

ADULT AD/HD SUPPORT GROUPS NORTH EAST UK

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

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Our Next **NEWCASTLE** meeting:

THURSDAY 28th MARCH 2024

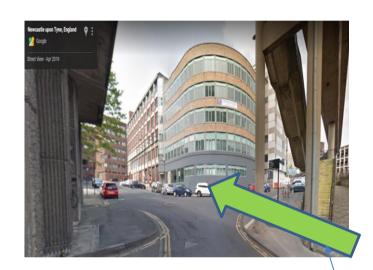
6 to 9 PM



The Recovery College, 1 Carliol 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 multistory 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 regional meetings for MARCH 2024:

Middlesbrough:Tuesday 5th | **Durham**:Thursday 14th | **Middlesbrough**:Tuesday 19th | **Sunderland:** Wednesday 20th | **South Shields**:Thursday 21st | **Newcastle**: Thursday 28th