



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

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

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### Our next Middlesbrough Meeting: **Wednesday 27<sup>th</sup> March 2019**

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

**6 to 8:30 PM**

<p>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.</p> <p>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.</p>	
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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.

A very useful UK-wide forum / information for adults with AD/HD

<https://aadduk.proboards.com/>

PS: Two of our other meetings in March, both of which start at 6pm:

- South Shields (Tuesday 5<sup>th</sup>) Age Concern (ACTS) Dora Dixon House, 29 Beach Road / Corner of Anderson Street. NE33 2QU
- Newcastle (Tuesday 19<sup>th</sup>) Committee Dining Room, St. Nicholas Hospital NE3 3XT