



## ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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Our Next **NEWCASTLE** meeting:

**THURSDAY 23<sup>rd</sup> FEBRUARY 2023** - 6 to 9 PM



**The Recovery College, 1 Carliol  
Square, Newcastle  
NE1 6UF** (next door to World Headquarters)

Thanks to Angela and Alisdair, we are in  
Newcastle on the 4th Thursday of each  
month.

BY **BUS**... to Market, Blackett & John  
Dobson Streets <5 minute walk. # 1, 10, 12,  
22, 38, 39, 49, 58, 62, 63, 100.

BY **METRO**... Monument - 5 minute walk.

NB skinflint car park time change: ➡



**BY CAR:** nearby streets & Manors multi-story  
car park, 4 minutes' walk from floor two on  
the side nearest Tyne Bridge. The stairs lead  
to the exit diagonally opposite Recoco.  
Manors car parking is free from **6 – 10 pm**.

- Our meetings are friendly, informal and open to anyone with a diagnosis (is 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 'bolt-ons'!
- Discuss help that may be available, share useful coping techniques that minimise some of the difficulties that neuro-diverse conditions can present. We also celebrate the positive side of living outside neuro-typical boxes.
- Our other regional meetings in **FEBRUARY 2023**:- Middlesbrough (TUES 7<sup>th</sup>), Durham (Thursday 9<sup>th</sup>); South Shields (Thursday 16<sup>th</sup>).