



**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 2nd MAY 2023 6 to 8 PM

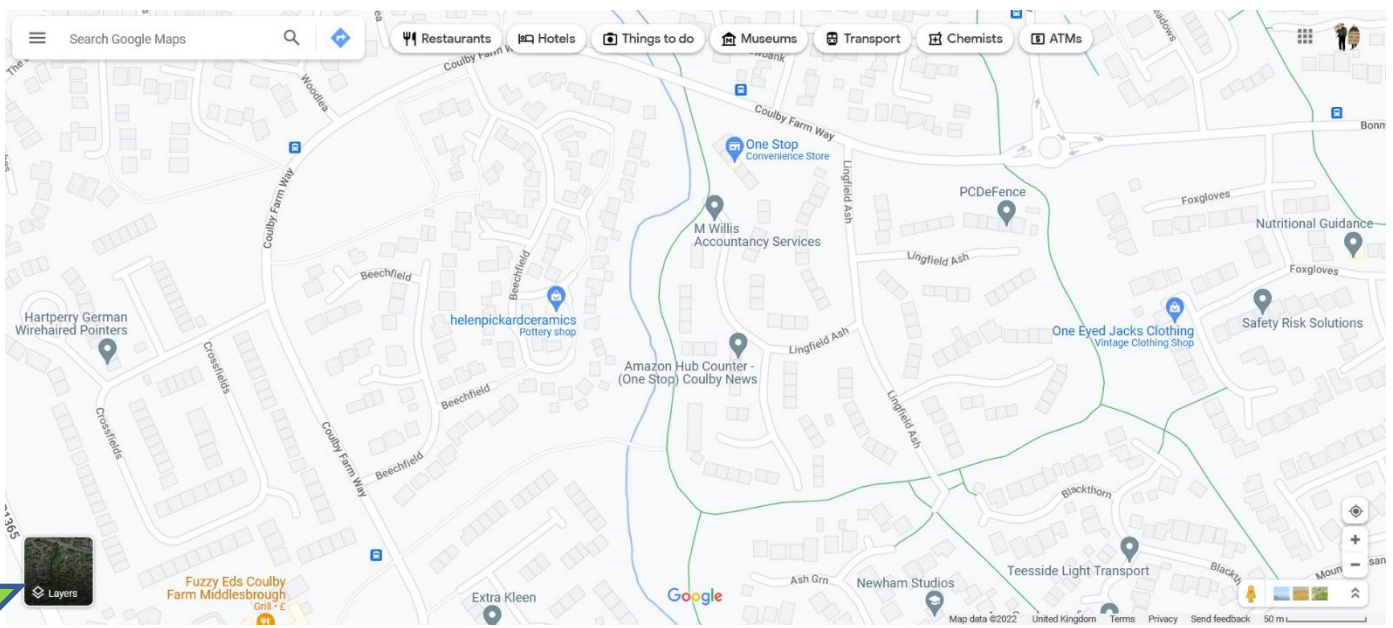
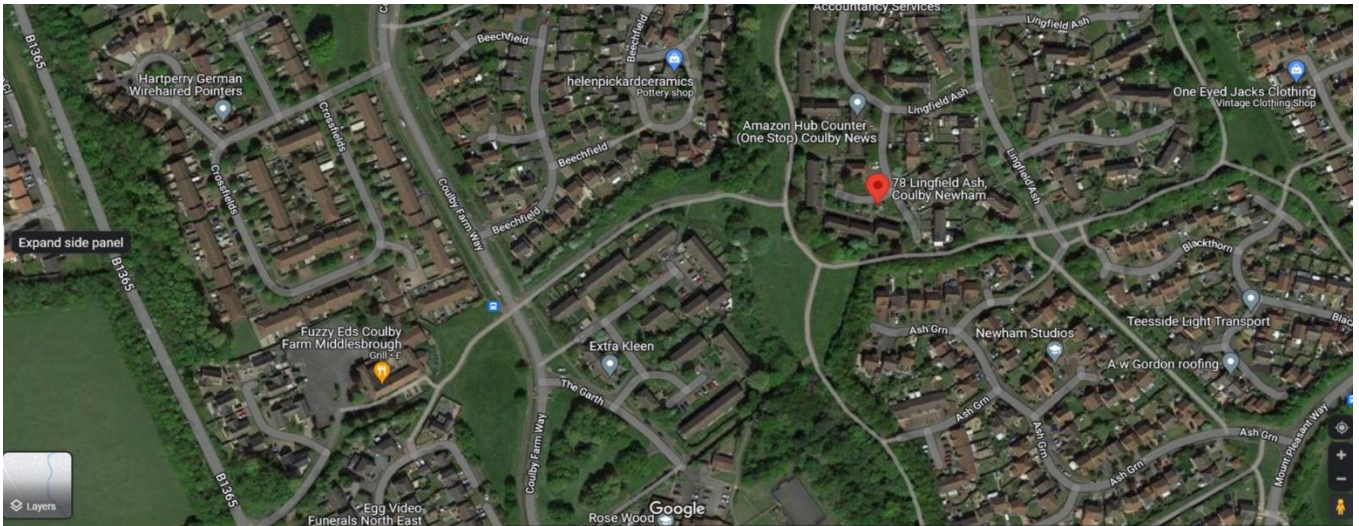
**Lingfield Ash Meeting Hall, 78 Lingfield Ash, Coulby
Newham, Middlesbrough, TS8 OSU**

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. Gordon is the main contact for the Teeside area with a wealth of expertise. Further information about Gordon's work can be found 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.
- Our other regional meetings during **MAY 2023: Durham** (Thursday 11th), **Sunderland** (Wednesday 17th), **South Shields** (Thursday 18th) **Newcastle** (Thursday 25th).
- For other useful links and information, go to our website <https://aadhd-ne-uk.weebly.com/>

Lingfield Ash Meeting Hall maps and Neuro Key information



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 May 2nd

Lingfield Ash Meeting Hall

78 Lingfield Ash

Couby 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

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

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/>

