



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

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

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**Our next Newcastle meeting: Tuesday 17<sup>th</sup> MARCH 2020**  
**Committee Dining Room, St. Nicholas Hospital : 6 to 9 PM**

Thanks to the support of the CNTW NHS Trust, we hold our Newcastle meetings in the Committee Dining Room, St. Nicholas Hospital NE3 3XT.

Access is straightforward: please go into the main Clock Tower reception area; turn left through the doors, down the corridor, past the toilets, unless you need them first :o) You'll find us in the 3rd room on the left.



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/>

A very useful UK-wide forum / information for adults with AD/HD  
<https://aadduk.proboards.com/>

Our other meetings in **MARCH**, all of which 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 12/3/20) Waddington Street Centre, 3 Waddington Street, Durham City DH1 4BG
- **Middlesbrough** (Wednesday 25/3/20) Middlesbrough Tower, University of Teeside TS1 3BA