



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

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

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Our Next **Middlesbrough** meeting:

- in conjunction with Neuro Key -

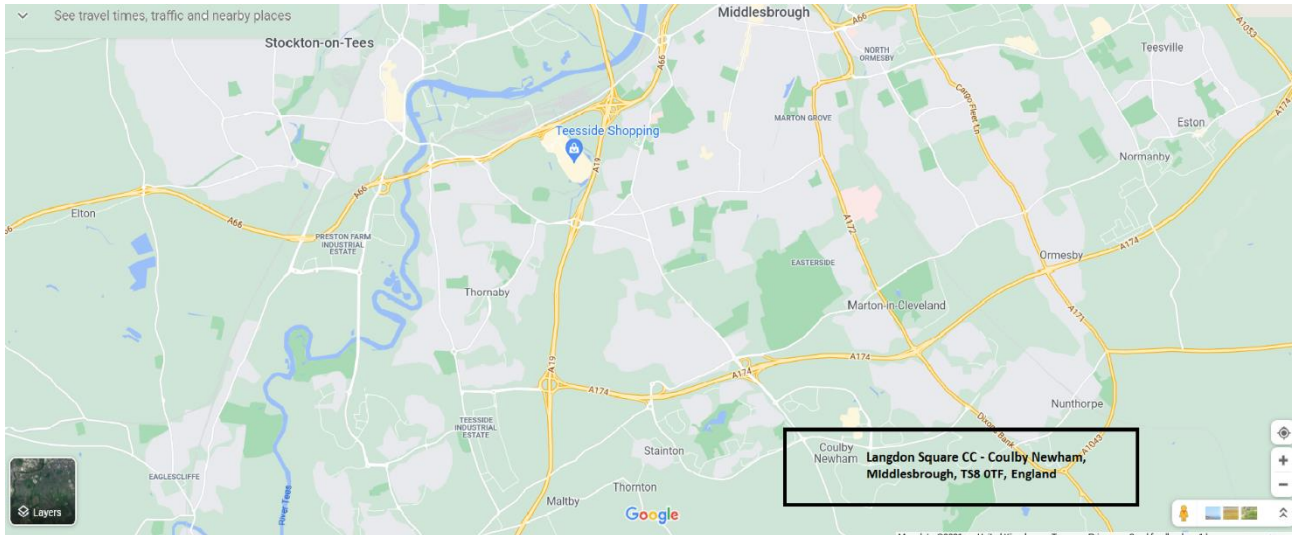
Tuesday 4th OCTOBER 2022 6 to 8 PM

Venue: **Langdon Square Community Centre**
Coulby Newham, Middlesbrough TS8 OTF



- AD/HD Support Groups NE and Gordon Williams from Neuro Key are working together to support people with AD/HD and associated neuro-diverse conditions, including ADHD, ASD, PTSD, Brain injury, FASD, Tourett's etc.
- Our meetings are friendly & informal, open to anyone with a diagnosis / in the process of seeking a diagnosis of AD/HD & associated neurological conditions. Parents & partners, allies, academics and professionals involved in AD/HD, or a related field, are also very welcome.
- Drop in for a while, or stay until 8. Feel free to share your experiences & personal knowledge of AD/HD etc. Discuss any help that is available. Share useful coping techniques that minimise the difficulties that diverse neurological conditions can present. We also celebrate the positive side of living outside neuro-typical boxes.
- For details about the venue, Neuro Key, Teeside-based information in general, including the new victim support group for men, see Gordon's information below.
- For further details about other Adult ADHD support groups NE regional meetings during **October 2022**:- Durham (Thurs. 13th); South Shields (Thurs. 20th); Newcastle (Thurs. 27th) & other useful links and information, go to our website <https://aadhd-ne-uk.weebly.com/>

Langdon Square map and Neuro Key information



NEURO KEY
An Alliance supporting people with neurological conditions

Neuro-diverse Peer Group

We are a group with the experience of living with / or carers of people with ADHD, ASD, PTSD, Brain Injury, FASD and Tourette's

Private one-to-one sessions are available

Our next meeting

6-8 pm Tuesday 4th OCTOBER

Langdon Square Community Centre

Coulby Newham, Middlesbrough, TS8 0TF

We are a friendly and diverse group; you don't need a diagnosis to join us. Come along for a couple of hours or pop in for 5 minutes. Relatives, friends, professionals are also welcome.

Refreshments available

For more information about Neuro Key and the new monthly support group for men who have been victims of domestic violence in the Teeside area, please contact Gordon,

Email neurologicallychallenged@hotmail.com

Facebook: @NeurokeyTVDNY

Gordon's blog <https://neurologically-challenged.co.uk/hiding-neurodiversity-in-plain-sight-a-lifetime-of-masking-suppressing-and-acting/>