



## 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

**Our next Middlesbrough Meeting:** *Wednesday 25<sup>th</sup> MARCH 2020*

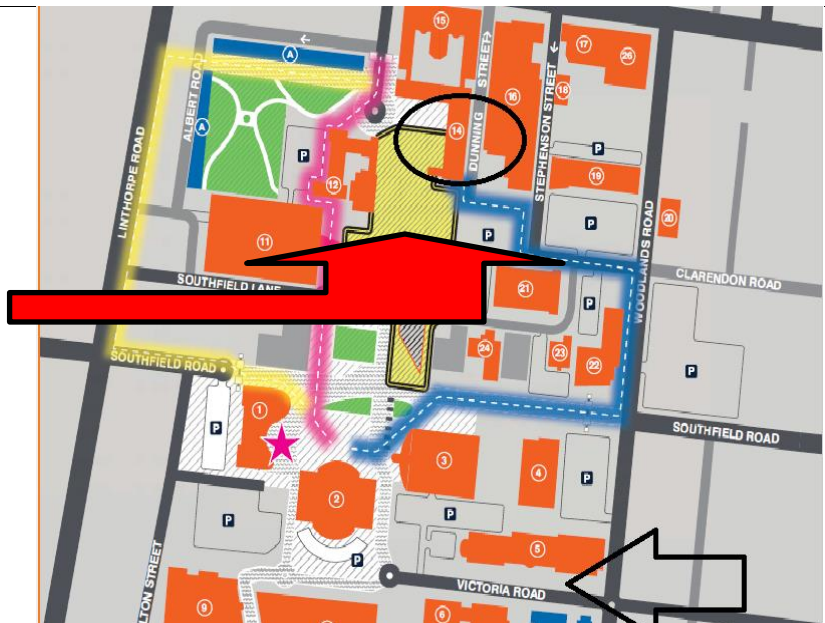
**Middlesbrough Tower, University-of-Teeside TS1 3BA**

**Either the foyer or Floor 7, room 7.11**

**6 to 8:30 PM**

The nearest parking is on Victoria Road, see the bottom of the map. Parking is free there after 18:00 and not very expensive before that. Or, if the barrier is up near the student union, parking is free outside the union from 4.30 onwards.

Please head into the foyer, of the Tower (we could be there to start with) from the main entrance or floor 7 room 7.11.



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. Some of our other regional meetings in *MARCH*, all start at 6pm:

South Shields (Tuesday 10/3/20) Age Concern (ACTS) Dora Dixon House, 29 Beach Road / Corner of Anderson Street. NE33 2QU

Durham (Thursday 13<sup>th</sup>) Waddington Street Centre, 3 Waddington Street, Durham City DH1 4BG

Newcastle (Tuesday 17/3/20) Committee Dining Room, St. Nicholas Hospital Gosforth NE3 3XT