



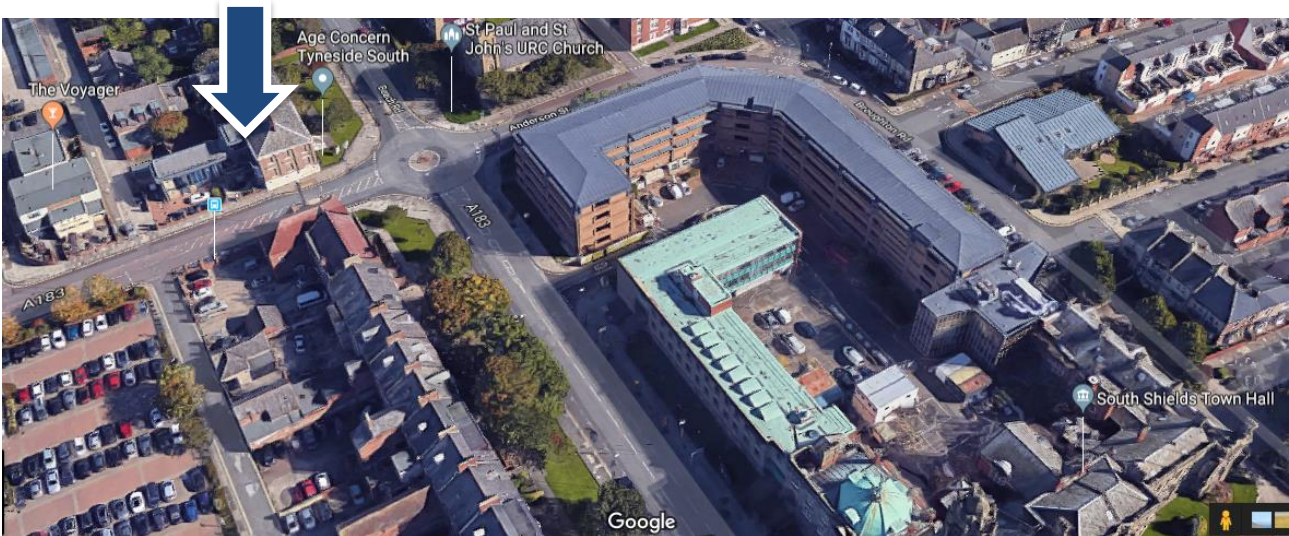
## Adult AD/HD Groups North East Support Groups North East UK

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

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**Our Next Meeting in South Shields will be held on  
Tuesday 11<sup>th</sup> FEBRUARY 2020 | 6 to 9 PM**

**Venue:** South Tyneside Age Concern (ACTS): Dora Dixon House, 29 Beach Road /  
Corner of Anderson Street, South Shields NE33 2QU



Thanks to our friends at Age Concern (ACTS) we now hold regular meetings in South Shields, South Tyneside. It is an excellent venue, next to the small roundabout on the intersection of Beach Road and Anderson Street. There are various local car parks. Places nearby are opposite the side of the Town Hall on Beach Road where parking restrictions end at 6pm. There is also free parking in the back lane between Age Concern and the Voyager pub (access first left, 100 yards past ACTS further down Beach Road, heading East).

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. Please see our website or other flyers for details about our other monthly meetings in **February**: Durham (Thursday 13th), Newcastle (Tuesday 18th) Middlesbrough (Wednesday 26th). Please see flyers for further details.