



Workshop for parents/carers and children and young people

Saturday 25th April 2026, 1.30 – 4.30pm

Finchley Arts Depot, 5 Nether St, London N12 0GA

ADHD in the 21st Century

Barnet's Inclusion Advisory Team are pleased to present an in-person workshop for; Children (aged 10-18 years old) attending a Barnet School & their Parents/Carers.

Please sign up for a space on the workshop here: <https://forms.cloud.microsoft/e/Ec1uwH125m> (please note limited spaces and a maximum of 2 child & 2 adult spaces per family). Places will be offered on a first come first served basis and confirmation of space will be emailed to you.

Presenting...

The Barnet Inclusion Advisory Team and Barnet Parent Carer Forum

Andrew Whitehouse and Isaac Whitehouse

TEDx Speaker Andrew Whitehouse is a specialist in neurological diversity and provides interventions for professionals, parents and young people with Autism, ADHD, Dyslexia and related conditions.

Rachel McKensie

Youth Sports Trust, Athlete Mentor Rachael Mackenzie is a former professional boxer and Thai boxer who is also an ABA England Boxing Silver Medallist and World Thai Boxing Champion. Research and evidence led, the Youth Sport Trust explores the power of sport and physical activity in transforming the health, happiness and wellbeing of children and young people.

Munur Shah

Founder of Rebel Therapies and & Author of 'Screen Addict'. Munur Shah, experienced firsthand the challenges of screen and mobile phone addiction within his own family. Determined to make a change, he dedicated years to researching the root causes of screen, mobile phone and online gaming addiction, and its profound impact on our emotions, thoughts and behaviours. His insights not only transformed his life but inspired him to help others break free from the grip of intrusive technologies.

Panel Q&A