



**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 DURHAM will be held on**

**THURS. 12TH MARCH 2020**

Waddington Street Centre

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



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 (see above) includes useful links and information, directions to meetings + news of any extra monthly meetings in the area. Our other regional meetings in **MARCH** also 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