





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

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

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**Our Next NEWCASTLE Meeting:**  
**THURSDAY 22 SEPTEMBER 2022 - 6 to 9 PM**

 <p><b>The Recovery College, 1 Carlol Square, Newcastle NE1 6UF (next door to World Headquarters)</b></p> <p>Thanks to Angela and Alisdair, we are in Newcastle on the 4th Thursday of each month.</p> <p>BY <b>BUS</b>... to Market, Blackett &amp; John Dobson Streets &lt;5 minute walk. # 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.</p> <p>BY <b>METRO</b>... Monument - 5 minute walk.</p>	 <p><b>BY CAR</b>... 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</p>
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- 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 **SEPTEMBER 2022**:- Middlesbrough (Tuesday 6<sup>th</sup>), Durham (Thursday 8<sup>th</sup>) and South Shields (Thursday 15<sup>th</sup>) are on our website plus other useful links and information.