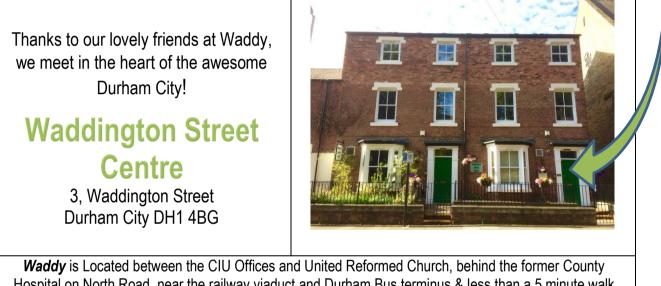


ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

Contact: Bill Scott: Tel: 07856 212 564 | email: aadhd\_ne@yahoo.c.

## Our next **DURHAM** meeting: THURSDAY 11<sup>th</sup> MAY 2023 - 6 to 9 PM



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 MAY 2023: Middlesbrough (Tuesday 2<sup>nd</sup>), Sunderland new (Wednesday 17<sup>th</sup>), South Shields (Thursday 18<sup>th</sup>), Newcastle (Thurs 25<sup>th</sup>)