



**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

THURSDAY 11TH NOVEMBER 2021 - 6 to 9 PM



Thanks to our lovely friends at *Waddy* we are back in the heart of awesome Durham City!

**Waddington Street
Centre**

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



The Waddington Street Centre is 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, & 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.
- Details about this and our other regional meetings in November (Middlesbrough and South Shields) are also on our website which also includes useful links and information, directions to meetings, news etc.