



Miss England

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RAISING AWARENESS FOR ADHD IN MISS ENGLAND

Local rising star **Brooke Woods**, 18, has proudly secured her place in the **Miss England 2025 Semi-Final**, hoping to win the Miss Birmingham title at the event after competing for her place in the Midlands Make up Free auditions .

Standing at 5'7", Brooke currently works as a **bartender and model**, balancing her professional ambitions with her passion for fashion and community life. She is particularly enthusiastic about sustainable fashion, often sourcing unique styles from her favourite charity shops.

Brooke also embraces her journey with ADHD, speaking openly about it to inspire others who may face similar challenges.

She hopes to use her Miss England platform to encourage greater understanding, confidence, and self-expression among young people with ADHD.

Brooke said "I entered the Miss England Semi finals by competing in the Midlands Make up Free auditions in hope that I can share my story and be crowned the title of " Miss Birmingham".

There's a lot of different aspects about myself and a lot of different life events that I have been through that are special and different to others. One of them life events was when I was diagnosed with ADHD. ADHD is short for "Attention Deficit Hyperactive Disorder", meaning I struggle with a lot of tasks on a day- to-day basis. I was diagnosed with ADHD when I was 15 years old which was 3 and a half years ago. I had always struggled when I was younger with focusing in school or making and keeping friendships which was a very big sign of what happens sometimes when someone has ADHD and it was also a very hard time in my life. My mum started to realise when I was around 13 that sometimes was going on with my physical and mental health as she had always dealt with my others siblings who shown more signs of SEN needs, so it seemed like I didn't have any SEN needs. I was quite dissociated for a while and didn't speak much. I felt

alone most days unless I was with my family because trying to make friends at a younger age when going through such a hard time was a task as it is but when having undiagnosed ADHD on-top, it felt like i was going crazy in a sense. After i was diagnosed, I started to try various different medications that my doctor has prescribed me to make me feel more focused and on task. Unfortunately, the tablets didn't agree with my body and i couldn't take them. They would make me feel very uneasy and nauseous and i was even less focused than what i was already. I started to research my condition and why it made me feel the way I do and then i started to realise that ADHD isn't all bad. In fact, there's a lot of pros to ADHD like: heightened creativity, hyper focus, strong social skills and strong empathy. When I realised these positive aspects of ADHD, i started to feel better within myself and more confident to share my story with others. ADHD awareness is really important to me because i know the different struggles like: being diagnosed as a young girl or woman, being diagnosed in general, being understood, being listened to and also there not being enough research within the ADHD awareness. I want to be able to make people with ADHD and also people with any other SEN needs that you are not alone. I want to raise awareness for individuals that are struggling and may not have anyone to talk to about their condition. Many people still hold outdated or oversimplified views, seeing ADHD as merely "being hyper" or "not paying attention," rather than recognizing it as a legitimate neurodevelopmental condition that affects executive function, emotional regulation, and attention control. I wanted to speak about my ADHD to show that having this condition is a positive and that individuals with the condition should embrace it. We're all human and we all should be treated like humans. Just remember ADHD is not a limitation but a different lens—through it, you can see possibilities others might miss. "

The Miss England competition is renowned for celebrating diversity, talent, and positive role models. Contestants are not only judged on their appearance but also on their achievements, community contributions, and personal values.

The semi final takes place at the [Grand Station Wolverhampton](#) on Friday October 3rd which is being broadcast LIVE on the [Beauty Queen Channel on Amazon](#) and the Miss England YouTube Channel.

Brooke will compete against other hopefuls in the upcoming semi-final round, where finalists will be selected to progress to the prestigious **Miss England 2025 Grand Final**.

To vote for Brooke download the Miss England App for Free and voters can place one vote daily for free in the lead up to the contest and pay for additional votes.

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