



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

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

Contact: Bill Scott: Tel: 07856212564 | email: [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk)

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**Our Next Middlesbrough meeting:**

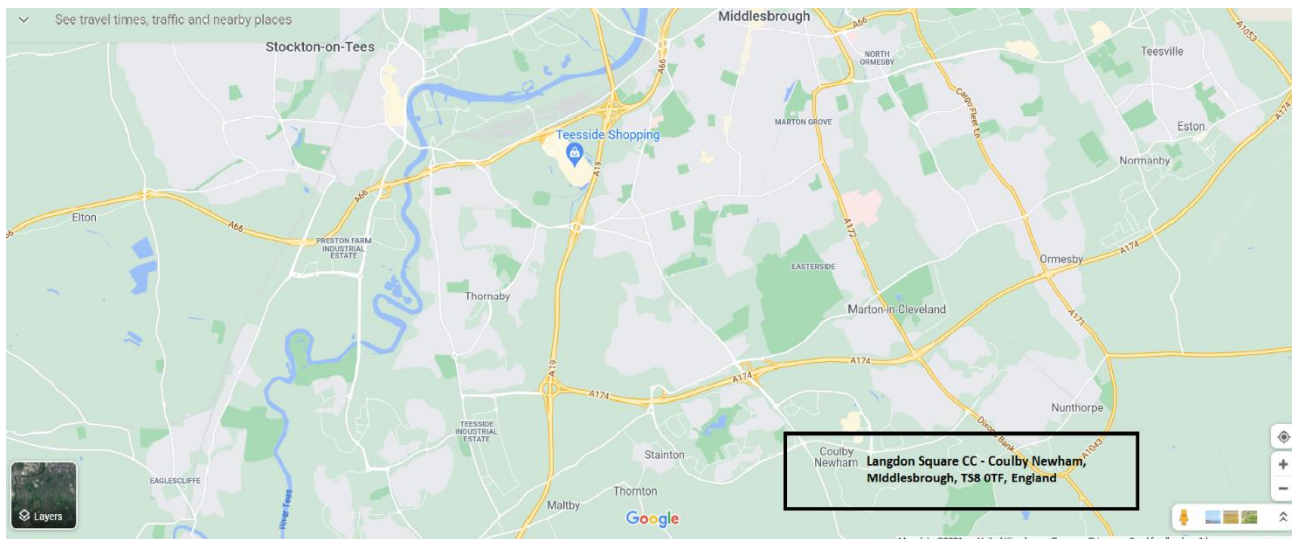
**Tuesday 5<sup>th</sup> JULY 2022 6 to 8 PM**

**At Langdon Square Community Centre Coulby Newham,  
Middlesbrough TS8 0TF**



- 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 JULY 2022:- Durham (Thursday 14<sup>th</sup>); South Shields (Thursday 21<sup>st</sup>); Newcastle (28<sup>th</sup>) 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 5<sup>th</sup> JULY**  
**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](mailto:neurologicallychallenged@hotmail.com)  
 Facebook: @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/>