



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

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

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Our next Newcastle meeting: Tuesday 19th February 2019 Committee Dining Room, St. Nicholas Hospital 6 to 9 PM

Thanks to the support of the NTW NHS Mental Health Trust, we now hold our Newcastle meetings in the Committee Dining Room, St. Nicholas Hospital NE3 3XT.

Access is straightforward: please go into the main Clock Tower reception area; turn left through the doors, down the corridor, past the toilets (unless you need them first). You'll find us in the 3rd room on the left.



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.
- Our website includes useful links and information, directions to meetings. + news any extra monthly meetings in the area <http://aadhd-ne-uk.weebly.com/>
- A very useful UK-wide forum / information for adults with AD/HD <https://aadduk.proboards.com/>

PS Our next Middlesbrough meeting: Wednesday 27th February 2019 please see our Middlesbrough flyer for further details.