



## ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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Our Next **NEWCASTLE** meeting:

**THURSDAY 26<sup>th</sup> JANUARY 2023** - 6 to 9 PM

Page 1: general details; Page 2: guest speaker re ADHD App



The Recovery College, 1 Carlol  
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, Blakett & John Dobson Streets <5 minute walk. # 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.

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



**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 5 – 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 **January 2023**:- Middlesbrough (WED 4<sup>th</sup>), Durham (Thursday 12<sup>th</sup>); South Shields (Thursday 19<sup>th</sup>).

## **\*\* The Smile2life APP \*\***

*"The app for Superhumans: a one-stop place to empower those with ADHD"*

**With regards to our Newcastle meeting on January 26<sup>th</sup>:** As well as our regular meeting, we're going to spend an hour with our guest speaker Ahmed Abdelrahman, one of life's truly energised characters (!) who some of you have already met.

We will be giving Ahmed an opportunity to test out the prototype of his Smile2Life app and help him to obtain the important feedback he needs to refine its features, functionality which will lead to full development.

We will also be going live on the internet, to enable anyone who goes to any of our groups across the region to participate\*.

So ...

- Will the app be able to deliver the tools we need to assess and improve our overall well-being?
- Will it help us to build the solutions we need to help us thrive and progress in our wellness and healthy living?

It's up to us to help to ensure that it does when we participate in this SMILE2LIFE Testing group!

\*If you can't come along on the night, here's Ahmed's Video call link:

<https://meet.google.com/dey-rsnx-jks>

To find out more in advance, here's the product overview, prototype and further information about Smile2life

[https://linktr.ee/smile2life\\_uk?utm\\_source=linktree\\_profile\\_share](https://linktr.ee/smile2life_uk?utm_source=linktree_profile_share)

Last but not least Ahmed's back-story to illustrate why he is building the SMILE2LIFE app

<https://vimeo.com/781666281>

+ Ahmed's contact details, which shows how much he has learned to smile since his ADHD assessment!!



A promotional card for the Smile2life app. On the left is a black and white portrait of Ahmed Abdelrahman, CEO, with his name and title below it. To the right of the portrait is the 'smile2life' logo in white and yellow. Below the logo are three contact details: a phone icon with the number '+44 (0)7414788859', an email icon with 'smile2life@gmail.com', and a globe icon with 'www.smile2life.co.uk'. On the right side of the card is a QR code. Below the QR code is a yellow button with the text 'SCAN ME'.