prepared by  
**JAMIE GORDON**

Prepared for  
**READING ADHD  
GROUP**



# MESSAGE FROM THE FOUNDER



**JAMIE  
GORDON**

Founder

Jamie brings lived experience, creativity, and fierce advocacy to every session, workshop, and campaign. His mission is to break down barriers to ADHD support, centre community-led approaches, and elevate neurodivergent voices in systems that have historically ignored them. From strategic planning and workshop facilitation to social media management and policy advocacy, Jamie has led every part of the organisation's work to date. With the right partners and funding, he aims to grow Reading ADHD Group into a vital part of Berkshire's support landscape.



Jamie Gordon (he/him) is the founder of Reading ADHD Group. Diagnosed with ADHD as an adult, Jamie saw first-hand the emotional and economic toll of navigating services with little to no guidance. In response to a gap in post-diagnostic support, he began facilitating peer groups and building a local network from the ground up.

**113**

Eventbrite Registrations

**10**

Support Groups

**42**

Mailing List Subscribers



# INTRODUCTION

## THE REPORT

This impact report has been created to highlight our progress since January 2025, demonstrate the community's urgent needs, and invite local funders, NHS/ICB partners, and skilled volunteers to help us grow.

## THE NETWORK

Reading ADHD Group started as an informal support group at the beginning of 2024. By the beginning of 2025 we had grown significantly from a support group to a support network. We began hosting online events and eventually an online resource hub.



# OUR MISSION



**BREAK  
ECONOMIC  
BARRIERS**



**ADRESS  
HEALTH  
INEQUALITY**



**PROVIDE  
SUPPORT**

**BREAK ECONOMIC BARRIERS BY PROVIDING SERVICES  
THAT ARE FREE AT THE POINT OF ACCESS**

**PROVIDE SUPPORT BY OFFERING IN PERSON SUPPORT  
GROUPS AND SIGNPOSTING PEOPLE TO THE  
APPROPRIATE SERVICES**

**ADRESS HEALTH INEQUALITIES BY ENSURING ADHD  
PROVISIONS DO NOT DEPEND ON CIRCUMSTANCES**

# SERVICES



## SUPPORT GROUP

An informal in person monthly, peer support group facilitated by Jamie (founder). This gives adults with ADHD a chance to connect, offer advice and share coping strategies.



## ONLINE WORKSHOPS

Online educational workshops delivered by professionals and facilitated by Jamie (Founder). Previous workshops have included “using AI tools to manage ADHD” and navigating access to work. Two very important and effective strategies to break economic barriers to ADHD support.

## IN-SIGHT PROGRAM

The insight program originated in Cheshire west and offers group coaching, psycho education and therapeutic support. The program has been met with great success in Cheshire west securing ICB partnerships and exceptional feedback. Currently, the program is undergoing a pilot scheme through Reading ADHD Group.

## ONLINE RESOURCE HUB

Offers self-advocacy tool kits, an FAQ and a wealth of information on how to navigate pathways. In the first seven days of launching it was viewed 100 times.

## SIGNPOSTING

We give ad hoc advice and signpost people to services who reach out

# SOCIAL IMPACT



## \* TESTIMONIAL

“I always look forward to attending this group. There’s a balance, it’s informal, welcoming, yet structured and supportive. Honesty and rawness is in order. You feel free to talk about, express, reveal/expose the True You.... in a safe environment. It’s amazing that at times, someone else is telling my story!!!

And listening to others, I find they explain the exact things that I sometimes struggle to articulate. It enables me to learn and understand more about the experience and complexity of life being ADHD. Most importantly I feel understood!!!!”

## \* TESTIMONIAL

“I’ve found the Reading peer support group helpful. It’s good to be able to share our experiences and insights with each other. The people are lovely, and I’ve really enjoyed making new friends, and the social aspects of the group too.”

## \* REFERRALS

Reading ADHD Group has been recommended by NHS talking therapies and GPS.

Eventbrite  
Registrations

**113**

Mailing List  
Subscribers

**42**

Support Group  
Sessions

**10**

Online  
Workshops

**6**

In-Sight Pilot  
Participants

**4**

Resource Hub  
Views (first  
week)

**100**

# THE NEED



## SURVEY

We carried out a survey of 18 people to gather lived experience insight about their experience. 94.4 % of the participants reported that they or their family member had a diagnosis



**93.8**

No support whilst waiting



**41.2%**

No sufficient support post diagnosis



**66.7%**

Difficulties accessing psychological support to accompany meds

**IN BERKSHIRE, THE WAIT FOR AN ADHD ASSESSMENT IS FOUR YEARS FROM REFERRAL, FOLLOWED BY AN ADDITIONAL YEAR BEFORE TITRATION FOR MEDICATION.**

One of the most frequent concerns we hear is the complete lack of support during the waiting period. The second is the shortage of psychological support — either as an alternative to, or alongside, medication.

# CONTACT US



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