



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

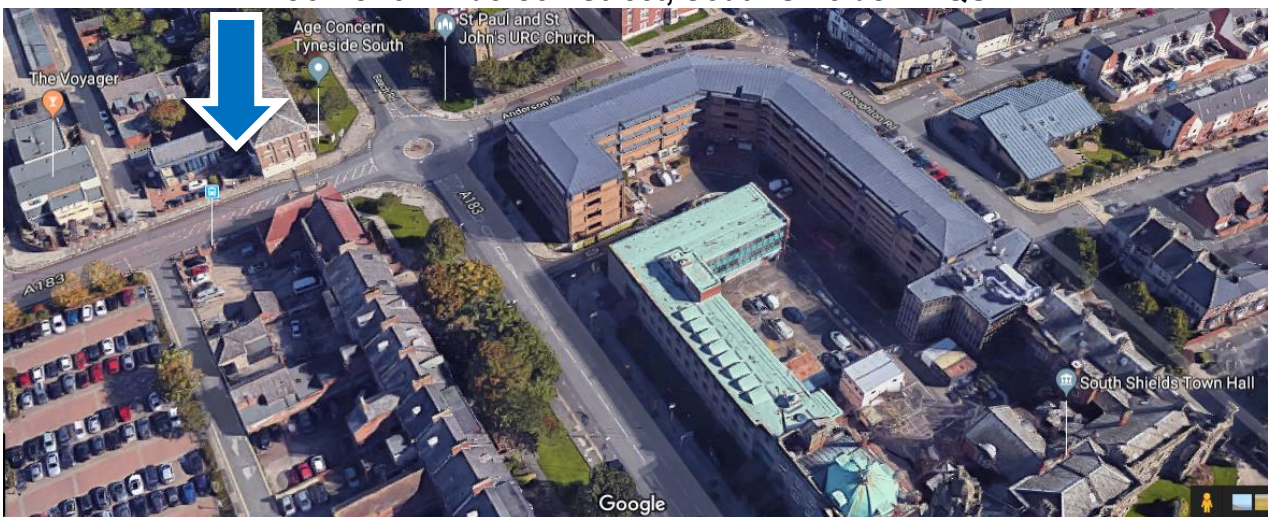
WEB: <https://aadhd-ne-uk.weebly.com/>

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Our Next **SOUTH SHIELDS** Meeting:

THURSDAY 20th OCTOBER 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.
- Drop in for a while, or stay until 9. Please feel free to share your experiences and knowledge of AD/HD and associated conditions. Discuss any help that is available & share useful coping techniques that minimise some of the difficulties that diverse neurological conditions can present. We also celebrate the positive side of living outside neuro-typical boxes.
- Details about this and our other regional meetings in **October 2022:- Middlesbrough (Tuesday 4th); Durham (Thursday 13th) and Newcastle (Thursday 27th)** are on our website plus other useful links and information.