

The Landing Pad • our six-week programme

Life after your AuDHD diagnosis

A 6-week online programme for UK adults with a formal diagnosis of both autism and ADHD (AuDHD). Built and led by a team who are neurodivergent themselves.

Jan 2027

next group starts

6 weeks

12 live sessions on Zoom

3 hrs

a week, Mon & Wed evenings from 18:30

6 people

per group, so you're known by name

£500

one payment, no hidden extras

What you'll come away with

- ✓ A clearer understanding of how your brain works and what helps you function best
- ✓ Ways to calm your nervous system and prevent overwhelm before it builds
- ✓ A personalised toolkit of strategies for everyday life
- ✓ A small group of peers who share similar experiences

What the six weeks cover

● Understanding your AuDHD brain

Weeks 1-3 • Wednesdays

How autism and ADHD interact, masking, energy and burnout.

● Executive function toolkit

Weeks 4-6 • Wednesdays

Starting tasks, planning and managing overwhelm in ways that fit your brain.

● Regulating your nervous system

Every Monday

Grounding, breathwork, sensory regulation and reflective journaling.



Scan to find out more and register your interest

Registering is free and doesn't commit you to anything. You'll get a confirmation email straight away, and we'll be in touch within 2 working days.

audhdhealth.com

Is this right for you?

It's likely a good fit if you

- ✓ are 18 or over and live in the UK
- ✓ have a formal diagnosis of both autism and ADHD, whether recent or years ago
- ✓ want structured group support alongside any care you already have
- ✓ can attend most sessions (you can miss up to three of the twelve)

It may not be right just now if you

- ✗ are currently in crisis or at risk of harm
- ✗ are looking for one-to-one therapy rather than a group
- ✗ have only one of the two diagnoses, or no formal diagnosis yet

Who runs the sessions



Jemma Richmond

Psychotherapist

MSc CBT, BABCP registered, EMDR UK Accredited Practitioner. Leads the psychoeducation sessions.



Morwenna Stewart

Head Coach

ICP registered coach with 10 years' experience, who has coached and trained over 1,000 people. Leads the executive function sessions.



Olivia Azura

Regulation Facilitator

Trainee therapist and neurodivergent coach with 5 years' experience. Leads the regulation sessions.

Every member of the team is neurodivergent. Our safeguarding lead is Emma Stell, Registered Nurse (NMC).

How we keep the group safe

- 📅 **A short welcome call** with everyone before they join, to check together that the group is a good fit.
- 🕒 **Live, unrecorded sessions.** If you miss one, you'll get summary notes afterwards.
- 🛡️ **A dedicated safeguarding lead**, and an emergency contact and GP details collected for everyone.
- ✍️ **A confidentiality agreement** signed by every participant.
- 🔒 **Secure records**, held on the clinical system Zanda.
- 📋 **DBS checked** and registered facilitators.

This is not a crisis service or therapy

The Landing Pad is a psychoeducation, coaching and regulation programme. It doesn't replace therapy or medical care. If you're in crisis or at risk of harm, call 999, contact your GP or NHS 111, or call Samaritans free on **116 123** at any time.

Given to you by

Questions? Email emma@audhdhealth.com

Register your interest at audhdhealth.com