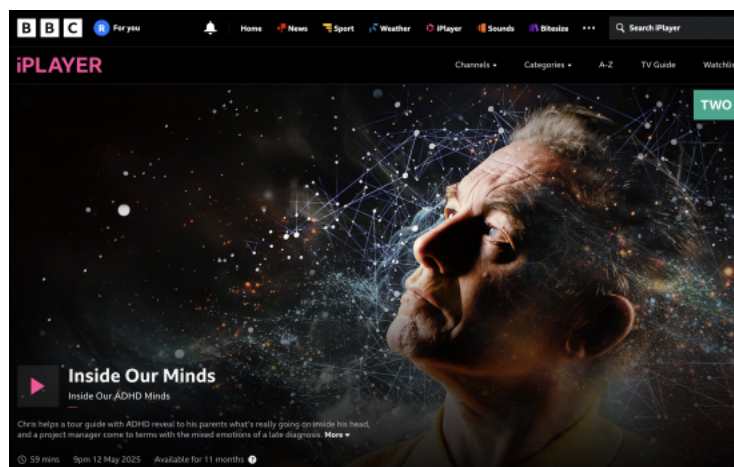


Inside ADHD minds

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I caught up with [this on iPlayer last night](#), and would recommend it:



Some of our political leaders - mainly in Reform and the Tories - would have it that ADHD is not real.

It most certainly is. The ADHD mind has more neuronal connections than the neurotypical mind. There is nothing wrong with that. It just means that ADHD brains are busier than most people's.

This is not a disorder, although it can require treatment when it causes stress.

The fact that it has very clearly survived through natural selection shows that there is an adaptive advantage to having people with ADHD in our communities, as there are advantages to also having people with autism, and those who have both, which has been recognised to be a possibility for more than a decade now.

Neither condition needs a cure, because there is none, although some with these conditions do need help to integrate into a society that is not designed for them.

What is required is that the majority, who are neurotypical, understand that there is a

natural bifurcation in the human population that means that not everyone in our society thinks in the same way, which is a strength and not a weakness.

Chris Packham is an excellent champion for such people, having autism himself.

Politicians who claim that these conditions are a problem to be solved should watch this programme, and accept that those with them have rights, including the right to be who they are in school, work, and society at large, without fear of discrimination.

As the programme made very clear, this issue of acceptability and understanding is the real issue for many with these conditions. The fear of rejection that current prejudices create imposes a massive toll on many with such conditions, which Nigel Farage, Richard Tice, Kemi Badenoch and others have sought to exacerbate. Their failure to recognise the value in diversity is staggering.

My sympathies are with all who have, and are, suffering as a result, and all who will suffer in that way unless we do something to challenge the real problem we have in our society, which is the ignorance of right-wing politicians.