



ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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Our Next **NEWCASTLE** meeting:

THURSDAY 24th AUGUST 2023

6 to 9 PM



The Recovery College, 1 Carloli
Square, Newcastle
NE1 6UF (next door to World
Headquarters)

Thanks to Angela and Alisdair, we are
in Newcastle on the 4th Thursday of
each month.

- BY **BUS**... to Market, Blackett & John Dobson Streets <5 minute walk. # 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.
- BY **METRO**... Monument - 5 minute walk or Manors.



BY CAR: nearby streets & Manors multi-story car park (4 minutes' walk from floor two on the side nearest Tyne Bridge. The stairs lead to the exit diagonally opposite Recoco). Manors car parking is free from **6 – 10 pm.**

- Our meetings are friendly, informal and open to anyone with a diagnosis (is in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.
- Drop in for a while, or stay until 9. Please feel free to share your experiences and knowledge of AD/HD and associated co-morbid 'bolt-ons'!
- Discuss help that may be available, share useful coping techniques that minimise some of the difficulties that neuro-diverse conditions can present. We celebrate the positive side of living outside neuro-typical boxes.
- Our other regional meetings in **AUGUST 2023**:- Middlesbrough (Tues 1st) | Durham (Thursday 10th | Sunderland (Wednesday 16th). South Shields (Thursday 17th)