



**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](mailto:aadhd_ne@yahoo.co.uk)

Our Next **Middlesbrough** meeting:

- in conjunction with Neuro Key -

**Wednesday 4<sup>th</sup> JANUARY 2023 6 to 8 PM**

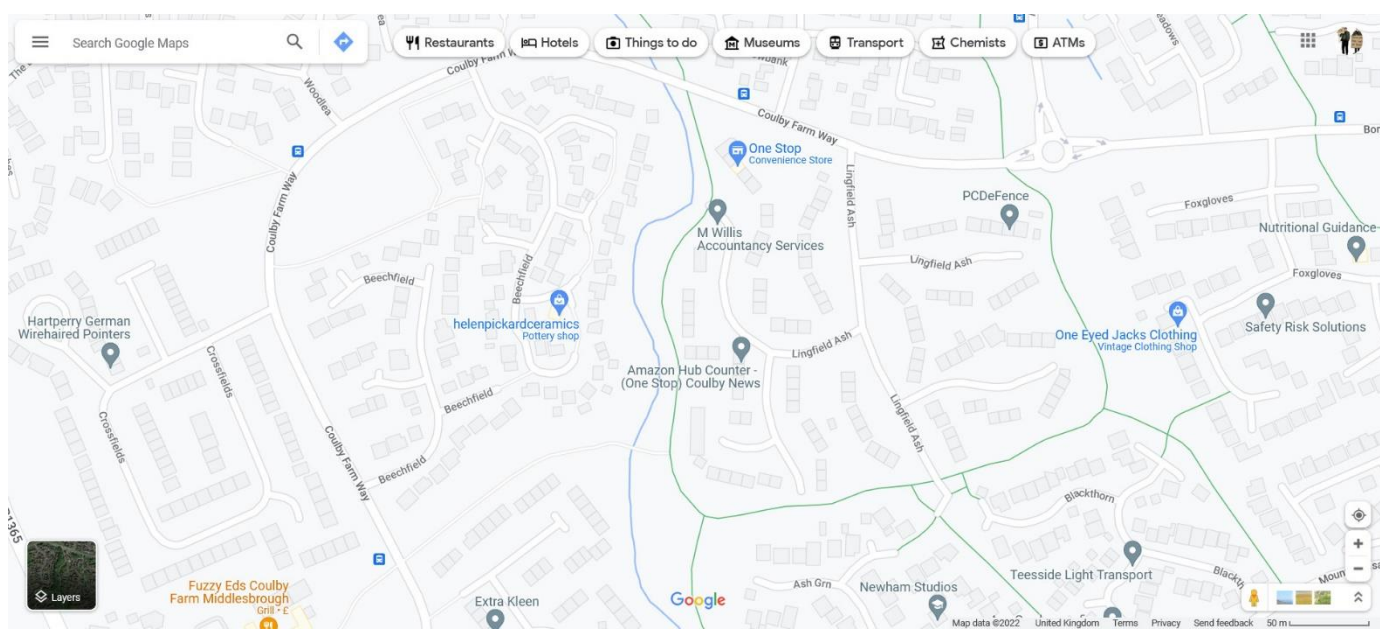
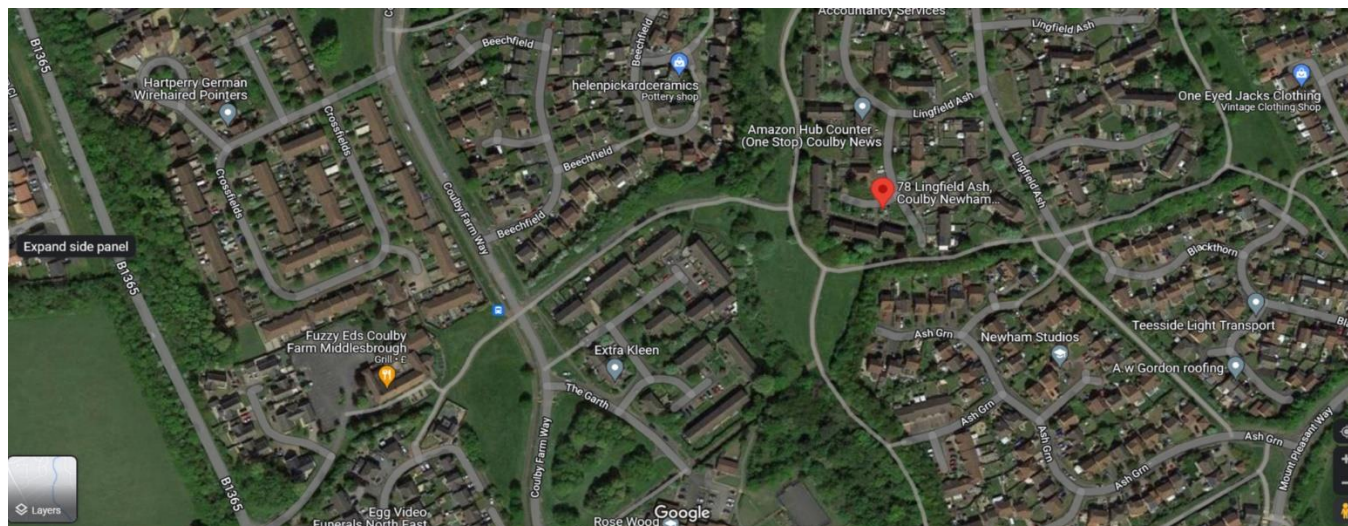
**NEW Venue: Lingfield Ash Meeting Hall, 78 Lingfield Ash,  
Coulby Newham, Middlesbrough, TS8 OSU**

*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.
- 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 Mance supporting people  
with neurological conditions

### Neurodiverse Peer Group

We are a group of people with the experience of living with  
with  
(or are carers of people) with multiple conditions  
including  
ADHD, ASD, PTSD, BRAIN INJURY, FASD, Mental health  
issues, Tourette's etc.

Our next meeting: **Tuesday 6<sup>th</sup> December**  
**6pm - 8pm**

NB New venue  
**Lingfield Ash Meeting Hall,**  
**78 Lingfield Ash**  
**Couby Newham, Middlesbrough**  
**TS8 OSU**

**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 (private one to one sessions also available)**  
**contact Gordon mob - 07825031833**

**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 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: @NeurokeyTV DNY

**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 during January 2023:-

- Durham (Thursday 12th )
- South Shields (THURS 19<sup>th</sup>)
- Newcastle (THURS 26th).

For other useful links and information, go to our website

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