



SmartADHD Research Advisory Group Members

Hear below from some of our Research Advisory Group Members about why they got involved with the SmartADHD project, the experience they bring, and the changes they hope SmartADHD can make.

James



James is part of the SmartADHD Digital Advisory Group, as well as a lived experience contributor having found out about the project through contacts in other ADHD/ASD projects he was involved with in February 2025.

James brings a range of perspectives to the project, He holds a bachelor's degree in computer science and two master's degrees, one in Applied Neuroscience and one in Bioinformatics. He was a founder and the technical director of Netrank, an internet business and he served as the Chief

Technology Officer (CTO) and Senior Executive for the UKRD Group.

James is a parent of two children with ADHD, Autism and additional complex needs. He also has an ADHD diagnosis. In addition to SmartADHD. He is also an active contributor to other neurodivergent related research projects and has delivered workshop/presentations on neurodiversity for the British Libraries BIPC initiative, both for entrepreneurs and employers.

Information and help are often too difficult to access or is presented across multiple different platforms. James feels that SmartADHD is a great opportunity to address this, drawing in inputs from a range of specialists, but most importantly, from the people it's primarily aimed at helping.



Laura

I first heard about the SmartADHD project when a fellow parent of neurodivergent children introduced me. I'm so interested in anything neurodivergent-related (you could call it a special interest!) I wanted to get involved because we'd had so many problems as parents accessing quality information and services for our child. There seemed to be a big gap between what should be available and the everyday reality.

I have been a part of the lived experience research advisory group (RAG) since 2022.

I bring to the group the lived experience as a neurodivergent parent of three neurodivergent children who talks to lots of other parents of neurodivergent children!

What I've enjoyed most about the project is that I've learnt a lot from the team and have enjoyed getting to know the other lovely families and young people with ADHD.

I hope that the SmartADHD project makes a difference by providing more accurate info on ADHD, the gifts and challenges it brings and things young people can do to improve their lives. Also greater clarity on services available and signposting of where to go when young people need help and are not able to access what they need.

Nicole



I first heard about the SmartADHD project through an opportunity to become involved as a member of the Research Advisory Group. I was really interested in getting involved because I wanted to use my own lived experience of ADHD and autism to contribute to research that could make a genuine difference to young people, families and professionals.

I have been involved with the project as a Research Advisory Group member, where I am able to provide a lived-experience perspective and share my thoughts and experiences to help shape the research. I think it is really important that people with lived experience have a voice in research, particularly when the research is focused on conditions that can affect so many different areas of a person's life.

Being neurodivergent myself, I bring an understanding of some of the experiences and challenges that can come with ADHD and autism. At the same time, I recognise that every

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person's experience of neurodivergence is different, so I try to bring my own perspective while also listening to and considering the experiences of others.

I am particularly interested in how research can be made accessible and meaningful to the people it is intended to help. I think research is most valuable when young people and families can see how it relates to their everyday lives and when their experiences are genuinely considered throughout the research process.

Since becoming involved, I have enjoyed being able to share ideas, contribute to discussions and hear different perspectives from researchers and other members of the advisory group. I have also really enjoyed learning more about how research is developed and seeing how academic knowledge, professional experience and lived experience can come together. Being part of the group has made me appreciate how important collaboration is in producing research that is relevant and useful.

I hope the SmartADHD project will help improve understanding of ADHD and the different ways it can affect young people. I would particularly like the project to help young people and families feel more understood and supported, while also helping professionals develop a better understanding of ADHD and how best to support those with it.

Ultimately, I hope the research will help make a positive difference to the experiences of young people and families in the future. For me, being involved is an opportunity to turn some of my own experiences into something positive and to hopefully help make things a little easier for the next generation of young people and families navigating ADHD and neurodivergence.

I am really pleased to be able to contribute to the SmartADHD project and to have the opportunity to be part of research that listens to and values lived experience.

Our other research advisory group members are Tash, Mike, Georgia and Jackie.