



ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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Our Next NEWCASTLE Meeting: THURSDAY 28TH APRIL 2022 - 6 to 9 PM



The Recovery College, 1 Carlol Square, Newcastle
NE1 6UF (next door to World Headquarters)

Thanks to Angela and Alisdair, we are in Newcastle on the 4th Thursday of each month.

BY BUS... to Market, Blackett & John Dobson Streets <5 minute walk. # 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.

BY METRO... Monument - 5 minute walk.



BY CAR... nearby streets and Manors multi-story a 5 minute walk where floor two has stairs leading down coming out diagonally opposite Recoco. Manors multi storey parking is free from 5pm onwards

- Our meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.
- Feel free to share your experiences and knowledge of AD/HD, discuss any help that is available + useful coping techniques that minimise some of the difficulties that AD/HD etc. can present. We also celebrate the positive aspects of living with AD/HD.

Details about this and our other regional meetings in APRIL 2022:- Middlesbrough (Tuesday 5th), Durham (Thursday 14th) and South Shields (Thursday 21st) are on our website plus useful links and information.