



**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 5th SEPTEMBER 6 to 8 PM

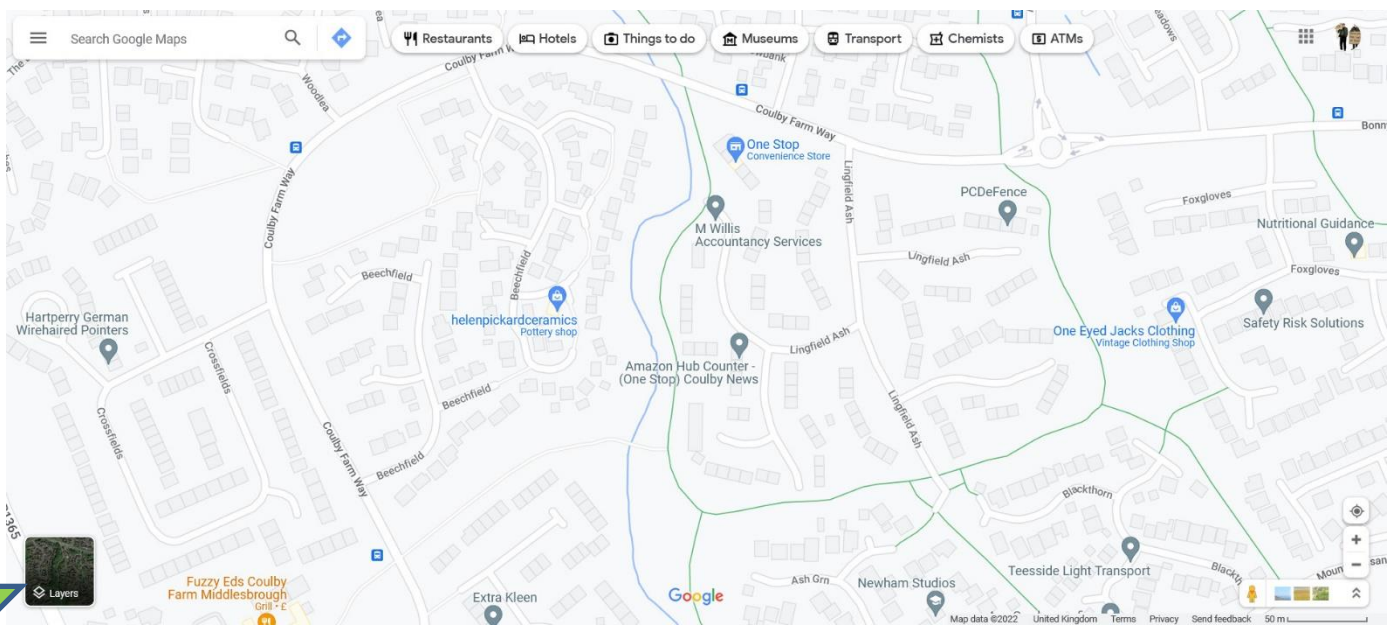
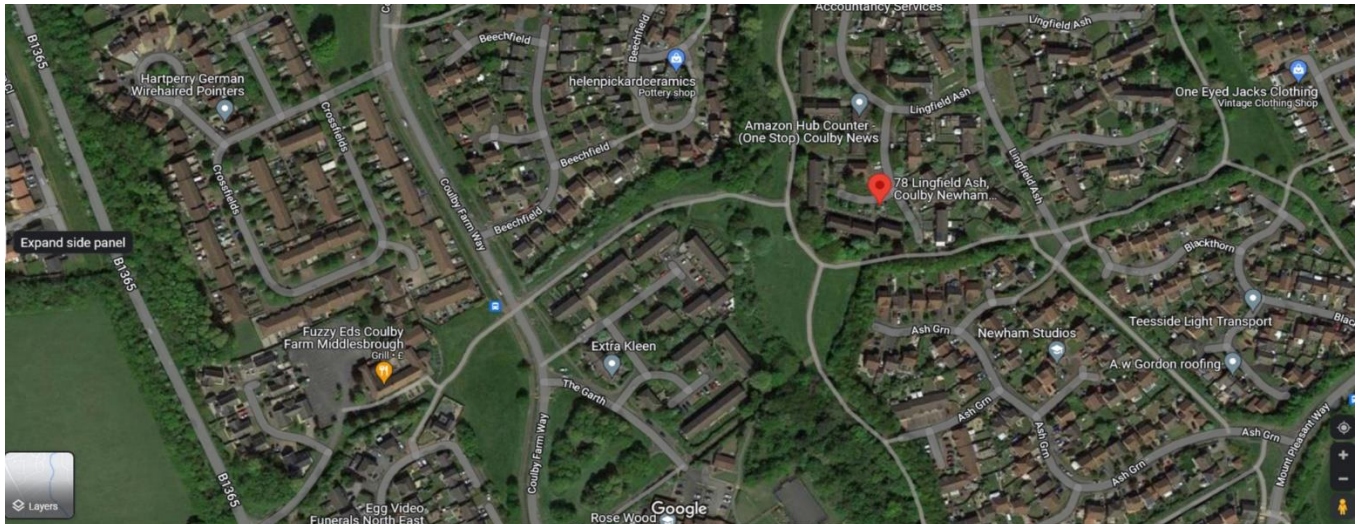
**Lingfield Ash Meeting Hall, 78 Lingfield Ash, Coulby
Newham, Middlesbrough, TS8 OSU**

Please see below for maps etc



- AD/HD Support Groups NE and Gordon Williams from Neuro Key work 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 **SEPTEMBER 2023: Durham** Thursday 14th | **Sunderland** Wednesday 20th | **South Shields** Thursday 21st | | **Newcastle** Thursday 28th
- 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



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, Tourette's and Mental health**
One to one available by appointment

Next meeting
6pm - 8pm
TUE 5th SEPTEMBER
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

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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/>

