



ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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OUR NEXT **SUNDERLAND** MEETING

Wednesday 20th SEPTEMBER 2023 6 to 9 PM

Betsy Jenny, 30 Bridge Street, Sunderland, SR1 1TQ



- Thanks to Steve, the owner of Betsy Jenny Wellbeing Café, we have found an ideal place in Sunderland for our meetings. They already have numerous other mental health and well-being activities, in addition to their café which provides healthy, nutritious food at affordable prices. See their website for further details
<https://www.betsyjennywellbeingcafe.co.uk/basic-01-1>
- Our meetings are friendly & informal and open to anyone with a diagnosis (or 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 conditions. Discuss the help that is available & share useful coping techniques that minimise some of the difficulties that diverse neurological conditions can present. We celebrate the positive sides of living outside neuro-typical boxes.
- Our other regional meetings during **SEPTEMBER 2023**: **Middlesbrough**: Tuesday 5th | **Durham**: Thursday 14th | **South Shields**: Thursday 21st | **Newcastle**: Thursday 28th.