



**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

Our Next **Middlesbrough** meeting:

- in conjunction with Neuro Key -

Tuesday 7th MARCH 2023 6 to 8 PM

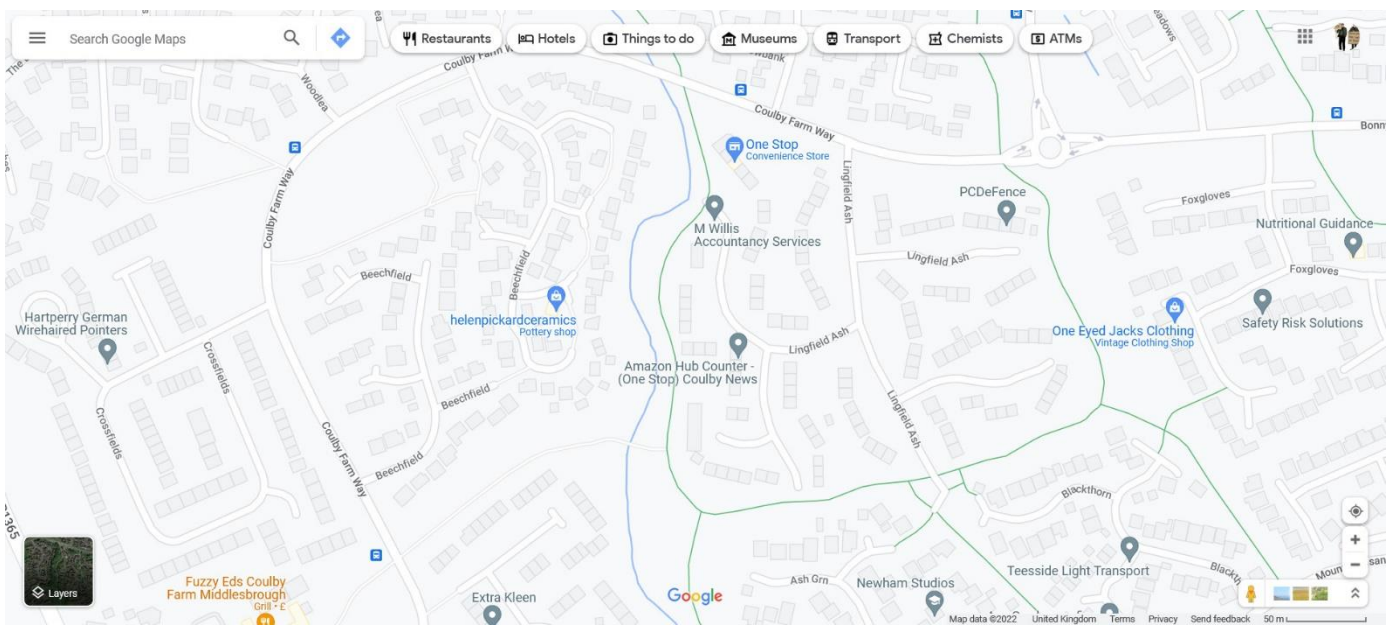
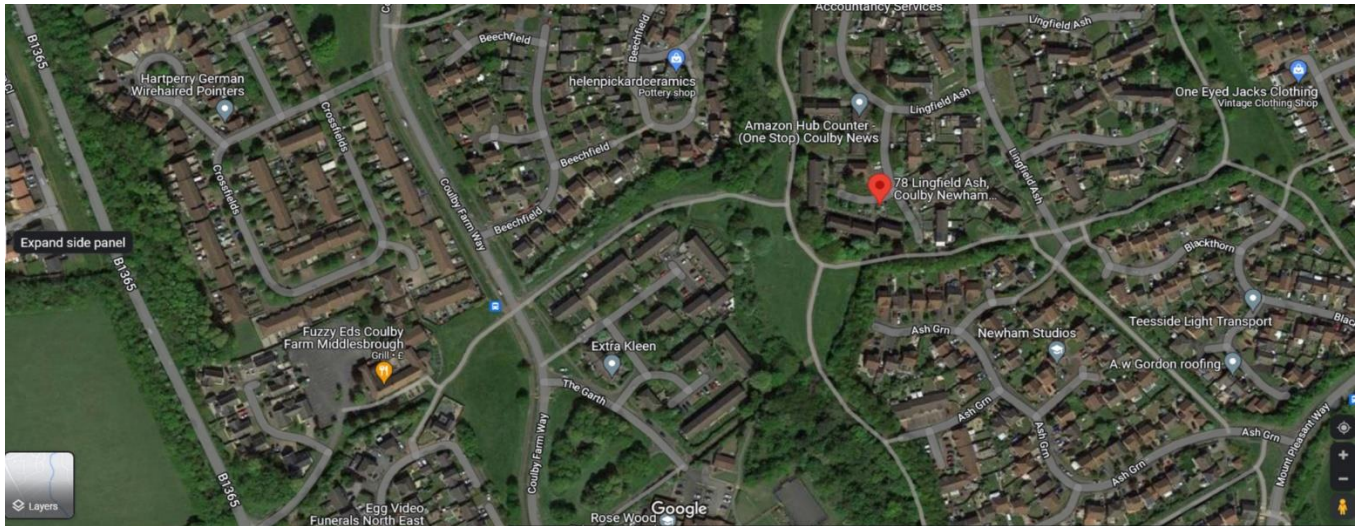
**Lingfield Ash Meeting Hall, 78 Lingfield Ash, Coulby
Newham, Middlesbrough, TS8 OSU**

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 MARCH

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

Facebook: @NeurokeyTVDNY



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Private one to one available

You don't need a diagnosis to join us
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Free refreshments available
For more info contact Gordon
Mob **07825031833**
Email: 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 **MARCH** 2023:-

- Durham (THURSDAY 9th)
- South Shields (THURS 16th)
- Newcastle (THURS 23rd).

For other useful links and information, go to our website

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