



**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 7<sup>th</sup> FEBRUARY 2023 6 to 8 PM**

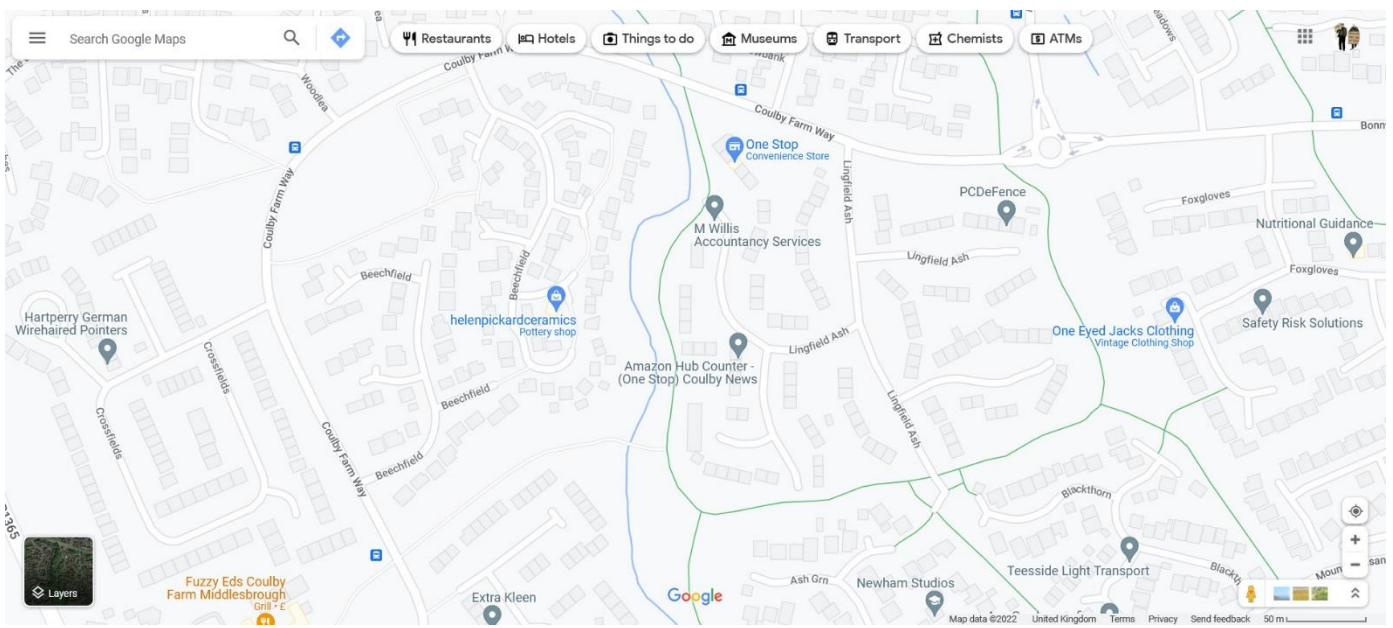
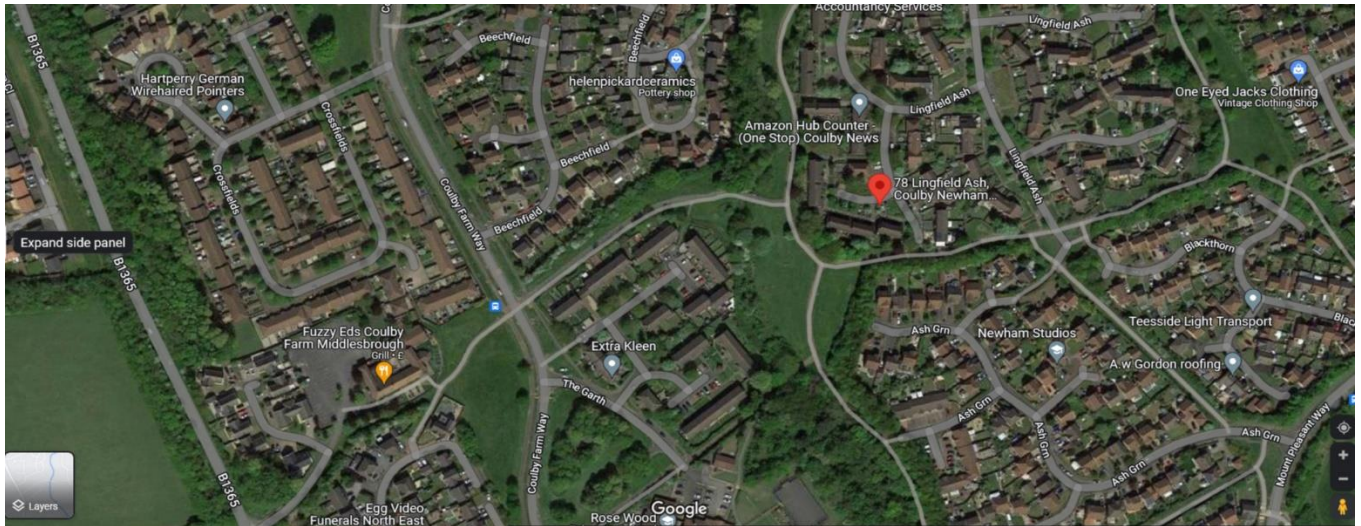
**Lingfield Ash Meeting Hall, 78 Lingfield Ash, Coulby  
Newham, Middlesbrough, TS8 OSU**

*Please see below for maps etc*



- 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. Further information about Gordon's work can be found on page 4 and his local flyer on page 3 below.
- 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.

# Lingfield Ash Meeting Hall maps and Neuro Key information







**NEURO KEY**

An Alliance supporting people  
with neurological conditions

## **Neurodiverse Peer Group**

We are a group with experience living with  
or carers of multiple conditions including  
ADHD, ASD, PTSD, BRAIN INJURY, FASD, Mental health  
and Tourette's

one to one available contact to arrange

**Next meeting**

**6pm - 8pm**

**Tue 7th February**

**Lingfield Ash Meeting Hall**

**78 Lingfield Ash**

**Coulby Newham**

**Middlesbrough**

**TS8 0SU**

You don't need a diagnosis to join us

Come along for a couple of hours or pop in for 5 minutes

Refreshment available

For more info contact Gordon mob - 07825031833

Email: [neurologicallychallenged@hotmail.com](mailto:neurologicallychallenged@hotmail.com)

Facebook: [@NeurokeyTVDNY](https://www.facebook.com/NeurokeyTVDNY)



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**Neurodiverse Peer Group**

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or carers of multiple conditions including  
ADHD, ASD, PTSD, BRAIN INJURY, FASD and Tourette's  
Private one to one available

You don't need a diagnosis to join us  
Come along for a couple of hours or pop in for 5 minutes  
Free refreshments available  
For more info contact Gordon  
Mob **07825031833**  
Email: [neurologicallychallenged@hotmail.com](mailto:neurologicallychallenged@hotmail.com)  
Facebook: @NeurokeyTVDNY

**Through Neurokey**  
**I carry out support and advocacy**  
**for adults, children, schools or any organisation**  
**that feels they can benefit from my knowledge**  
**and experience.**  
**I also give Q + A sessions to groups of any size.**  
**Just use the contact details above**

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

Our other Adult ADHD support groups NE regional meetings that will be held during **February 2023**:-

- Durham (Thursday 9th )
- South Shields (THURS 16<sup>th</sup>)
- Newcastle (THURS 23<sup>rd</sup>).

For other useful links and information, go to our website

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