



HKRUCF | EDUCATION

ADHD PROGRAMME



The Foundation launched the ADHD Programme in February 2019 aiming to teach students with ADHD to learn rugby values, providing a platform to enhance family harmony through participating in sport.

THE AIM OF THE ADHD PROGRAMME IS TO HELP YOUNGSTERS WITH ADHD TO LEARN HOW TO MANAGE THEIR BEHAVIOUR THROUGH PHYSICAL ACTIVITY, AND TO EDUCATE THEIR PARENTS ON THE UNDERSTANDING OF ADHD AND HOW TO INTERACT WITH THEIR CHILD MORE EFFECTIVELY.

PARTICIPANT TESTIMONIAL



Daddy has no time to get involved in his daughters' activities day to day as he needs to work. This programme was a great platform to allow my daughter to play with her father – it really is amazing! (Mrs. Chan, mother of a 7-year-old girl with ADHD)

RESULTS TO DATE 2019

24	CHILDREN WITH ADHD	6	HKRU COACHES AND STAFF
40	PARENTS	3	CUHK STAFF
12	SIBLINGS	1080	TRAINING MINUTES

If you'd like to get involved, or interested in finding out more, please get in touch with

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