



**ADULT AD/HD SUPPORT
GROUPS NORTH EAST UK**

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

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Our Next Middlesbrough meeting:

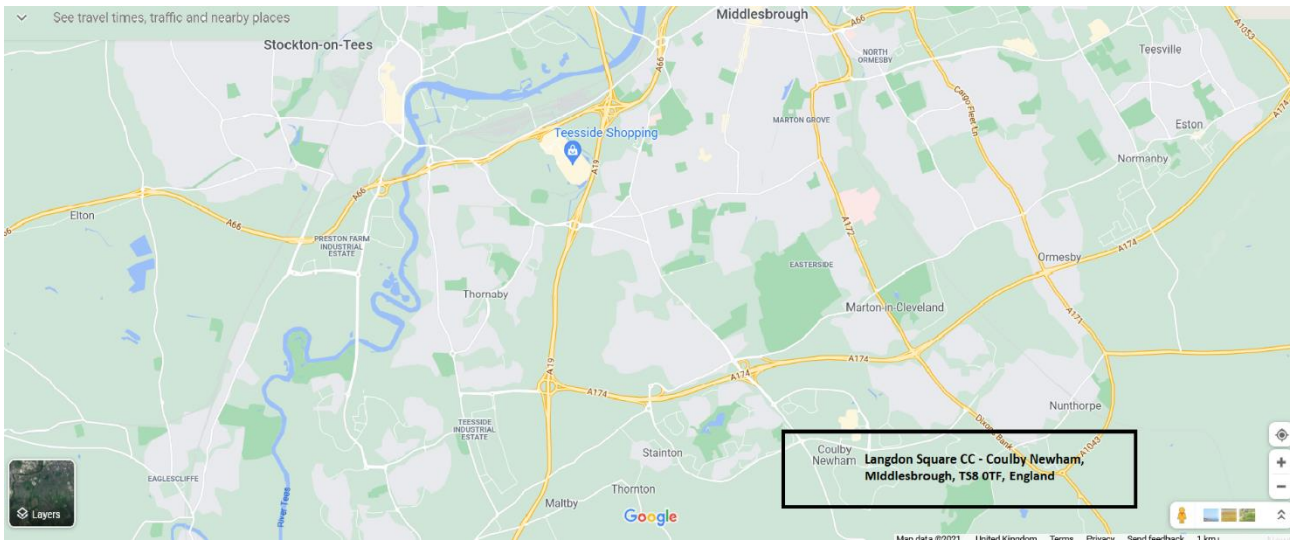
Tuesday 5th April 2022 6 to 8 PM

**At Langdon Square Community Centre Coulby Newham,
Middlesbrough TS8 OTF**



- AD/HD Support Groups NE and Gordon Williams from Neuro Key are working together to support people with AD/HD and associated neurodiverse conditions, including ADHD, ASD, PTSD, Brain injury, FASD, Tourett's etc.
- Langdon Square community centre at Coulby Newham, Middlesbrough is a great venue to meet in on the first Tuesday of each month.
- It is not too far from Middlesbrough centre, see the map below. It has a spacious free car park. For further information about the venue, or Neuro Key, see Gordon's flyer below.
- Everybody is welcome to come along including carers, family members, professionals working in the field etc.

Further details about other Adult ADHD support groups NE, including our other regional meetings during April 2022:- Durham (Thursday 14th); South Shields (Thursday 21st); Newcastle (28th) and other useful links and information can be found on our website.



NEURO KEY
An Alliance supporting people with neurological conditions

Neurodiverse Peer Group

We are a group with experience living with
or carers of
ADHD, ASD, PTSD, BRAIN INJURY, FASD and Tourette's
Private one to one available

Next meeting
6pm - 8pm
Tuesday 5th APRIL
Langdon Square Community Centre
Coulby Newham
MIDDLESBROUGH

We are a friendly, diverse group
You don't need a diagnosis to join us
Come along for a couple of hours or pop in for 5 minutes
Refreshment available
For more info contact Gordon
Email: neurologicallychallenged@hotmail.com
Facebook: [@NeurokeyTVDNY](https://www.facebook.com/NeurokeyTVDNY)

Last, but not least! Gordon's blog <https://neurologically-challenged.co.uk/hiding-neurodiversity-in-plain-sight-a-lifetime-of-masking-suppressing-and-acting/>