



Adult AD/HD Groups North East Support Groups North East UK

<http://aadhd-ne-uk.weebly.com/>

Contact: Bill Scott 07856212564 aadhd_ne@yahoo.co.uk

Middlesbrough specific aadhd_ne_south@yahoo.co.uk

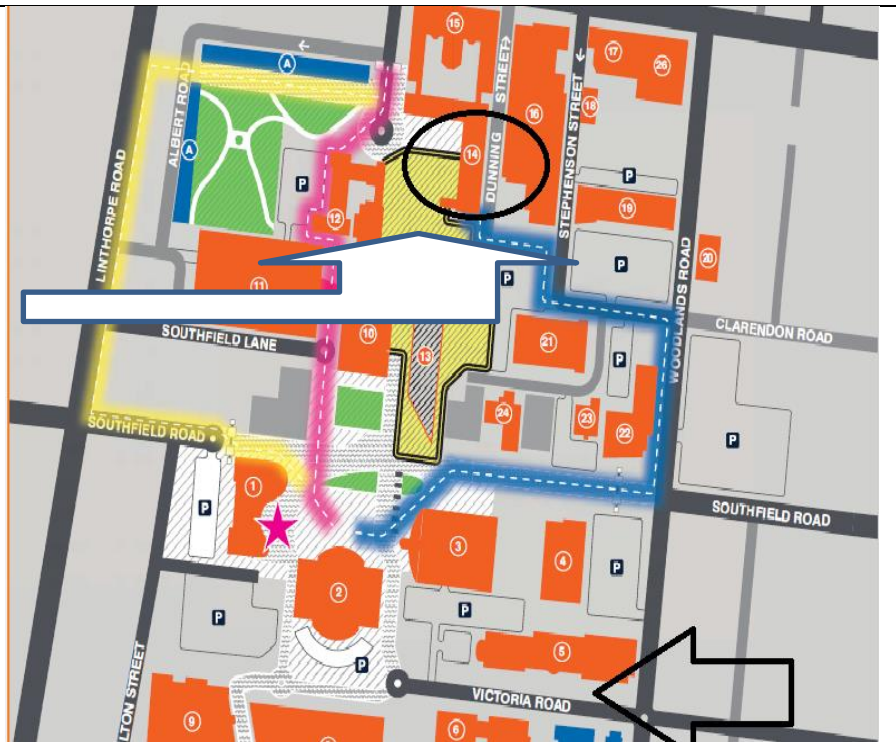
Our next Middlesbrough Meeting: Wednesday 27th February 2019

The University of Teeside: Middlesbrough Tower, Floor 3 TS1 3BA

6 to 8:30 PM

There have been some recent changes to parking near the Tower at the University. The best alternative seems to be Victoria Road, see the bottom of the map. Parking is free there after 18:00 and not too expensive before that.

Go into the main foyer of the Tower from either of the entrances. The lift is past the reception desk (or around the corner to it). You'll usually find us on Floor 3, Room 2, or in the foyer to start with.



Our meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of ADD ADHD & related conditions; parents & partners, allies, academics and professionals involved with AD/HD, or a related field, are also very welcome.

- Please come along and share your experiences and knowledge of AD/HD, discuss the help that is available & useful coping techniques that minimise some of the difficulties that AD/HD etc. can present. We also like to celebrate the positive aspects of living with AD/HD.
- Here's a very useful UK-wide forum / information for adults with AD/HD <https://aadduk.proboards.com/>
- NB. Our meetings in **Newcastle** at St. Nicholas Hospital, Gosforth: Committee Dining Room have now moved to the 3rd Tuesday of each month. The next one will be held on **Tuesday 19th February 6-9pm.** Please see our Newcastle flyer or website for further details plus useful links and information, directions to meetings + news about workshops or extra monthly meetings <http://aadhd-ne-uk.weebly.com/>