



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

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

Contact: Bill Scott: Tel: 07856212564 | email: aadhd_ne@yahoo.co.uk

Our Next Middlesbrough meeting:

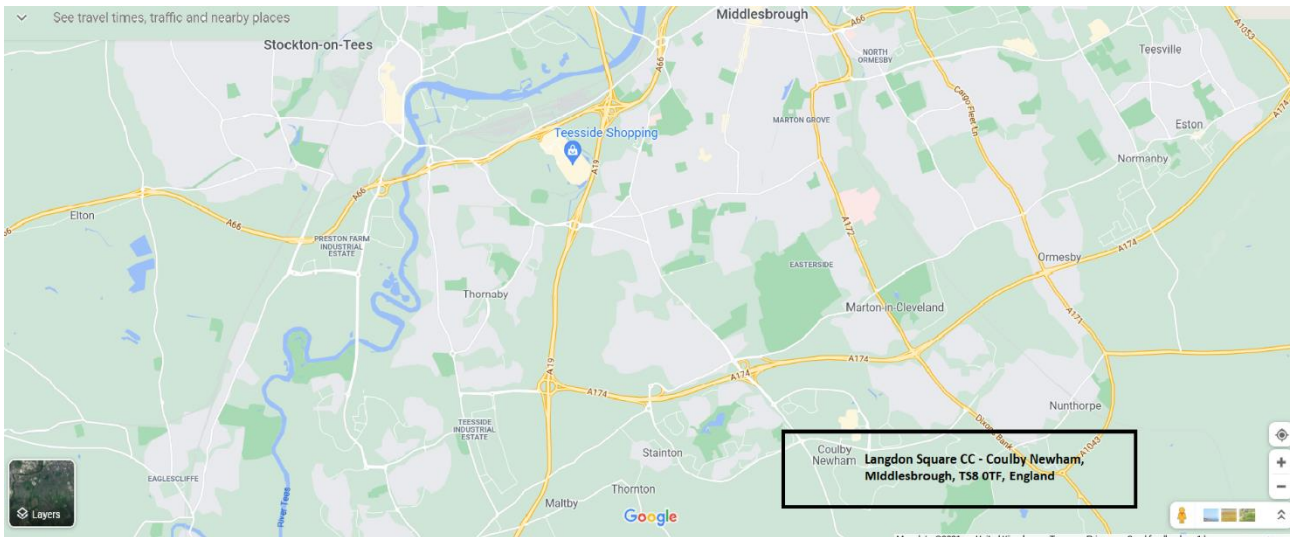
Tuesday 6th SEPTEMBER 2022 6 to 8 PM

**At 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 neurodiverse conditions, including ADHD, ASD, PTSD, Brain injury, FASD, Tourett's etc.
- Langdon Square community centre at Coulby Newham, Middlesbrough is a great venue to meet in on the first Tuesday of each month.
- It is not too far from Middlesbrough centre, see the map below. It has a spacious free car park. For further information about the venue, or Neuro Key, see Gordon's flyer below.
- Everybody is welcome to come along including carers, family members, professionals working in the field etc.

Further details about other Adult ADHD support groups NE, including our other regional meetings during SEPTEMBER 2022:- Durham (Thursday 8th); South Shields (Thursday 15th); Newcastle (Thur. 22nd) and other useful links and information can be found on our website.



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 6th SEPTEMBER

Langdon Square Community Centre

Couby 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.

Refreshments available

For more information 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/>

Just in from Gordon: a new monthly support group he is involved with, for men who have been victims of domestic violence in the Middlesbrough area (Please let the relevant agencies / individuals know about it), thanks.

**MEN'S
SUPPORT
DROP IN**

FOR DOMESTIC ABUSE
VICTIMS/SURVIVORS

07759701747

Middlesbrough
moving forward

- MALE VICTIM LIASION WORKER
- INDEPENDENT DOMESTIC VIOLENCE ADVOCATE
- NON-JUDGEMENTAL SUPPORT
- SIGNPOSTING
- REFRESHMENTS

FIRST WEDNESDAY OF THE MONTH @ NEWPORT HUB 12-2PM

2022
3RD AUG
7TH SEP
5TH OCT
2ND NOV
7TH DEC