



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

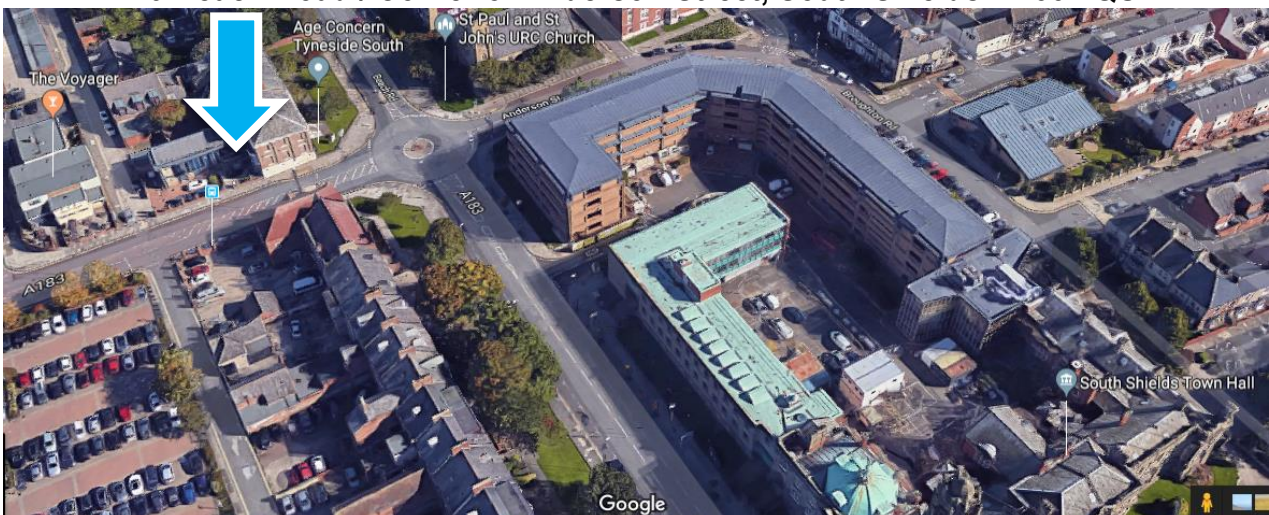
**WEB:** <https://aadhd-ne-uk.weebly.com/>

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Our Next **SOUTH SHIELDS** Meeting:

**THURSDAY 19<sup>th</sup> JANUARY 2023 - 6 to 9 PM**

South Tyneside Age Concern (ACTS): Dora Dixon House,  
29 Beach Road / Corner of Anderson Street, South Shields NE33 2QU



- Thanks to our friends at Age Concern (ACTS) we hold our monthly meetings in South Shields, 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 the 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 sides of living outside neuro-typical boxes.
- Our other regional meetings in **JANUARY 2023**: **Middlesbrough** (**WEDNESDAY 4<sup>th</sup>**), **Durham** (Thursday 12<sup>th</sup>), **Newcastle** (Thursday 26<sup>th</sup>)