



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

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

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Our Next Durham Meeting:

THURSDAY 14th JULY 2022 - 6 to 9 PM

Thanks to our lovely friends at Waddy, we meet in the heart of the awesome Durham City!

**Waddington Street
Centre**

3, Waddington Street
Durham City DH1 4BG



Located between the CIU Offices and United Reformed Church, Waddy is behind the former County Hospital on North Road and runs onto Sutton Street, which passes under the railway viaduct. Less than a five-minute walk from Durham Bus Station or Durham Railway Station.

*** On street parking is free from mid-afternoon 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 with AD/HD, or a related field, are also very welcome.
- Please 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 JULY 2022: Middlesbrough (5th), South Shields (21st), Newcastle (28th) are on our website which also includes useful links and other information.