



**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

Durham Meeting!

THURS. 13TH FEBRUARY 2020 6 to 9 PM

Thanks to our lovely friends at *Waddy* we will be adding support group meetings to the heart of Durham City!

**Waddington Street
Centre**

3 Waddington Street
Durham City DH1 4BG
6-9pm



The Waddington Street Centre is situated between the CIU Offices and the United Reformed Church, directly behind the former County Hospital (on North Road) and runs onto Sutton Street which passes under the railway viaduct. It is approximately a five minute walk from Durham Bus Station on North Road, and is also a five minute walk from Durham Railway Station. On-street metered parking is available free after ...

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/>

Our other meetings in **FEBRUARY** also start at 6pm:

- **South Shields** (Tuesday 11th) Age Concern (ACTS) Dora Dixon House, 29 Beach Road / Corner of Anderson Street. NE33 2QU
- **Durham** (Thursday 13th) Waddington Street Centre, 3 Waddington Street, Durham City DH1 4BG
- **Middlesbrough** (Wednesday 26th) New room TBC University of Teeside, at Middlesbrough TS1 3BA