



**ADULT AD/HD SUPPORT
GROUPS NORTH EAST
UK**

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

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Our next **DURHAM** meeting:

THURSDAY 9th MARCH 2023 - 6 to 9 PM

Thanks to our lovely friends at Waddy,
we meet in the heart of the awesome
Durham City!

**Waddington Street
Centre**

3, Waddington Street
Durham City DH1 4BG



Waddy is Located between the CIU Offices and United Reformed Church, behind the former County Hospital on North Road. near the railway viaduct and Durham Bus terminus & less than a 5 minute walk Durham Railway Station. On street parking is free from mid-afternoon onwards.

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 9. Feel free to share your experiences & personal knowledge of AD/HD etc and discuss 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 our neuro-typical boxes.
- Our other regional meetings in **MARCH 2023**: Middlesbrough (Tuesday 7th), South Shields (Thursday 16th), Newcastle (Thurs 23rd).