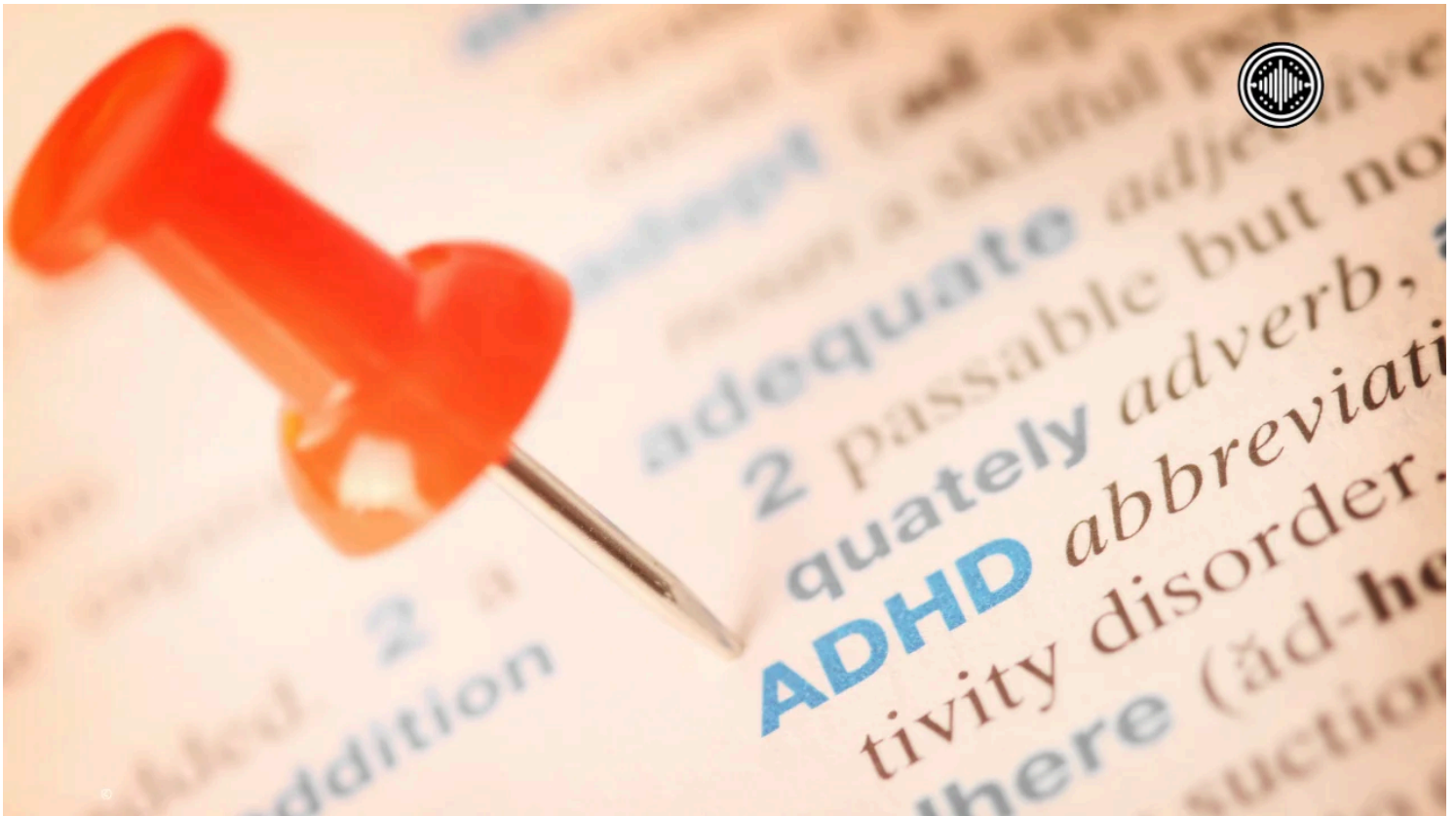


Maidstone's Youngest Councillor Shares His ADHD Journey to Inspire Others

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Stan Forecast, Maidstone's youngest borough councillor, embodies the drive and ambition of a rising political star. At just 23, he has secured a first-class degree in International Business from the University of Kent and serves as the constituency support manager for Maidstone and Malling MP Helen Grant. With his sights set on a future as an MP, Forecast's trajectory appears upward. Yet, behind this polished exterior, he has faced a private battle

with mental health, culminating in a recent diagnosis of adult Attention Deficit Hyperactivity Disorder (ADHD).

In an exclusive interview with KentOnline, Forecast shared his journey, aiming to inspire others to seek help. “It began in September 2019 when I started university,” he said. “I was hit with anxiety, low mood, and a nagging sense of guilt about not being productive enough. University life is loose structure, the drinking culture left me feeling adrift while others seemed to have it together.”

The 2020 lockdowns exacerbated these struggles, stripping away routine and purpose. “Covid was tough for everyone,” Forecast noted. “But for me, it amplified this sense of being stuck.” Determined to address his challenges, he turned to therapy, a bold step for a young man in his late teens. “It wasn’t easy to start,” he admitted. “There’s still a stigma, especially for blokes, but I knew I needed to do something.”

After the 2024 general election, with the political landscape shifting under a Labour government that Forecast views with measured scepticism, he sought further clarity. “Things quietened down post-election, and I decided to dig deeper,” he said. His therapist suggested neurodiversity as a possible factor, prompting a referral to a specialist. Months later, after a costly assessment, Forecast received his ADHD diagnosis.

Reflecting on the diagnosis, he said, “ADHD was always this label for kids who couldn’t sit still or cause trouble at school. That wasn’t me. But I had this persistent feeling that something wasn’t quite right.” In hindsight, signs were evident. “In primary school, teachers thought I might be dyslexic. My hand-eye coordination was also poor. I love football, but sports like tennis or badminton were a nightmare.”

Forecast’s candour about his diagnosis, which he has kept private from friends and family, stems from a desire to destigmatise mental health challenges. “If sharing this helps one person get the support they need, it’s worth it,” he said. His story underscores the importance of recognising ADHD in adults, a condition often misdiagnosed or overlooked. With his career in politics and community service gaining momentum, Forecast’s openness signals a commitment to authenticity in public life.