



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

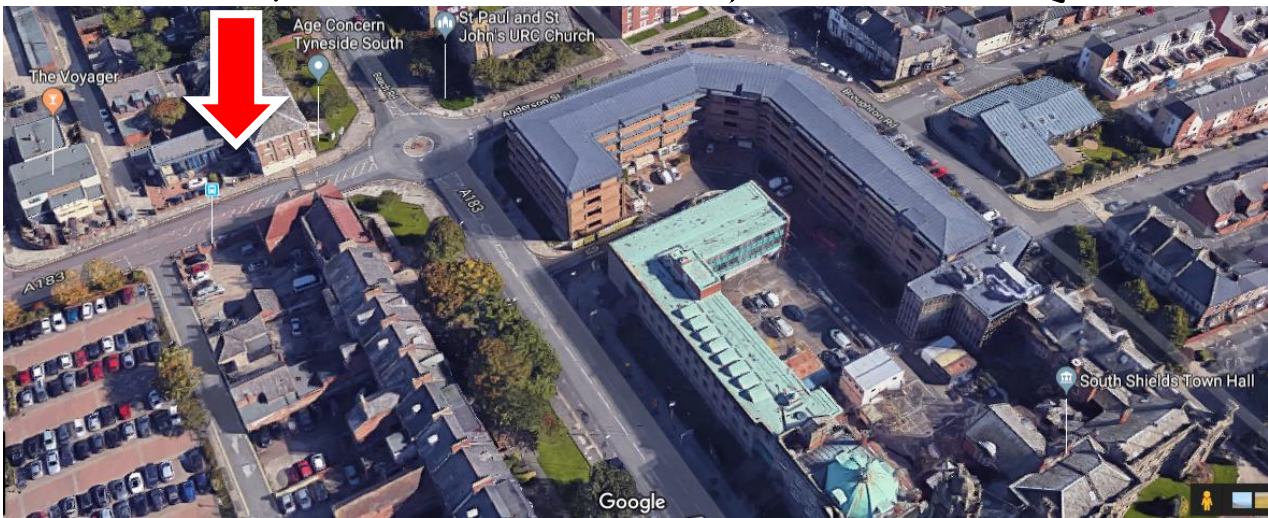
**WEB:** <http://aadhd-ne-uk.weebly.com/>

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Our Next **SOUTH SHIELDS** Meeting:

**THURSDAY 18<sup>th</sup> AUGUST 2022** - 6 to 9 PM

Venue: South Tyneside Age Concern (ACTS): Dora Dixon House, 29 Beach Road / Corner of Anderson Street, South Shields N 2QU



- Thanks to our friends at Age Concern (ACTS) we hold our monthly regular meetings in South Shields, in an excellent venue, next to the small roundabout on the intersection of Beach Road and Anderson Street. Local car parks include Beach Road opposite the town hall free after 5pm.
- 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. 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 **AUGUST 2022**:- Middlesbrough (Tuesday 2<sup>nd</sup>), Durham (Thursday 11<sup>th</sup>) and Newcastle (Thursday 25<sup>th</sup>) are on our website plus useful links and information.